

Home Workout Plans - Trackable PDF

Angry Birds Workout

- 20 Bodyweight Squats
- 15 Push-ups
- 10 Pull-ups or Inverted Rows
- 30-second Plank (repeat 2-3 rounds)

20-Minute Hotel Routine

- 20 Bodyweight Squats
- 15 Incline Push-ups (use a desk/bed)
- 10 Suitcase Rows (each arm)
- 10 Reverse Crunches (AMRAP in 15 minutes)

Playground Circuit

- 20 Step-ups on a bench (10 each leg)
- 10 Elevated Push-ups on a swing
- 10 Swing Rows
- 8 Assisted Lunges (each leg)

PLP Progression Plan

- Pull-ups: Start with 1-10 reps
- Push-ups: Add 1 rep daily
- Lunges (each leg): Add 1 rep daily
- Track for 60 days - challenge yourself!