



 **JACKED & ISOLATED**

QUARANTINE QUICKIES

VOLUME 4

FEATURING WORKOUTS FROM



+



LAWRENCE GREEN

TINA TOBIAS

DOUBLE AMPUTEE + ATHLETE

DANCER + CHOREOGRAPHER



WARMUPS



MONDAY // WARMUP FOR WORKOUT 01

COMPLETE 2 ROUNDS



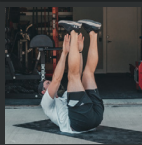
200M JOG

Run, jog or walk around your block / 200 meters (half a track loop), I suck at it too.



20 X WINDMILL
10 EACH SIDE

Feet shoulder width, reach one arm up to the ceiling, keep your eyes on it. Trace opposite arm down inside of your leg to the ground.



20 X TOE TOUCHES

On your back, legs straight up in the air, reach your fingertips for your toes and slowly lower down.

WEDNESDAY // WARMUP FOR WORKOUT 02

COMPLETE 2 ROUNDS



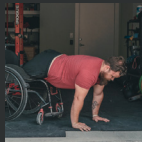
10 X OVER UNDERS
5 EACH SIDE

With a towel, one arm over your shoulder and behind your back, and the other down by your hip and grab the towel, pull up and down.



20 X SIDE TO SIDE TOE TAPS

On your back with your legs bent, reach your entire torso to one side reaching your finger tips to your heels, alternate sides.



30 SECOND PLANK HOLD

Strong plank, hands under shoulders, down to chest grazing the floor, elbows at a 40 degree angle

FRIDAY // WARMUP FOR WORKOUT 03

COMPLETE 2 ROUNDS



20 X LEG CIRCLES
10 EACH SIDE

Standing, pull your knee up and then out to your side, From the side repeat the same motion in reverse back to the beginning.



10 X PLANK SWITCHES

In a plank, reach one arm up and over making a full circle ending in a reverse plank.



24 X SPIDERMAN LUNGES
12 EACH SIDE

In a plank, jump your right foot to the outside of your right up, and then back to the beginning. Alternate sides

MONDAY | WORKOUT 01



BEGIN WITH MONDAY WARMUP ON PAGE 1

5 ROUNDS X 3 EXERCISES

Complete exercises 1-3 WITHOUT resting between. Take a 1 minute break at the end of every complete round. Complete the Rounds 5 times.

1 15 X ONE + A HALF SQUAT

Squat down keeping your chest up and back flat, come half way up, then back down to the bottom before standing all the way up. This is one!



NO REST

2 20 X SIDE PLANK LEG RAISE (10 EACH SIDE)

On your elbow, stack your legs and raise the top leg off, show control, and lower back down



NO REST

3 16 X REVERSE LUNGE KICK (8 EACH SIDE)

Lunge back keeping your shin upright, drive up fast and give a swift kick to the ghost in front of you.



60 SECOND REST (END OF ROUND)

WEDNESDAY | WORKOUT 02



BEGIN WITH WARMUP ON PAGE 1

Lawrence is a double above the knee amputee as a result of a motorcycle accident in 2015. He wrote this workout to show how possible it is to make adjustments based on your limitations for any exercise. All it takes is a little extra creativity sometimes to get you back on the road to jacked and tanned!



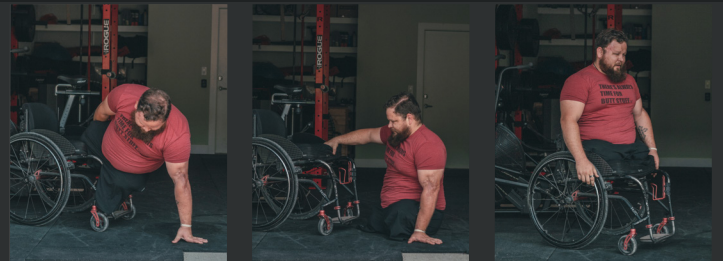
LAWRENCE GREEN
DOUBLE AMPUTEE + ATHLETE

3 ROUNDS X 4 EXERCISES

Perform each exercise for 40 seconds. Rest 20 seconds between each exercise. Repeat each exercise set and rest for 3 rounds. Rest 1 minute between each round.

1 BURPEES 40 SEC.

Chest comes to the floor in a "snake like" flow Fully extend hips at top with slight jump once standing. Think happy thoughts!



20 SECOND REST

2 V-UPS 40 SEC.

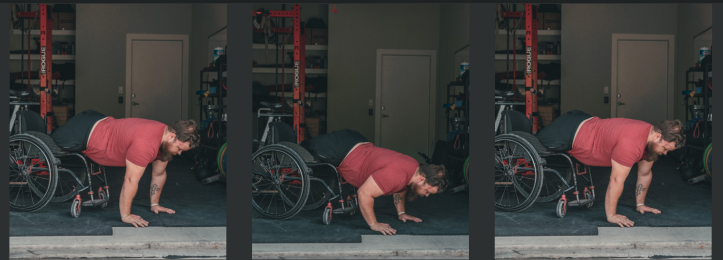
Laying on your back, bring both arms + legs up to meet in the middle. Focus on balancing on basically your butt and slowly lower down.



20 SECOND REST

3 PUSHUPS 40 SEC.

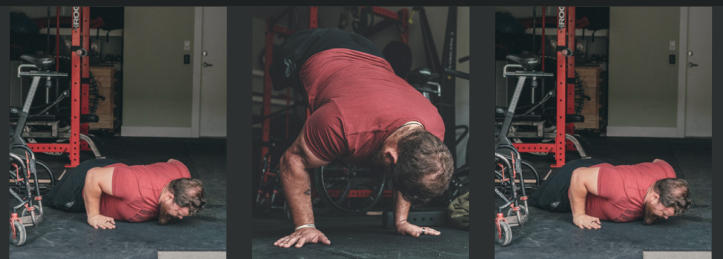
Slow down and go for quality as opposed to quantity. Adjust your position as needed and try a few clapping pushups if you're feeling saucy!



20 SECOND REST

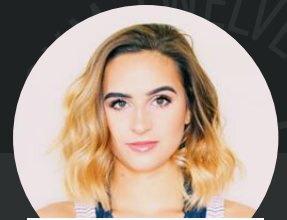
4 HANDSTAND ATTEMPT 40 SEC.

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



60 SECOND REST (END OF ROUND)

FRIDAY | WORKOUT 03



TINA TOBIAS

DANCER + CHOREOGRAPHER



BEGIN WITH WARMUP ON PAGE 1

3 ROUNDS X 5 EXERCISES

Complete each exercise with no rest between each. Rest 60 seconds between each round. Complete 3 rounds.

1 12 X STAR JUMP

Squat down and jump splaying your arms and legs out at the top, spirit fingers are a bonus but don't forget to land soft and under control.



NO REST

2 16 X PLANK JACK W/ SHOULDER TAP

In a plank hop your feet out while bringing one hand to tap your opposite shoulder, rinse and repeat to the tune of any backstreet boys song.



NO REST

3 20 X PLYO HIP THRUST (10 EACH SIDE)

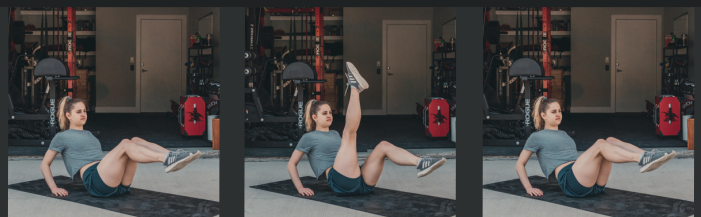
Back on a couch or bench, drive your hips to lift your bottom leg off the ground driving your opposite knee into the air.



NO REST

4 12 X BOAT HOLD W/ LEG EXT.

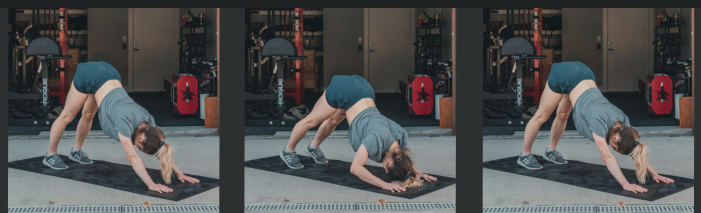
Balancing on your butt, bring one knee into your chest and then extend straight up, ignore your hamstring cramping up and rinse and repeat.



NO REST

5 10 X DOWN DOG PUSHUP

Good ol' down dog with an elbow tap and a little head tap onto the ground, not recommended on concrete but scale with a block to make it a little easier if needed.



1 MINUTE REST (END OF ROUND)

BONUS | LOADED WORKOUT

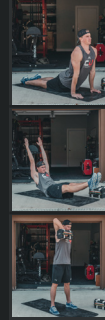
If you have equipment laying around at home, challenge yourself by grabbing a band and a dumbbell and knock this one out!

WARMUP - 2 ROUNDS

NEED: 1 SET OF DUMBBELLS

DESCENDING LADDER 25-20-15-10-5

Complete 25 reps of each exercise consecutively. Then, 20 of each, 15 of each, 10 of each, 5 of each.... then you're done!



COBRA STRETCH

HOLLOW HOLD

UPRIGHT ROW

1 CURLS

The OG, with a weight, bring your hand to your shoulder gazing deeply into your bicep.



2 FLUTTER KICKS

Dumbbells overhead, legs straight, alternate legs from 1ft to 3ft high, shoulder blades off ground!



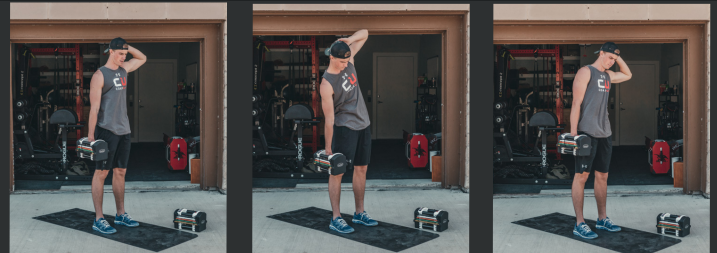
3 RECIPROCATING ROWS

Chest down, back flat, bring one dumbbell to your armpit moving both up and down at the same time.



4 SUITCASE CRUNCHES

One dumbbell in hand, reach your hand down to the ground straight to the side without bending forward, drive back up to the beginning.



5 PUSH PRESS

Dumbbells on your shoulders, big dip into your knees, big drive with your legs and lock your arms out overhead.





WEEK 4 FINISHER

100 HANDSTAND PUSHUPS*

*LEGS OPTIONAL

“NO MATTER HOW MANY MISTAKES YOU MAKE OR HOW SLOW YOU PROGRESS, YOU ARE STILL WAY AHEAD OF EVERYONE NOT ATTEMPTING HANDSTANDS.”

“YOU MISS 100% OF THE HANDSTANDS YOU DON'T ATTEMPT.”



NOW GO WASH YOUR HANDS YA FILTHY ANIMAL.

WWW.GYMTWELVE.COM | HUNTER@GYMTWELVE.COM

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