



JACKED & ISOLATED

1 WEEK OF AT HOME BODY WEIGHT WORKOUTS

QUARANTINE QUICKIES

VOLUME 2

FEATURING A COOL DOWN WITH MINDSET PERFORMANCE COACH, **MORRIS BROSSETTE**

on final page





WARMUPS



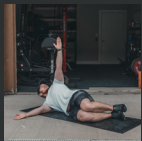
MONDAY // WARMUP FOR WORKOUT 01

COMPLETE 2 ROUNDS



30 X SHOULDER CIRCLES
15 EACH DIRECTION

Arms straight swinging your arms in big circles both forwards and backward. After each set hit em' with a "YMCA".



24 X SIDE LAYING ROTATIONS
12 EACH SIDE

On your side, knees together and hands together, keep your knees pressed into the ground bringing your arm straight up and over to make a flat T formation. Focus on stretching your back.

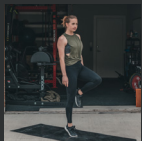


24 X GORILLA STEPS
12 EACH SIDE

In the bottom of a squat, reach one leg out to your side and transfer over without raising your hips, alternate sides. Pound your chest at will.

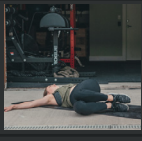
WEDNESDAY // WARMUP FOR WORKOUT 02

COMPLETE 2 ROUNDS



24 X SINGLE LEG CALF RAISES
12 EACH LEG

Balancing on one leg, drive up onto your toes and control down slowly. If your calves look jacked thank your parents for your genetics.



24 X KNEE FALLS
12 EACH SIDE

On your back with your knees and ankles together, let your legs fall side to side without separating (one foot will come off the ground).



24 X KICKSTAND REACHES
12 EACH SIDE

Stagger one foot in front of the other, keep your legs straight and reach your arms to your front foot.

FRIDAY // WARMUP FOR WORKOUT 03

COMPLETE 2 ROUNDS



10 X DOWN DOG TO COBRA

Hands on the ground, arms and legs both extended with your head between your arms. Mirror actual dog if you have one.



30 X SWITCHES
15 EACH SIDE

Perform a shallow squat, hop and land with your feet turned 90° keeping your shoulders forward. Hips don't lie y'all.



30 X STANDING BICYCLE KICKS
15 EACH SIDE

Hands on your head, bring your knee up and meet in the middle with your opposite elbow. Rage like you're in Zumba class.

MONDAY | WORKOUT 01



BEGIN WITH MONDAY WARMUP ON PAGE 1

DESCENDING LADDER

10-9-8-7-6-5-4-3-2-1

Complete 10 of each exercise consecutively, and attempt 3 handstands. Complete 9 of each exercise consecutively and attempt 3 handstands, 8 of each + 3 handstands, 7.... until you're done!

1 MIXED PUSHUPS

You pick: Regular, close grip, staggered, wide, from your knees, etc. Bonus points if you can do pushups with both legs off the ground.



2 CROSS BODY SITUPS

At the top, reach your opposite elbow to your opposite knee. If you can lick your elbow do that too.



3 TUCK JUMPS

Big jump, in the air bring your knees to your chest, land soft. Doesn't matter how high as long as you get off the ground!



ATTEMPT 3 HANDSTANDS

Challenge yourself! Feet on a box/couch, OR wall supported, chest facing OR kick up, OR Freestanding. Anything that gets you inverted or even slightly.

END OF ROUND

WEDNESDAY | WORKOUT 02



BEGIN WITH WEDNESDAY WARMUP ON PAGE 1

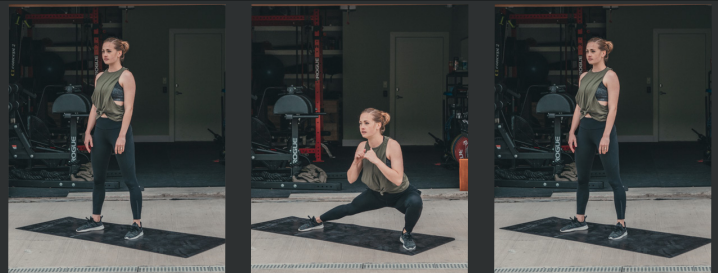


14 MINUTE AMRAP

Complete as many rounds and reps as possible until 14 minutes has elapsed. Rest as needed throughout.

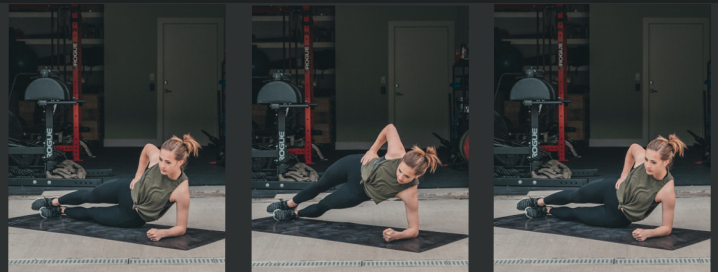
1 14 X LATERAL LUNGES (7 EACH SIDE)

Hips back and chest up, limit depth to what's comfortable. Do it for them side booty gains.



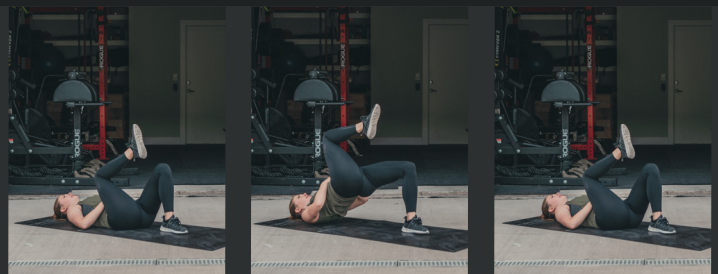
2 14 X SIDE PLANK HIP RAISES (7 EACH SIDE)

Hand or Elbow on the ground, keep your hips pushed forward. If you can lift your top leg and hand up you literally become a star.



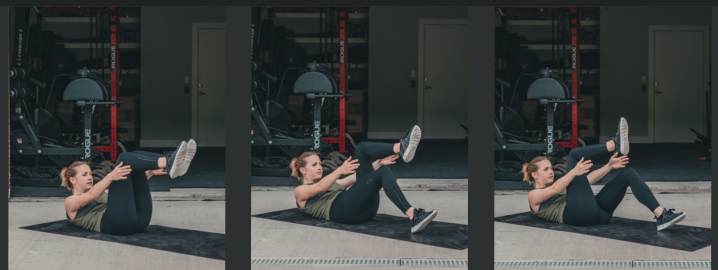
3 14 X SINGLE LEG GLUTE BRIDGE (7 EACH SIDE)

Pull your opposite leg into your chest, drive your hips up and lower slowly. There is always time for butt stuff.



4 14 X DEAD BUG (7 EACH SIDE)

Hips and knees at 90°. One leg at a time lower your heel to the ground. Imagine being a bug slowly dying one leg at a time.



***REMEMBER TO REST AS NEEDED**

FRIDAY | WORKOUT 03



 **BEGIN WITH FRIDAY WARMUP ON PAGE 1**

3 ROUNDS X 6 EXERCISES

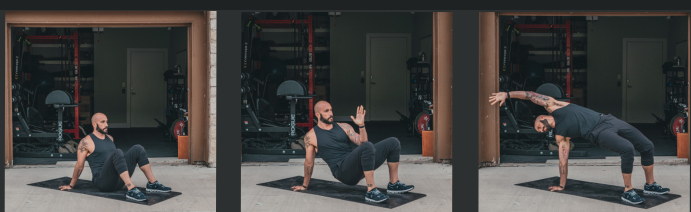
Perform each exercise for 40 seconds. Rest 20 seconds between each exercise. Alternate sides each round. Rest 1 minute between each round.

1 SINGLE LEG BURPEES 40 SEC.
A burpee, with one leg. Touch your chest to the ground, hop up (on one leg) and clap. So much fun!



20 SECOND REST

2 CRAB REACHES 40 SEC.
Sitting on your butt with legs bent, place your hands at your side and raise your hips up. Alternate putting one arm straight up while transferring your weight.



20 SECOND REST

3 SPEED SKATERS 40 SEC.
Jump to your side, land on your outside leg, balance, jump to the other side. Actual skate optional but not encouraged.



20 SECOND REST

4 PLANK JACKS 40 SEC.
In a plank position hop both legs out and then in for repetitions. Like a horizontal jumping jack.



20 SECOND REST

5 DIPS 40 SEC.
Use a bench, couch, dog, etc... with legs on ground bend elbows bringing your hips to the ground and press up.



20 SECOND REST

6 BEAR CRAWL 40 SEC.
All fours, knees off the ground, reach your opposite arm and leg forward simultaneously, and then back, try to keep your torso still. Don't actually crawl away.



1 MINUTE REST (END OF ROUND)

BONUS | LOADED WORKOUT

If you have equipment laying around at home, challenge yourself by grabbing a band and a dumbbell and knock this one out!

NEED: 1 PULLUP BAND

NEED: 1 DUMBBELL OR KETTLEBELL

5 ROUNDS X 5 EXERCISES

Complete exercises 1-5 WITHOUT resting between. Take a 2 minute break at the end of every complete round. Complete the Rounds 5 times.

SUGGESTED WARMUP - 2 ROUNDS

24 X BAND CHOPS (12 EACH SIDE)

Anchored, pull from hip to shoulder

24 X TORSO ROW

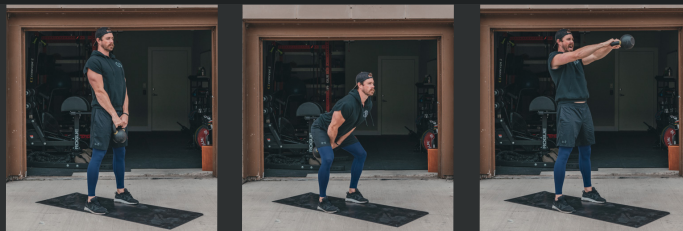
Reach opposite arm forward turning shoulders

12 X PASS THROUGH

Reach arms overhead from hip to lower back

1 15 X KETTLEBELL SWINGS

Drive with your hips, keep arms straight, aim for eye level or just above. Crop top hoodie suggested



2 20 X TGU CRUNCH (10 EACH SIDE)

Same arm, same leg up, come up onto your elbow keeping the weight overhead. Sub weight for dog if possible.



3 10 X SNATCH (5 EACH SIDE)

Drive with your hips in one motion straight overhead.



4 20 X CHOPS (10 EACH SIDE)

Drive fast from hip to opposite shoulder. The intensity comes from slowing it down.



5 20 X HALOS (10 EACH SIDE)

Trace the weight around your head keeping it as close as possible. The more elbow movement the better.



2 MINUTE REST (END OF ROUND)

WEEK 2 FINISHER

200 JANE FONDA LEG LIFTS

(100 EACH SIDE) [@colin88anderson](#) for your tutorial

"When you think you can't do any more repetitions, do two more! 'Quarantine Quickies' teaches you the pleasure of discipline!" - JANE FONDA



MORRIS BROSSETTE - MINDSET PERFORMANCE COACH

COOL DOWN WITH MO

4 MINUTES

A great way to end your workout(s). Maximizing your recovering, while preparing for your next quickie.

[brossetteperformance.com](https://www.brossetteperformance.com)

[@brossette_performance_coaching](#)

WATCH VIDEO

NOW GO WASH YOUR HANDS YA FILTHY ANIMAL.

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