



JACKED & ISOLATED

1 WEEK OF AT HOME BODY WEIGHT WORKOUTS

QUARANTINE QUICKIES

VOLUME 5




THIS WEEKS WORKOUTS FROM PERSONAL PERFORMANCE COACH **SHAWN FITZMAURICE**









MONDAY // WARMUP FOR WORKOUT 01

COMPLETE 2 ROUNDS

	<p>20 X NEUROJACKS</p>	<p>Jumping jacks with a twist-each jump you'll tap your thighs, chest, head, and then the sky and then cycle back through starting at thighs</p>
	<p>20 X BENT OVER ATYs 10 EACH SIDE</p>	<p>Bending forward, bring your arms back to make an "A" then out to the side for a "T" and then overhead for a "Y"</p>
	<p>20 X T-SPINE SWEEPS 10 EACH SIDE</p>	<p>On your side, knees together and hands together, keep your knees pressed into the ground bringing your top arm straight up and over to make a T. Focus on stretching your back</p>

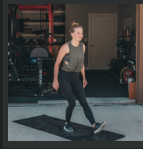
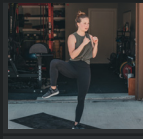
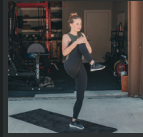
WEDNESDAY // WARMUP FOR WORKOUT 02

COMPLETE 2 ROUNDS

	<p>20 X BUTTKICKERS 10 EACH SIDE</p>	<p>Hop in place pulling your heel to your butt alternating legs each rep with a rhythm</p>
	<p>20 X ALT. ARM CHICKEN WANGS 10 EACH SIDE</p>	<p>Keeping your arms at 90 with one facing up and one down, alternate switching them back and fourth rotating your shoulders</p>
	<p>10 X 3 WAY STANDING TOE TOUCH</p>	<p>With soft knees, reach your right arm to the left of your feet, stand, reach both arms to your toes, stand, and then your left arm to the right of your feet</p>

FRIDAY // WARMUP FOR WORKOUT 03

COMPLETE 2 ROUNDS

	<p>20 X ALT. HEEL TAP HOPS 10 EACH SIDE</p>	<p>Reach one foot forward driving your heel into the ground with your toes up, hop to switch feet keeping your hips back for a good hamstring stretch</p>
	<p>20 X ALT. HIP OPENERS 10 EACH SIDE</p>	<p>Drive one knee up and then out, pull back to starting position making a crescent shape with each leg</p>
	<p>20 X ALT. KNEE PULLS 10 EACH SIDE</p>	<p>Drive your knee up and grab it with both arms, pull further into your chest</p>

MONDAY | WORKOUT 01



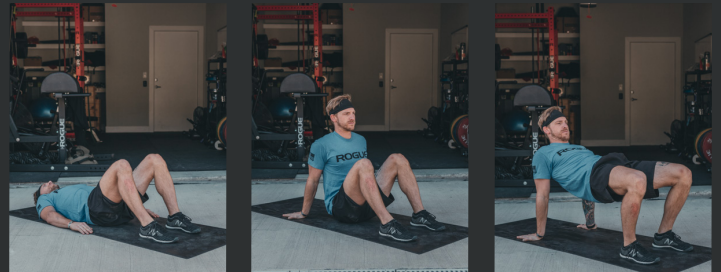
BEGIN WITH MONDAY WARMUP ON PAGE 1

7 ROUNDS X 3 EXERCISES

Complete each exercise with no rest between each. Rest 45 seconds between each round. Complete 7 rounds.

1 7 X SIT UP TO HIP UP

On your back, sit up and place your hands at your side, press your hips up into a reverse bridge



NO REST

2 14 X SUMO HOP SQUAT

Hop your feet wide into a deep squat, as you stand hop your feet back to standing and without a squat hop back into a wide stance to a squat



NO REST

3 21 SEC. ISO SUMO SQUAT HOLD (8 EACH SIDE)

Feeling the burn with little to no movement in the bottom of a wide squat

HOLD



HOLD

45 SECOND REST (END OF ROUND)

WEDNESDAY | WORKOUT 02



BEGIN WITH WARMUP ON PAGE 1



7 ROUNDS X 4 EXERCISES

Complete each exercise with no rest between each. Rest 60 seconds between each round. Complete 7 rounds.

1 14 X OSCILLATING MOUNTAIN CLIMBERS

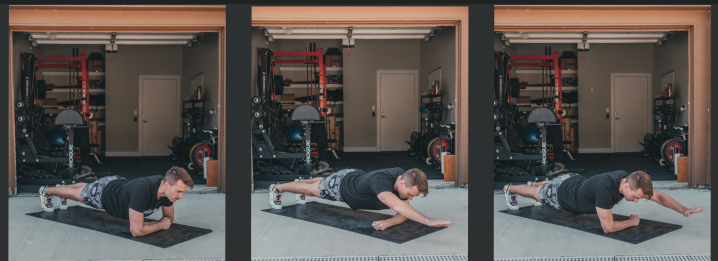
Mountain climbers keeping your hands still and swinging your feet gradually to your left and then back to your right



NO REST

2 14 SEC. SINGLE ARM ELBOW PLANK WITH REACH

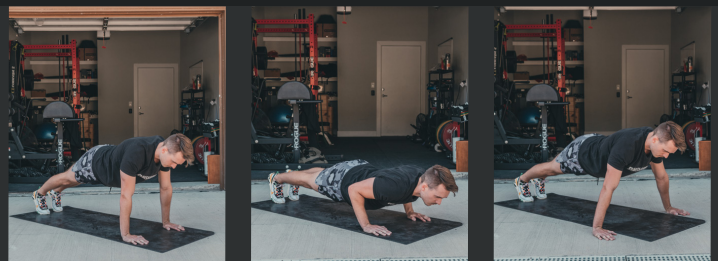
In a traditional plank, turn your forearm sideways and lift your opposite arm up to hold yourself still



NO REST

3 7 X PLYO PUSHUP - CLOSE TO WIDE

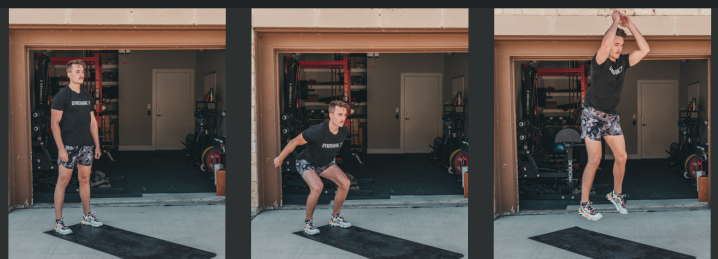
Big strong pushup to leave the ground and land in a wider hand position with a big pushup to land back in your normal position



NO REST

4 7 X STANDING BROAD JUMP

In place, big jump forward with a soft landing, recover, reset, rinse and repeat



60 SECOND REST (END OF ROUND)

FRIDAY | WORKOUT 03



BEGIN WITH WARMUP ON PAGE 1

7 ROUNDS X 6 EXERCISES

Complete each exercise for 70 seconds each with no rest between. Rest 1 minute at the end of each round (or as needed) and complete 7 rounds.

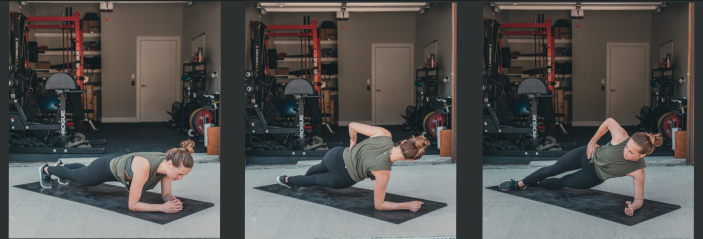
1 GROUND JACKS 70 SEC.

In a plank, hop your feet out and in with the same rhythm as a jumping jack



2 ALT ROTATING SIDE PLANK WITH LEG CROSSOVER 70 SEC.

In a side plank on your elbow, rotate to a regular plank and then to the opposite side with your feet in front of one another



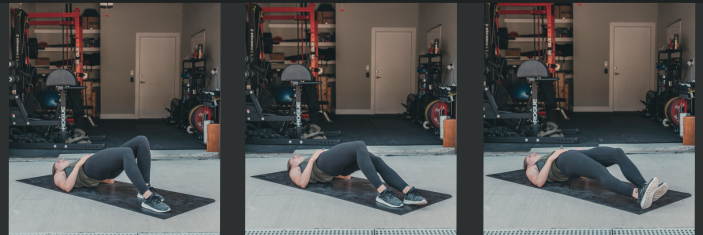
3 DIVE BOMBERS 70 SEC.

Hips up in a down dog position, drive your head to your hands and then through to an updog position, reverse back to the beginning



4 GLUTE BRIDGE LEG WALKOUTS TO EXTENSION 70 SEC.

On your back drive your hips high, then walk your feet forward without your hips touching the ground, walk back to complete the rep



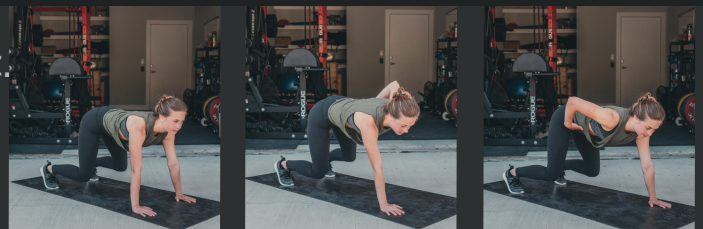
5 HIGH KNEES 70 SEC.

Standing in place drive your knee up cycling your arms like you are running



6 BEAR STANCE ALT HIP TAPS 70 SEC.

On all fours with knees bent, pick up a hand and touch your hip on the same side, replace it on the ground, alternate sides



60 SECOND REST (END OF ROUND)

BONUS | LOADED WORKOUT

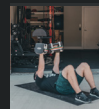
If you have equipment laying around at home, challenge yourself by grabbing a band and a dumbbell and knock this one out!

WARMUP - 2 ROUNDS

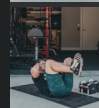
NEED: 1 SET OF DUMBBELLS

4 ROUNDS X 5 EXERCISES

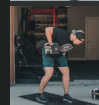
Complete each exercise with no rest between each. Rest 90 seconds between each round. Complete 4 rounds



12 X DB FLOOR PRESS



30 X CRUNCHES



8EA X DB ROW

1 10 X (WO)MAN MAKERS

Start standing, drop to the ground in a plank, row each arm, stand and finish with a press overhead



2 10 X 3 PHASE WOOD CHOPPER

Start standing, drop to the ground in a plank, row each arm, stand and finish with a press overhead



3 DB FAN JABS (60 SEC.)

Keep your hands up! Jab forward bringing the opposite arm back as you move both arms at the same time



4 15 X DB KNEELING SQUATS

On your knees sit on your ankles, drive hip forward sitting up and finish with squeezing your butt, slowly lower back to your ankles



5 10 X THREE PHASE PULL

Bent over wide row, release, then stiff legged dead, then high pull. That's one rep

Holding both DBs together, start on one hip and drive with your hips up to your opposite shoulder, rinse and repeat for opposite side



90 SECOND REST (END OF ROUND)



WEEK 5 FINISHER

100 SCREAMING TIRE FLIPS IN YOUR BEST JORTS

“I DON’T COUNT MY [TIRE FLIPS]. I ONLY START COUNTING WHEN IT STARTS HURTING BECAUSE THEY’RE THE ONLY ONES THAT COUNT.”

– MUHAMAD ALI

GXII GYM
TWELVE

NOW GO WASH YOUR HANDS YA FILTHY ANIMAL.

WWW.GYMTWELVE.COM | HUNTER@GYMTWELVE.COM