

# Lady Mustangs At Home Workouts

These are suggested workouts that you can do with access to weights or at home without weights. Begin each day with a warm up of a 5 minute jog or 50 Jumping Jacks, followed by stretching. Start on Workout #1 and go in order each day, when you reach workout #6 rest one day and restart at workout #1.

## Workout #1 Weights

- 4 x 10 each
- Dumbbell Curls
- Squats @ 55% of Max
- Tricep Pulldowns
- Power Cleans @ 55% of Max
- Military Press
- Bench Press @ 55% of Max
- Cardio: Jump Rope or Object
- 1min Regular
- 1 min. Side to Side
- 1min. Alternating
- 30 sec. Right Foot
- 30 sec. Left Foot

## Workout #1 AT HOME

- 4x 15 each
- Chair Dips
- Push-Ups
- Air Squats
- Forward Lunges
- Cardio: Jump Rope or Object
- 1min Regular
- 1 min. Side to Side
- 1min. Alternating
- 30 sec. Right Foot
- 30 sec. Left Foot

## Workout #2 ALL

**Circuit: 1 minute each with 2 minutes of rest between sets. Repeat 5 times.**

**1—Frog Jumps    2—Row Boats    3—Mt. Climbers    4—V-Ups    5—Burpees**

## Workout #3 Weights

- 4 x 10 each
- Bench Press @ 55% of Max
- Pull-Ups
- Squat @ 55% of Max
- Dips
- Power Cleans @ 55% of Max
- Wrist Curls
- 3 x 25 OH Sit-Ups w/Weight
- 3 x 25 Plate Taps w/Weight

## Workout #3 AT HOME

- 4 x 15 each
- Single Leg Squat ( 1 foot shoe laces down in chair)
- Push-Ups
- Reverse Lunges (15 each Leg)
- Chair Dips
- 3 x 25 OH Sit-Ups w/ Anything weighted
- 3 x 25 Plate Taps w/ Anything weighted

## Workout #4 ALL

**Sprints: 10-15 seconds between sprints and 1 minute after each yardage. Take a 2 minute break after entire set. Repeat Twice.**

**15 @ 5 yards (15ft.)    10 @ 10 yards (30ft.)    8 @ 20 yards (60ft.)    5 @ 40 yards (120ft.)**

## Workout #5 Weights

- 4 x 10 each
- Military Press
- Squat @ 55% of Max
- Tricep Pulldowns
- Bench Press @ 55% of Max
- Power Clean @ 55% of Max
- 3 x 1 min Elbow Plank Holds
- 15 minute Run/Jog

## Workout #5 AT HOME

- 4 x 15 Push-Ups ( Last Set Till failure)
- 4 x 15 Wide Air Squats
- 4 x 15 Chair Dips (Last Set till Failure)
- 3 x 25 Calf Raises  
( 1— toes in, 1—toes out, 1— toes regular)
- 3 x 1 min Elbow Plank Holds
- 15 Minute Run/Jog

## Workout #6 ALL

**Circuit Time: 30 seconds each, NO BREAKS in between exercises. Repeat 2-4 times with 2-3 minute break.**

**1. Push-Ups    2. V-Ups    3. Frog Jumps    4. Left Elbow Plank    5. Alt. Lunges (Hands on Head)**

**6. In/Out ABS    7. Burpees    8. Right Elbow Plank    9. Sit-Ups (Hands across chest)    10. Mt. Climbers**