



Stay Active • Whole Foods • Quality Sleep At-Home Workouts

We understand people may be more comfortable staying at home or may HAVE to stay at home. Doctors are saying to stay active, implement great nutritional habits and get quality sleep. To stay active, here is a list of at-home workouts that you can perform with minimal to no equipment needed. For nutrition, we recommend a diet of whole healthy foods. Sleep quality, black out your rooms and eliminate distractions that could potentially wake you up throughout the night.

We want everyone to be healthy and safe during the pandemic and have the tools to keep their immune systems STRONG! If you have any questions or want to discuss more about ways to keep your immune system strong, do not hesitate to talk to a coach or email brandon@makocrossfit.com or kyle@makocrossfit.com.

Program Notes:

Most workouts can be done without any equipment, but some can be enhanced by using what you have. If you do not have access to conventional equipment, here is how to use everyday items improve your workouts.

1. **Scaling:** Any workout can be scaled up or down. The main goal of these workouts are to get you moving when you otherwise wouldn't.
2. **Go-to Locations:**
 - Finding a local playground or park are great options. If you are limited on time though get it in where you can. It's tough to do, but I always try to carve out a little time for myself when I am visiting with family. Don't feel guilty, it can be overwhelming. Using an hour to get a workout in, makes me more productive in the kitchen, and deal with the stress of the holidays. You'll thank yourself for it.
3. **Movements:** Subbing in Pull Ups whenever you can will add good variance to this program. I suggest subbing out Burpees if you have access to a pull-up bar, Local playground, or even a sturdy tree.

- **List of unconventional weight ideas:**
 - Landscaping material:
 - Sand, Rocks, Concrete, Bricks, Masonry/Cinder blocks
 - All can be secured in a bag or a bookbag and moved as if it were a Barbell, KettleBell, Dumbell, or Medball.
 - Household item:
 - Milk Jugs filled with water or sand can make a KB or DB, be sure to tape the lids on well.
 - Broomstick(PVC) OHS can be a great way to keep your mobility in your squat. Use this in place of any Air Squat in the workout
 - Bookbag can be filled with non-sharp items and used to weight squats.
 - **Above all BE SAFE.** Use your best judgement when creating workout equipment. Make sure whatever you use is secure, and error on the side of light- Be smart about it.
4. **Sample Warm Ups-** here are some sample Warm Ups you can use to prep quickly for the workout of the day
- **Option 1**
 - 2 Rounds:
 - 20 Jumping Jacks
 - 20 Good mornings (unweighted)
 - Tabata Squat Hold
 - 20 sec in the squat/ 10 sec. rest x 4-6
 - Tabata Hollow hold
 - 20 sec in hollow/ 10 sec. rest x 4-6
 - 2 Rounds:
 - 15 PVC Pipe Pass Throughs (broomstick)
 - 20 alt Lunge Steps(forward and back)
 - Practice specific workout skills
 - **Option 2**
 - 2 min Jog
 - Jog for 2-4 minutes to get the blood flowing
 - 2 Rounds
 - 5 no push up burpees
 - 10 sit ups
 - 15 Air Squats
 - 2 minutes per side Hip capsule stretch and Couch Stretch
 - Practice specific workout skills
 - **Option 3**
 - Tabata Jump Rope or jog in place
 - :20s on/ 20s off x 6-8
 - 2-3 Rounds
 - :30s Hollow

- :30s Glute Bridges
 - :30s Jumping Jacks
 - :30s Rest
 - 2 sets of 5 Push Up- tempo 3 sec down, 3 sec hold, and Up
 - Practice specific workout skills
5. **Below Workouts are organized by time to fit your busy schedule.** Try to mix up the movements and time domain daily, avoiding “cherry picking” the workouts/ movements/ time domains you like.
6. **Equipment**
- *When you see a single asterisk (*) use a conventional piece of equipment or a weighted object from the list above. Get creative.*
 - *Time and Task represents the priority of the workout; Time means there is a set time for work to be done. Task is a set amount of work to accomplish to finish.*

Short (under 10 minutes),		Medium (11-15 minutes)		Long (15+ minutes)	
Time	Task	Time	Task	Time	Task
7 min AMRAP: Burpee Clean and Press*	For Time: 150 MB Cleans*	12 min AMRAP: 30 Push Press* 30 Sit Ups	5 Rounds For Time: 200m Run 20 Burpee DL*	5:00 Run out at a steady pace -rest 3 minutes 5:00 Run back at the same pace	“Bert” For time: 50 burpees 400-m run 100 push-ups 400-m run 150 walking lunges 400-m run 200 squats 400-m run 150 walking lunges 400-m run 100 push-ups 400-m run 50 burpees
*perform movement with any object you have.	*perform movement with any object you have.	*perform movement with any object you have.	*perform movement with any object you have.	**Best to be done with and out and back meaning: Run out in one direction for 5 minutes. Rest, and then come back to the starting point. The goal is to reach the same pace your started on the second interval. *This workout can be scaled up or down, depending on skill level and how you feel.	
8 min AMRAP: 50 DU's 15 Goblet Squats*	For Time: 20-18-16-12-10 Push Press* Burpees	14 min AMRAP: 14 DL 14 Front Squats* -every time you set the object down, complete 10 burpees	10 Rounds For Time: 10 Deadlifts* 10 Push Press* 10 Air Squats	20 min AMRAP: 50 SDHP* 800m Run 50 Goblet Squats * 800m Run	12 Rounds: 200m Run 15 Jump Squats 10 Push Ups
**sub 50 DU's for 100m Run	*perform movement with any object you have.	*perform movement	*perform movement with any object you have.	*perform movement with any object you have.	

		with any object you have.			
<p>10 min AMRAP: 12 Hang Squat Cleans 12 Push Press</p> <p>*perform movement with any object you have.</p>	<p>For Time: 21-15-9 Goblet Squats* Push Press*</p> <p>*perform movement with any object you have.</p>	<p>15 min on the clock: 100 Air Squats 1 mile Run Amrap Burpees</p>	<p>5 Rounds For Time: 35 DU's 10 Hang Power Clean and Press* 35 DU's 10 Front Squat*</p> <p>*perform movement with any object you have.</p>	<p>20 min AMRAP: 400m Run 20 Hollow Rocks 20 Air Squats</p>	<p>4 Rounds For Time: Run 400m 20 Burpees 20 Thrusters*</p> <p>*perform movement with any object you have.</p>
<p>8 min AMRAP: 8 DL* 8 Squat* 8 Press*</p> <p>*perform movement with any object you have.</p>	<p>7 Rounds For Time: 7 Hang Squat Clean 7 Thrusters 7 Push Press</p>	<p>1 min AMRAP: Burpees -rest 30 secures x 8 Rounds</p>	<p>2 Rounds For Time: 100 DU's 50 Push Ups</p> <p>**sub out a 400m for DU's if needed</p>		<p>3 mile TT Run - This workout can be scaled up or down, depending on skill level and how you feel.</p>
<p>7 minutes: Air Squats *each time you pause, complete 7 push Ups</p>	<p>For Time: 100 Burpees</p>	<p>Tabata *perform 8 rounds of each movement before moving on Push Up Air Squat Sit up</p>	<p>For Time: 200 Air Squats 150 Sit Ups</p> <p>**partition the reps however you like</p>		
<p>AMRAP: 3 minutes Air Squats 3 minutes Clean and Press* 3 min Sit Ups</p> <p>*perform movement with any object you have.</p>		<p>11 min AMRAP: 800m Run-buy in only 9 Goblet Squats* 5 Burpees over object</p> <p>*perform movement with any object you have.</p>	<p>For Time: 50 Box Jumps** 50 Burpees 50 Thrusters * ***find a secure surface to jump to or over.</p>		