



Global Carnivalist

Home workouts to get ready to fete! No equipment needed. Each of these workouts could be done in the comfort of your own home.

This week the workouts should take 60-75 minutes each!

Beginners Level Workout:

Warmup

Jog in place (5 min)

Stretches of your own choice (5 min)

- ❖ If you need stretching ideas: <https://www.youtube.com/watch?v=u5Hr3rNUZ24>

Quick feet (do 30 seconds fast, 15 seconds slow) repeat this without a break (4 minutes)
<https://www.youtube.com/watch?v=F-g64dTMcbY>

Pushups 10

Workout Begins!

Circuit #1

- Body squats (60 seconds)
- Body squats with knee raises (30 seconds)
<https://www.youtube.com/watch?v=Qv6a-FJWNrk>

Repeat circuit #1 3x's (60 seconds rest between each set)

Circuit #2

- Body squats (60 seconds)
- Jump squats (30 seconds) <https://www.youtube.com/watch?v=CVaEhXotL7M>

Repeat circuit #2 3x's (45-60 seconds rest between each set)

Circuit #3

- Fire hydrants (25 on each leg) <https://www.youtube.com/watch?v=La3xYT8MGks>
- Hip circles going forward (20 on each leg)
<https://www.youtube.com/watch?v=1GNXu54vQUw>

- Hip circles going backward (20 on each leg)
- Donkey Kicks (25 on each leg) <https://www.youtube.com/watch?v=SJ1Xuz9D-ZQ>

Repeat circuit #2 3x's (30-45 seconds rest between each set)

Circuit #4

- Jump squats (30 seconds)
- Squat hops (45 seconds) <https://www.youtube.com/watch?v=O7D2inxU6Ck>

Repeat circuit #4 3x's (60 seconds rest between each set)

Jog in place for 3-4 minutes

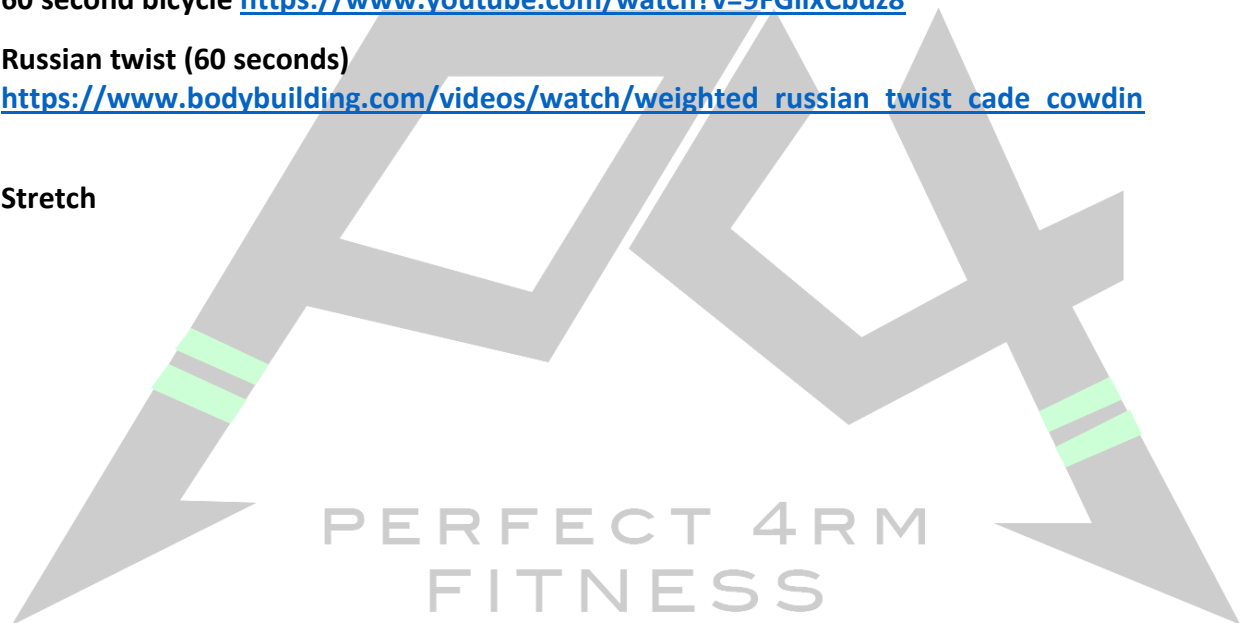
Abs – 50 sit-ups, 100 crunches,

60 second bicycle <https://www.youtube.com/watch?v=9FGilxCbdz8>

Russian twist (60 seconds)

https://www.bodybuilding.com/videos/watch/weighted_russian_twist_cade_cowdin

Stretch



Intermediate Level Workout:

Warm-up

Jog in place (5 min)

Stretches of your own choice (5 min)

- ❖ If you need stretching ideas: <https://www.youtube.com/watch?v=u5Hr3rNUZ24>

Quick feet (do 30 seconds fast, 15 seconds slow) repeat this without a break (4 minutes)

<https://www.youtube.com/watch?v=F-q64dTMcbY>

Pushups 20

Workout Begins!

Circuit #1

- Weighted Body squats to press (a gallon water jug in each hand) (30 seconds) <https://www.youtube.com/watch?v=91E--2M6zr8>
- Weighted Body squats with knee raises (a gallon water jug in each hand) (15 seconds) <https://www.youtube.com/watch?v=Qv6a-FJWNrk>

Repeat circuit #1 3x's (30 seconds rest between each set)

Circuit #2

- Weighted Body squats (a gallon water jug in each hand) (45 seconds)
- Weighted Jump squats (a gallon water jug in each hand) (15 seconds)

Repeat circuit #2 3x's (30-45 seconds rest between each set)

Circuit #3

- Weighted Reverse lunges (a gallon water jug in each hand) (25 on each leg) <https://www.youtube.com/watch?v=K3vgNL2OFI8>
- Weighted Squat to side lunges (a gallon water jug in each hand) (20 on each leg) <https://www.youtube.com/watch?v=iuI9u1qc4-A>
- Weighted Curtsy Lunges (a gallon water jug in each hand) (20 on each leg) <https://www.youtube.com/watch?v=wzHjHs6jIIA>
- Weighted Lunge with knee raise (a gallon water jug in each hand) (25 on each leg) <https://www.youtube.com/watch?v=iClODZB4SnA>

Repeat circuit #3 3x's (15-25 seconds rest between each set)

Circuit #4

- Pushups (20 seconds)
- Burpees (30 seconds)

- Planks (40 Seconds)
- Mountain Climbers (50 seconds)

Repeat circuit #4 3x's (30-45 seconds rest between each set)

Jog in place for 3-4 minutes

Abs – 75 toe touches, 75 reverse crunches, 100 crunches, 100 toe touches, 50 leg raises, V-Ups (20) <https://www.youtube.com/watch?v=iP2fjvG0g3w>

Stretch



Advanced Level Workout

Warm-up

Jog in place (5 min)

Stretches of your own choice (5 min)

Quick feet (do 30 seconds fast, 15 seconds slow) repeat this without a break (4 minutes)

<https://www.youtube.com/watch?v=F-q64dTMcbY>

Stretch (3 minutes)

Workout Begins!

Circuit #1

- Pushups (20)
- Mountain Climbers (60 seconds)
- Spiders (15 each leg)
<http://www.bodybuilding.com/exercises/detail/view/name/spider-crawl>
- Burpees (15) https://www.youtube.com/watch?v=xmyk_R5a1S4

Repeat circuit #1 3x's (30 seconds rest between each set)

Circuit #2

- Spiders (10 on each leg)
<http://www.bodybuilding.com/exercises/detail/view/name/spider-crawl>
- Plank (30 seconds)
- Plank on hands with one leg raised (hold for 30 seconds then switch to the other leg and hold that for 30 seconds) <https://www.youtube.com/watch?v=LNcpxsUOj1Q>
- Mountain climbers (20 on each leg)
- Plank ground to wall (60 seconds) <https://www.youtube.com/watch?v=L7co1XUiC1Y>
- Side Planks (30 seconds on each side)
<https://www.youtube.com/watch?v=qghh1gZF7uA>

Repeat circuit #2 4x's (15 seconds rest between each set)

Circuit #3

- Dips (from the edge of a couch, chair, or bench) (50)
<https://www.youtube.com/watch?v=tKjcgfu44sl>
- Wall sits with a light chair or a gallon jug of water in hands (60 seconds)
<https://www.youtube.com/watch?v=-cdph8hv000>
- Diamond Pushups (20) <https://www.youtube.com/watch?v=jaxbEHLc4gU>

Repeat circuit #3 3x's (60 seconds rest between each set)

Jog in place for 3-4 minutes

Abs – 80 toe touches (with gallon jug in hands), 80 reverse crunches, 80 second plank, 40 leg raises <https://www.youtube.com/watch?v=JB2oyawG9KI>

Spiderman Crunches (20 on each leg) <https://www.youtube.com/watch?v=fShPqITaoDA>

V-Ups (20)

Stretch

