

## ● HOME WORKOUT

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- **1: POWER PUSHUP / MOUNTAIN CLIMBER COUNTDOWNS**
- **SETS: 3**
- **REPS: 8, 6, 4, 2**
- Be explosive on these and make sure you're tightening the band enough to create enough resistance on the pushups.



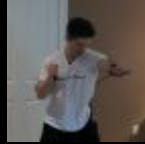
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- **2: ALLIGATOR WALKS**
- **SETS: 3**
- **REPS: 10 or To Failure**
- Stay extremely low to the ground without letting the chest touch. Try not to bounce too much during the walks.



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- **3: TUBING SUNRISE / SUNSETS**
- **SETS: 3**
- **REPS: 10-12**
- Perform 10-12 reps in each direction for one complete set. Stand far enough away from the door that tension is challenging!



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- [4: TUBING KNOCKOUT SERIES](#)
- **SETS: 3**
- **REPS: 10-12 Each**
- Three consecutive rounds of each punching style without resting equals one round!

PERFORM IN STRAIGHT SETS AND KEEP THE REST TIMES TO A MINIMUM (JUST ENOUGH TIME NEEDED TO CATCH YOUR BREATH!)