

BOOTY FOCUSED PLAN

4 Weeks

30-Minute At-Home Full Body Workouts
Extra Emphasis on the Lower Body
Daily Picture Guides

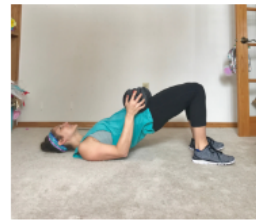


HUSTLING
AT Home

Workouts by Coordinating Our Chaos
Fitting Health and Fitness Into Your Daily Life

Week 1 Day 1

2X20
WEIGHTED GLUTE BRIDGES



2X20
DONKEY KICKS



2X20
GOBLET SQUATS



SUPERSET 2X20

HAMMER
CURLS

UPRIGHT
ROWS



SUPERSET 2X20

TOGETHER
CURLS

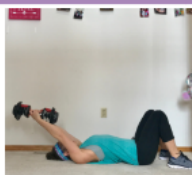
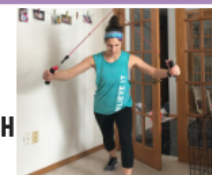
TRICEP
EXTENSIONS



SUPERSET 2X20

RB
CHEST FLY

LYING
OVERHEAD REACH



Perform each move back-to-back.
Complete 4 rounds.

15 Weighted
Jump Squats



15 Side Lunges
(each side)



5 Burpees With
Tuck Jump



10 Back Lunges
With Knee Raise
(each side)



10 Side Shuffle
Taps (each side)



Week 1 Day 1: Lower Body Plyo

FULL BODY SWEAT

4 weeks

Three 30-minute workouts
Weights + Plyo
Combination Moves
Picture Guides



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UPPER BODY SHAPE UP

4 Weeks

30-Minute At-Home Full Body Workouts
Extra Emphasis on the Upper Body
Daily Picture Guides



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W3D3

BACK/BICEPS

GIANT SET 3X12



Crossbody Curls

Together Curls

Side Raises

3x: 30 seconds Jump Rope / 30 seconds Rest

GIANT SET 3X12



Seated RB Rows

Single Arm Rows

Overhead Pullovers

3x: 30 seconds Jump Rope / 30 seconds Rest

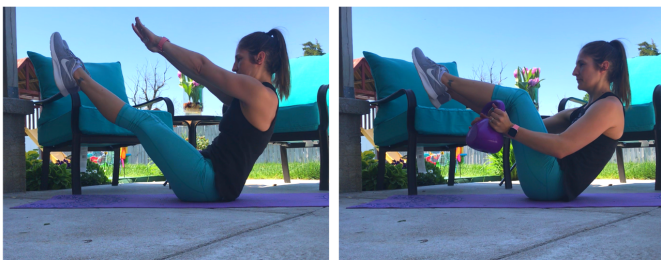


3x5 Around the World Lunges (both legs = 1)

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AB ADD-ON

8 ab workouts to stand alone or add on to the Full Body Sweat plan



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Workout 4

PERFORM EACH MOVE BACK-TO-BACK.
COMPLETE 3 ROUNDS.



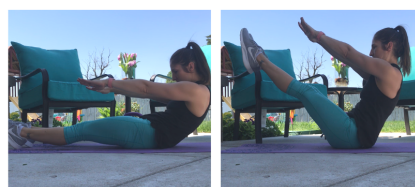
15
Cross Body Situps



15
Reverse Butterfly Crunches



10
Superman



10
Rollback + V Up Hold

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Full Body Weightlifting

4 Weeks
30 Minutes
At-Home Workouts
Lifting + HIIT + Abs

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Day 1: Full Body Supersets

- | | |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------|
| 1 SUPERSET 2x20
Side Lying Leg Lifts (both sides)
Dumbbell Plie Squats | 4 SUPERSET 2x20
Kneeling Thrusts
Back Squats |
| 2 SUPERSET 3x
15 Flyes
10 Pushups | 5 SUPERSET 3x15
Side Punches
RB Pull Downs |
| 3 SUPERSET 3x15
Lying Overhead Reach
Seated RB Row | 6 SUPERSET 3x15
Side Lateral Raises
Wide Curls |

Day 2: Cardio Abs

30 seconds work / 30 seconds rest
Complete 3 Rounds Before Abs

Star Jumps
Spiderman Planks
Jump Squats
Fast Feet
Jump Lunges
Froggers
Rest 1 Minute

AB FINISHER
3x15 Left/Right side plank dip
3x15 Toe Touches

Day 3 - Full Body Combination

3x15 Squat to Overhead Press
3x10 Side Lunge (each side) + Bicep Curl
3x15 Stiff Leg Deadlift to Upright Row
3x15 Bent Over Row + Tricep Kickback
3x10 Single Leg Chicken Wings

Week 2

DAY 1 - 3 ROUNDS

Complete 3 rounds of this circuit.

15 Wide Squats
30 Jumping Jacks
15 Donkey Kicks (each leg)
10 Burpees
30 Plank Jacks
15 Plie Squat Hops
Rest 1 Minute

DAY 2 - ABS

3x15 Reverse Crunches
3x15 Crunches
3x15 Russian Twists
3x15 Toe Touches
3x15 Bicycle Crunches

DAY 3 - AMRAP

Set your timer for 15 minutes.
Complete as many rounds as you can.

15 Side Lunges (each leg)
15 Supermans
30 High Knees
15 Squats
15 Pushups
30 Jumping Jacks
Rest 1 Minute

DAY 5 - TABATA

30 seconds work / 30 seconds rest
Complete 3 Rounds

Jump squats
Mountain Climbers
Butt Kicks
Fast Feet
Rest 1 Minute

DAY 6 - 2 ROUNDS

Complete 2 Rounds

15 Curtsy Lunges (each side)
30 Second Plank
15 Wide Squats
30 Second Plank
10 Skaters (each side)
30 second Plank
15 Tricep Dips
30 second plank
Rest 1 Minute

DAY 7 - REST OR ACTIVE RECOVERY

DAY 4 - REST OR ACTIVE RECOVERY

At Home Quickstart Guide

15-Minute Workouts
No Equipment
Do Anywhere

Ideal for beginners, on the go, or as an add-on

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STRONG LIFT PLAN

3 days per week
Heavy Lifting
30 minutes
At-Home Workouts

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ADD-ON WORKOUTS

Less than 30 minutes
Add-On for Strong Lift Plan
2 HIIT/Cardio + 1 Ab Workout Per Week

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Week 2 - Circuits

4X8 STRENGTH CIRCUIT

Complete 8 reps of each exercise back to back.
Repeat 3 more times to make a total of 4 rounds.

Deadlifts
Curtsy Lunges (8 each leg)
Chest Fly
Seated Reverse Fly
Single Leg Calf Raises (8 each leg)
Side Punches

5X5 STRONGLIFT CIRCUIT

Complete 5 reps of each exercise back to back.
Repeat 4 more times to make a total of 5 rounds.

Single Arm Rows (5 each arm)
Decline Pushups
Single Arm Tricep Extensions (5 each arm)
Shoulder Presses
Concentration Curls (5 each arm)
Single Leg Deadlifts (5 each leg)
Reverse Lunges (5 each leg)

Week 1

AMRAP

AS MANY ROUNDS AS POSSIBLE
Set your timer for 20 minutes. Do each move back to back with minimal rest. Complete as many rounds as you can.

15 Pop Squats
15 Double Leg Donkey Kicks (up and over)
15 Crab Kicks
15 Side Kicks (both sides)
15 Side to Side Hops
Rest 1 Minute

EMOM

For each move, set your timer for 5 minutes. At :00, perform the move for as many reps as written. Rest until the next minute begins, repeat the same move.

Minute 0-5: 25 Kettlebell Swings
Minute 6-10: 15 Box Jumps
Minute 11-15: 10 Burpees
Minute 16 - 20: 30 Jumping Jacks
Minute 20 - 25: 15 Skaters