

COMMANDO STEVE'S HOME WORKOUT PLAN – WEEK ONE

Monday:

Warm up

5 minute Jog/walk, Row, Bike, Skip

Mobility

3 Inchworm + Downward dog

Lunge + 5 Rotation, left & right side

Conditioning

Complete as many rounds as possible in 10 minutes of the following:

Part A:

100m Shuttle run (20m x 5)

15 Lying knee tucks

8 Lunge to high knee L & R (dowel or dumbbells)

rest 3 minutes, then...

Complete as many rounds as possible in 10 minutes of the following:

Part B:

7 Hand release Push ups (knees if required)

12 Ground to Overhead with plate weight or Db's

5 Burpee

rest 3 minutes, then...

Plank - Keep the hip of the ground for 3 minutes using the prone, L & R side and supine plank.

Tuesday:

Cover as much distance as possible in 20 minutes walking and or jogging, rowing or cycling.

Stretch & Mobility.

Wednesday:

Warm up

5 minute Jog/walk, Row, Bike, Skip

Mobility

3 Inchworm + Downward dog

Lunge + 5 Rotation, left & right side

Conditioning

4 Rounds; each for time of:

30 Mountain climbers

12 Ground to Overhead with a Plate weight or Dumbbells

100 Skips (50 Double unders)

*Rest 90 seconds between rounds

Rest 3 minutes on completion, then...

Plank - Keep the hip of the ground for 3 minutes using the prone, L & R side and supine plank.

Thursday:

Cover as much distance as possible in 20 minutes walking and or jogging, rowing or cycling.

Stretch & Mobility.

Friday:

Warm up

5 minute Jog/walk, Row, Bike, Skip

Mobility

3 Inchworm + Downward dog

Lunge + 5 Rotation, left & right side

Conditioning

Complete 6 rounds of:

30 second work 30 seconds rest for reps of:

1. Thruster (dowel or dumbbells)
2. Commando's (Lunge + Lunge + Burpee)
3. 20m Shuttle run, 20m = 1 rep

*Total time 18 minutes

rest 3 minutes, then...

Plank - Keep the hip of the ground for 3 minutes using the prone, L & R side and supine plank.

Saturday:

Cover as much distance as possible in 20 minutes walking and or jogging,
rowing or cycling.
Stretch & Mobility.

Sunday:

Rest

