



JACKED & ISOLATED

1 WEEK OF AT HOME BODY WEIGHT WORKOUTS

QUARANTINE QUICKIES

GXII GYM TWELVE

ONLY EQUIPMENT NECESSARY:
AN UNUSUAL AMOUNT OF TIME ON YOUR HANDS



WARMUPS



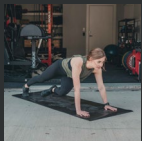
MONDAY // WARMUP FOR WORKOUT 01

COMPLETE 2 ROUNDS



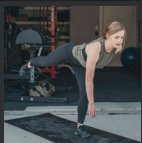
20 X LUNGE + REACH
10 ON EACH LEG

Lunge, keeping your back knee off the ground, reach the same arm as your forward leg up to the ceiling. Maybe hit em' with spirit fingers.



20 X MTN. CLIMBER OPPOSITES
10 EACH LEG

Drive your opposite knee to your opposite elbow, focus on keeping your hips low and your eyes on the prize.



20 X SINGLE-LEG RDL
10 ON EACH LEG

Keep your hips square with the ground. Grip the ground with your toes. No clue where the name RDL came from.

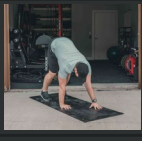
WEDNESDAY // WARMUP FOR WORKOUT 02

COMPLETE 2 ROUNDS



24 X WINDMILL
12 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.



8 X INCHWORM WITH PUSHUP

Walk hands forward to a pushup position. Do a push-up, and walk your hands back to the start, stand up between each rep.

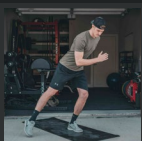


20 X JUMPING JACKS
EACH LEG

Tap into your childhood. Jump and legs spread, clap overhead, jump to starting position.

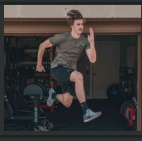
FRIDAY // WARMUP FOR WORKOUT 03

COMPLETE 2 ROUNDS



8 X THREE- WAY TOE TAP
EACH LEG

Extend leg to your side, then reverse, then curtsy. Keep as much weight over your standing leg as possible and feel the burn.



RUN 200 METERS~

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



12 X SUPERMAN OPPOSITES

Laying on your stomach, raise opposite arm + leg together. The goal is length, not height! Try to not fly away.

MONDAY | WORKOUT 01



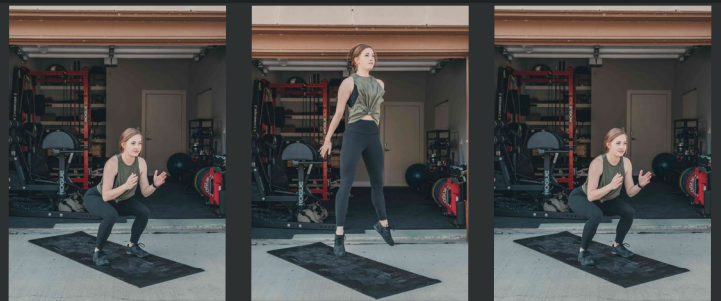
BEGIN WITH WARMUP ON PAGE 1

5 ROUNDS X 3 EXERCISES

Complete exercises 1-3 without resting between. Take a 90 second rest at the end of the complete round and begin exercises 1-3 again. Complete this cycle 5 times.

1 15 X SQUAT JUMPS

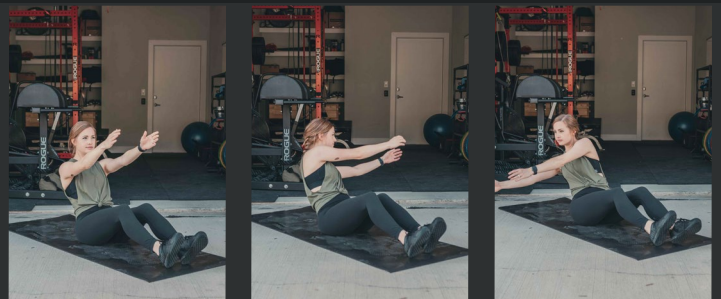
Focus on fully extending at the top and landing softly like a cool kat or kitten.



NO REST

2 24 X RUSSIAN TWIST (12 EACH SIDE)

Rotate at your trunk, not just arms. Being Russian optional, but will probably make you stronger.



NO REST

3 24 X REVERSE LUNGE DRIVES (12 EACH LEG)

Keep your chest up, shin vertical, and finish on your toes. If you lose your balance you're probably doing it right.



90 SECOND REST (END OF ROUND)

WEDNESDAY | WORKOUT 02



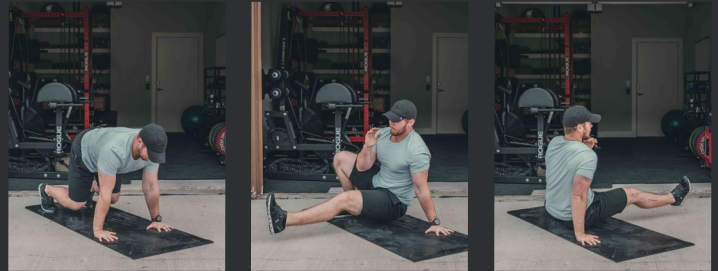
BEGIN WITH WARMUP ON PAGE 1

4 ROUNDS X 4 EXERCISES

Complete exercises 1-4 without resting between. Take a 90 second rest at the end of the complete round and begin exercises 1-4 again. Complete this cycle 4 times.

1 15 X SIT OUTS

Pick up a hand, and replace with your opposite hip
Reach leg straight out directly to your side. Pretend you are coordinated.



NO REST

2 30 X HOLLOW FLUTTER KICKS (15 EACH SIDE)

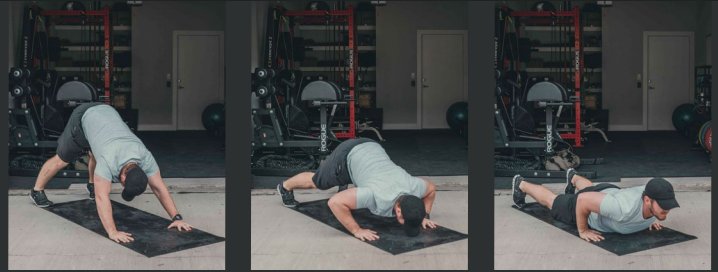
Lay on your back, reach your hands for your knees
and alternate legs 1ft. - 4ft. from the ground. Flex
your dancers toe point if ya got it.



NO REST

3 12 X DIVE BOMBERS

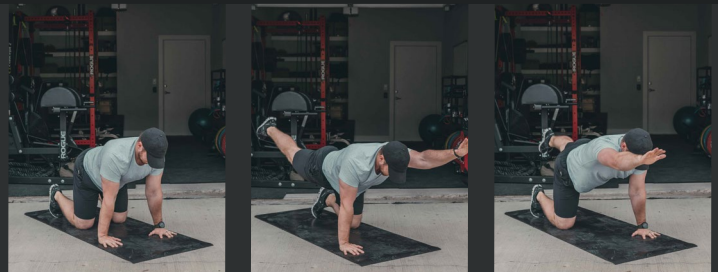
Wide stance, bend your arms driving your head
between your arms. Follow through with your hips
and into an updog lookin' thing and go back to start.



NO REST

4 24 X QUADRUPED OPPOSITES (12 EACH SIDE)

Opposite arm + leg as straight as possible, eyes on
the ground. Keep hips still like you're balancing a
glass of wine on ya booty (preferably a red).



90 SECOND REST (END OF ROUND)

FRIDAY | WORKOUT 03



BEGIN WITH WARMUP ON PAGE 1

4 ROUNDS X 5 EXERCISES

Perform each exercise for 40 seconds. Rest 20 seconds between each exercise. Rest 1 minute between each round and repeat rounds 4 times.

1 GLUTE BRIDGES (40 SEC)

Drive your hips straight up, squeeze your butt, unravel your spine back to the ground 1 vertebrae at a time, and remember, there's always time for butt stuff.



20 SECOND REST

2 BURPEES (40 SEC)

Touch your chest to the ground, pop up and give a little hop and try not to think about how much these suck.



20 SECOND REST

3 SINGLE LEG V-UPS (40 SEC)

Laying on your back, bring your opposite arm + leg up to meet in the middle. Focus on engaging your core and what your six pack will look like.



20 SECOND REST

4 PLANK SHOULDER TAPS (40 SEC)

Shift your weight, touch your opposite shoulder. Control slowly on the way back down. If you fall, do not pass go, do not collect \$200.



20 SECOND REST

5 BICYCLE KICKS (40 SEC)

Reach your opposite knee to opposite elbow. Keep shoulder blades off the ground. Just like PE class.



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

DESCENDING LADDER

12-10-8-6-4-2

SUGGESTED WARMUP - 2 ROUNDS

20 X BAND PULL APARTS

20 X BAND GOOD MORNINGS

12 X PALLOF PRESS

Complete 12 of each exercise consecutively, then 10 of each, 8 of each.... until you're done!

1 ALT. KETTLE BELL SWING

You can use a dumbbell or a kettle bell if you have one on hand. Transition hands at the top, bend knees, and squeeze a pencil between your cheeks at the top.



2 WEIGHTED SIT UPS

Butterfly your legs, press weight overhead as you sit-up. For an added challenge, substitute your weight for your dog.



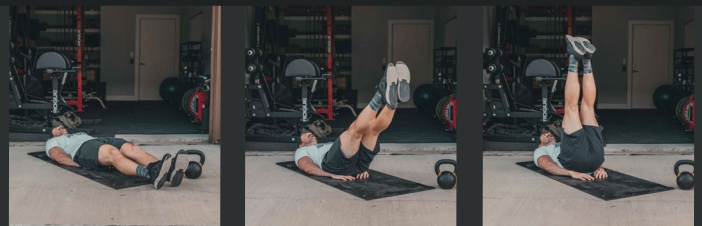
3 CURL TO PRESS

Good ol' faithful, Remember, if you watch your bicep while you do it, it wil grow faster.



4 STRAIGHT LEG RAISES

Drive your legs up, control down. For an added challenge hold your weight (or dog) above your chest with shoulder blades off the ground.



5 UPRIGHT ROW

Keep your elbow above your wrist, try not to hold it at the top and just control it down nice and easy.





WEEK 1 FINISHER

1001 CURLS

OHH, IT'S A DEEP BURN!
OH, IT'S SO DEEP!
OH, I CAN BARELY LIFT MY RIGHT ARM 'CAUSE I DID SO MANY.
I DON'T KNOW IF YOU HEARD ME COUNTING,
I DID OVER A THOUSAND.



NOW GO WASH YOUR HANDS YA FILTHY ANIMAL.

GXII GYM
TWELVE

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