



#6weekstofab

If you're looking for a wonderful AT HOME workout program that can be performed without spending all the time and money at a big gym, than you've found the place. I have put together 6 weeks of different CrossFit Inspired workouts for you to do at home. Some workouts will be quick while others will take longer. The point is that these are to be quick, simple, inexpensive, and EFFECTIVE. Feel free to modify the workouts to fit your needs. If you don't have some of the equipment mentioned than get creative and find household objects to use or even use your children as weights. Below you'll find some explanations of the movements and terminology. If you still have questions about the movements you can search online to watch helpful videos. Don't forget to use the hashtag **#6weekstofab** where you can follow other people doing the same program.

GOOD LUCK!!!

"Time/Round" Box	Record your Time or Rounds completed in the box located on each workout After the 6 weeks you can perform the program again and compare your times the second time through.
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Sets x Reps	A set is a collection of reps. For example in 1 set you'll do 5 reps and then rest and perform the 2nd set with 5 more reps
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EMOM	Every Minute On the Minute : You'll start each lift at the beginning of every minute.
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AMRAP	As Many Rounds As Possible : Complete as many rounds as possible within the time frame. This is a great way to test your cardiovascular system, strength, and speed.
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Squats	NOTE: If your form feels uncomfortable reevaluate your form. It is crucial that your squat form is near perfect. Place your feet shoulder width apart, point your toes slightly out and keep your feet flat with your weight towards your heels. Squat down making sure your knees follow the direction of your toes. If your struggling to squat down then point your toes out a little further. Don't let your knees buckle in and don't let your heels or toes off the ground. When your legs are parallel with the floor you've reached the bottom of your squat which then you can return to standing. That is 1 squat
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Jump Squat	Perform a normal squat and once you've reached the bottom JUMP straight up in the air with while raising your arms to the sky.
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Clean	Squat down as if your performing an Squat, then grab a weight or object from the floor and then stand up. Focus on popping your hips forward. Lift the weight up to your chest. This is a difficult lift to explain, I would suggest searching for videos online to best help.
Lift A: 10-9-8-7-6-5-4-3-2-1 Lift B: 1-2-3-4-5-6-7-8-9-10	Start with doing 10 reps of lift A and then move onto doing 1 rep of lift B, then do 9 reps of lift A, then 2 reps of lift B and so on... As the reps increase your weight should decrease, as the reps decrease your weight should increase.
Overhead Squat	This is performed best when using a PVC pipe, broom handle, bar, etc. Hold the bar above your head with your arms about 4' apart, the bar should be above your head 8"-12". Focus on keeping your arms locked by rolling your armpits forward.
Weighted Pushups	Fill a backpack with some weights (canned food, bottled water, or have a kid sit on your back). You'll want anywhere from 5lbs-25lbs
Jerk or Push Press	With the weight at your shoulder do a slight dip with your legs, then in the same motion extend your legs and lift the weight above your head. You want the motion of your legs combined with your arms to pop the weight into the air.
One Arm Snatch	Grab a dumbbell or kettlebell from the ground and with one arm lift and press/jerk it above your head. This is similar to a clean, except your using one arm.
Bear Crawl	Crawl on your hands and feet while facing the floor, each hand movement equals a step
Spider/Crab Crawl	Crawl on your hands and feet while facing the ceiling, each hand movement equals a step
Back & Forth Jumps	Set up two points about 6+ feet apart. Stand at point A and then Jump to point B, then jump back to point A. Each jump from one point to another counts as 1 Jump
Wall Balls	This movement might require purchasing a soft exercise ball or Ab workout ball. I've used a basketball filled with sand. You'll want something that weighs 10-15lbs for women and 20lbs for men. Take the ball and hold it under your chin just like you've finished a clean, than squat down, then jump up while shooting the ball up in the air. Women should aim for a 9 foot high point and men should aim for 10 foot high point.



Hand Release Pushups	Perform a normal pushup but lay your chest on the ground and lift your hands slightly off the floor than push back up. The extra few inches from starting from the floor will make a huge difference.
Mountain Climbers	Start being in a Pushup form then alternate moving your knees to your chest. You want the perception your climbing a steep mountain.
Lunge	Place a foot in front of you about 2-3 feet then kiss the ground with your knee. Don't drop to the ground or you'll hurt your knee cap. Once you've reached the bottom then use the front leg to lift yourself back up. Don't let your knee pass your toes when your squatting down, if this is the case then place your foot out a little further. You want your shin to be vertical and your thigh to be horizontal when your at the bottom of your lunge. Each lunge step/squat counts as 1 step.
Dips	Get a sturdy chair or bench and then place your hands on the edge and slide your butt off the bench so your supporting yourself with only your hands while extending your legs straight to the floor. Then dip down using your arms. You want to stop when your arms are bent at about 90degrees. If you want to increase the difficulty than place your feet on another chair in front of you.
Double Unders	A double under is when the jump rope passes under your feet twice in one jump. If you cant perform a double under than triple the amount of double unders for your quantity of singles.
Wall Sit	Place your back against the wall and then sit down like your sitting on an invisible chair. You want your shins to be vertical and your thighs to be horizontal.
Plank	Start off in a pushup form with your elbows/forearms flat on the floor. Keep your back flat and straight and hold this position as long as you can.
Burpees	Start from a standing position than jump/drop to the floor laying flat like your at the bottom of a push up. Than push yourself back up while kicking your feet back up to your chest, you should end up as if your in the bottom of a squat, than jump to the sky! You've just completed 1 burpee. Your combining the movement of a pushup and a jumping squat into one.



Pull-ups

Pull-ups will require a pull-up bar. If you cant do this than substitute with pushups and dips. 1 pull-up = 3 pushups & 3 dips.

21-15-9

These are the amount of reps you'll perform. So for example if you have movements A, B, & C than you'll do 21 reps of A then B then C. After that then you'll do 15 reps of A then B then C. Then 9 reps of A then B then C.