



THE FITNESS
COLLECTIVE

NESS
TIVE

COVID 19
HOME
WORKOUT
GUIDE

52 WORKOUTS, ONE A NEW ONE TO TRY EVERY WEEK FOR A YEAR!

WE HAVE INCLUDED A LARGE SECTION OF BODY WEIGHT WORKOUTS, HOWEVER, ADJUSTABLE DUMBBELLS AND KETTLEBELLS ARE COST EFFECTIVE BUT EXTREMELY USEFUL BITS OF KIT TO HAVE AT HOME, THEY CAN REALLY OPEN UP A HUGE VARIETY OF OTHER EXERCISES FOR YOU TO TRY.

HOW TO USE YOUR WORKOUT BOOK.

THE WORKOUTS ARE SPLIT INTO BODY WEIGHT, KETTLEBELL AND DUMBBELL. DEPENDING ON WHAT KIT, IF ANY, THAT YOU WANT TO USE THEN YOU WILL KNOW WHICH SECTION TO USE.

THERE ARE SOME SUPER QUICK WORKOUTS AND SOME LONGER WORKOUTS. WITHIN EACH SECTION THERE ARE DIFFERENT STYLES OF WORKOUTS FOR YOU TO CHOOSE FROM.

THE WORKOUTS CAN BE MIXED TOGETHER. FOR INSTANCE, YOU MIGHT DO A CHIPPER WORKOUT THAT TAKES YOU 15 MINUTES, THEN DECIDE YOU WANT TO ADD ON A 5 MINUTE AMRAP OR YOU MIGHT DO A DUMBBELL CIRCUIT THEN DO 2 LADDER WORK- OUTS TO FINISH. THE CHOICE IS YOURS!

TYPES OF WORKOUT

CIRCUITS – WORK THROUGH THE CIRCUIT FOR STATED AMOUNTS OF REPETITIONS AND SETS.

CHIPPERS – WORK THROUGH EACH EXERCISE ONLY ONCE, DON'T MOVE ONTO YOUR NEXT MOVE UNTIL YOU HAVE COMPLETED ALL YOUR REPS. GO AS FAST AS YOU CAN THROUGH THE WORKOUT! TIME HOW LONG IT TAKES YOU THEN THE NEXT TIME YOU DO THE SAME WORKOUT YOU CAN TRY AND BEAT YOUR TIME.

LADDERS - WORK DOWN FROM 10/20 REPS OF EACH EXERCISE TO 9, TO 8 TO 7 ETC. CAN GO IN 2'S IF YOU NEED TO MAKE IT A LITTLE EASIER, BUT CHALLENGE YOURSELF! YOU CAN ALSO WORK BACK UP THE LADDER IF YOU REALLY WANT TO PUSH THE BOAT OUT....

SUPER SET OR TRI SET – 2 OR 3 EXERCISES DONE BACK TO BACK WITH LITTLE OR NO REST IN BETWEEN THEM.

INTERVALS – USE AN INTERVAL TIMER ON YOUR PHONE, DOWNLOAD ONE FOR FREE FROM YOUR APP STORE. THERE WILL BE WORK AND REST TIMES GIVEN AS WELL AS NUMBER OF ROUNDS GIVEN FOR EACH WORKOUT.

AMRAP – YOU DO AS MANY ROUNDS AS POSSIBLE IN THE GIVEN TIME! SIMPLE!

FINISHER..... SHORT NASTY MINI WORKOUTS TO LITERALLY FINISH OFF YOUR WORKOUT, BE BRAVE! IF THERE IS AN EXERCISE YOU DON'T KNOW IN A WORKOUT, SIMPLY SWAP IT FOR ONE YOU DO KNOW!

USE THIS BOOK AS INSPIRATION. HAVE A BIT OF FUN WITH IT AND PLAY AROUND WITH EXERCISES.

CHALLENGE YOURSELF.

1 CIRCUIT BODY WEIGHT

SQUAT JUMP X 15, SIDE LUNGE X 15, PRESS UP X 15, BURPEE X 15. X 3 ROUNDS

MOUNTAIN CLIMBERS X 30, BENCH HOPS X 30. X 3 ROUNDS

DIPS X 15, GLUTE BRIDGE X 15. X 3 ROUNDS

2 CIRCUIT BODY WEIGHT

SQUATS X 20, 1 MIN SPRINT ON SPOT (OR ON TREADMILL), SQUATS X 20. 1 ROUND

LUNGE X 20, 45 SEC SPRINT, LUNGE X 20. 1 ROUND

BURPEE PRESS UP X 20, 30 SEC SPRINT, BURPEE PRESS UP X 20. 1 ROUND

JUDO SIT UP X 20, 20 SECOND SPRINT, JUDO SIT UP X 20. 1 ROUND

V-SIT X 10, 15 SEC SPRINT, V-SIT X 20. 1 ROUND

3 CIRCUIT BODY WEIGHT

10 SQUATS 10 PUSH UPS. 3 ROUNDS,

20 WALKING LUNGES 10 BURPEES. 3 ROUNDS,

50 MOUNTAIN CLIMBERS, 20 STEP UPS. 3 ROUNDS,

10 DIPS, 20 HOT HANDS. 3 ROUNDS

4 CIRCUIT BODY WEIGHT

10 PUSH UPS, 20 SLOW MOUNTAIN CLIMBERS, 20 LUNGES, 10 DIPS, 10 JUMP SQUATS, 20 HOT HANDS. GO THROUGH CIRCUIT 3 OR 4 TIMES.

5 CIRCUIT BODY WEIGHT

ROUND 1. 15 SQUAT JUMP, 15 SIDE LUNGE, 15 PRESS UP, 15 BURPEE X3 ROUNDS

ROUND 2. 30 MOUNT CLIMBERS, 30 BENCH HOPS X3 ROUNDS

6 CIRCUIT BODY WEIGHT

LEGS & BUM.

20 CURTSEY LUNGES, 10 LONG JUMPS, 20 SIDE LUNGES X 3 ROUNDS

20 SKATERS, 20 BACK LUNGES, 20 WIDE SQUATS X 3 ROUNDS

7 CHIPPER BODY WEIGHT

250 REPS. SQUAT X 25, STEP UP X 25, JUMP LUNGE X 25, PLANK JACK X 25, POWER JACKS X 50, SKATERS X 50, PLANK BUILD-ERS X 25, HOT HANDS X 25, SQUAT THRUST X 25, BURPEE LEAP FROG X25

8 CHIPPER BODY WEIGHT

CARDIO & CORE 400 REPS. 20 REPS OF EACH.

PRESS UP, BURPEE, SQUAT, POWERJACK, SIDE LUNGE, FRONT LUNGE, JUMPING LUNGE, DIPS (OR TRICEP PRESS UPS), SQUAT THRUST, FAST MOUNTAIN CLIMBERS, HOT HANDS, CRUNCHES, V – SIT UPS, SLOW MOUNTAIN CLIMBERS, BICYCLE CRUNCH, BUTTERFLY SIT UP, RUSSIAN TWISTS, BACK EXTENSIONS, SWITCH KICK, WALKING PLANK – UP TO HANDS BACK DOWN TO FOREARM.

9 CHIPPER BODY WEIGHT

QUICK 100 REP CHALLENGE

10 BURPEES, 10 PUSH UPS, 10 SQUATS THRUSTS, 10 JUMP SQUATS, 10 TRICEP DIPS, 10 BURPEE POWERJACKS, 10 TRICEP PRESS-UPS, 10 SLOW MOUNTAIN CLIMBERS, 10 SQUATS, 10 LUNGES.

10 LADDER BODY WEIGHT

WORK YOUR WAY DOWN THE LIST THEN BACK UP. 10 - 1

BURPEES, SQUATS, SQUAT JUMPS, LUNGES,

11 LADDER BODY WEIGHT

10 – 1 PRESS UP, BURPEE, JUMP SQUAT

10 -1 SQUATS X PRESS UPS

12 LADDER BODY WEIGHT

20 – 2 LUNGES & SWITCH KICKSI

10 – 1 BURPEES & DIPS

13 LADDER BODY WEIGHT

CORE LADDER. SIT UPS, LYING LEG RAISES 10 - 1

14 AMRAP BODY WEIGHT

5 MINS ON TIMER. FRONT LUNGE, SIDE LUNGE, JUMPING LUNGE. 10 REPS EACH

15 AMRAP BODY WEIGHT

5 MINS ON TIMER. SUMO SQUAT, JUMP SQUAT, SQUAT, SQUAT WITH HIGH KNEE 10 REPS EACH

16 AMRAP BODY WEIGHT

10 MINS – BURPEES, SQUATS, BURPEES, PRESS UPS, BURPEES, BACK LUNGE 10 REPS EACH

17 AMRAP BODY WEIGHT

7 MINS – 5 PRESS UPS, 10 BURPEES, 15 JUMP SQUATS, 20 MOUNTAIN CLIMBERS

18 AMRAP BODY WEIGHT

CORE AMPRAP 5 MINS. 20 BICYCLE CRUNCH, 20 HEEL TAPS, 10 SIT UPS, 10 REVERSE CRUNCH.

19 TRI SET BODY WEIGHT

PRESS UPS X 10, BACK EXTENSIONS X 10, FRONT LUNGES X 20. 3 ROUNDS

HOT HANDS X 10, V SIT UPS X 10, SIDE LUNGES X 20. 3 ROUNDS

DIPS X 10, RUSSIAN TWISTS X 20, BACK LUNGES X 20. 3 ROUNDS

20 FINISHER BODY WEIGHT

20 SQUATS, HOLD A STATIC SQUAT FOR 30 SECONDS, 10 SQUATS, HOLD A STATIC SQUAT FOR 20 SECONDS, 5

SQUATS HOLD A STATIC

SQUAT FOR 10 SECONDS

21 FINISHER BODY WEIGHT

CORE BLAST. 100 FAST MOUNTAIN CLIMBERS, 20 SLOW HOT HANDS, 50 FAST MOUNTAIN CLIMBERS 20 SLOW HOT

HANDS, 20 FAST

MOUNTAIN CLIMBERS, 20 SLOW HOT HANDS.

22 FINISHER BODY WEIGHT

200 HIGH KNEES (JOG ON SPOT HIGH KNEES) 200 MOUNTAIN CLIMBERS

23 FINISHER BODY WEIGHT

1 BURPEE, 1 BURPEE WITH 2 SQUAT THRUSTS, 1 BURPEE WITH 3 SQUAT THRUSTS UNTIL YOU REACH 10

24 FINISHER BODY WEIGHT

3 MINS OF BURPEES

25 CIRCUIT DUMBBELLS

CAN USE SAME SET OF DB'S FOR EACH EXERCISE

10 LUNGE AND PRESS EACH ARM, 10 ROMANIAN DEADLIFT, 10 DB BURPEE , 10 FRONT SQUAT REPEAT 3- 4 X

26 CIRCUIT DUMBBELLS

CAN USE SAME SET OF DB'S FOR EACH EXERCISE

LUNGE TOUCHES X 16, PRESS UPS X 8, SIDE LUNGE X 16, DIPS X 16,, BACK LUNGE X 16

REPEAT 2-3 X 2 MIN REST

RENEGADE ROW X 16, SQUAT AND PRESS X 16, SWITCH KICKS X 16, BUTTERFLY SIT UPS X 16, SLOW MOUNTAIN

CLIMBERS X 16

REPEAT 2 – 3 X FINISH.

27 CIRCUIT DUMBBELLS

10 BACKWARD LUNGE PRESS (L) 10 BWARD LUNGE PRESS (R) 10 SQUAT CURL

10 PUSH UPS, 20 SLOW MOUNTAIN CLIMBERS ,V 30 BENCH HOPS

DO CIRCUIT 3 X

28 CIRCUIT DUMBBELLS

LEG & BUTT BURNER.

10 GOBLET SQUATS, 20 CURTSEY LUNGES, 10 BODY WEIGHT GLUTE BRIDGES ON FLOOR. X 3 ROUNDS.

10 WIDE STANCE GOBLET SQUATS, 10 CURTSEY SIDE LUNGES (5 EITHER SIDE), 10 WIDE STANCE GLUTE BRIDGES ON FLOOR. X 3

ROUNDS.

29 INTERVAL DUMBBELLS

45 SECONDS OF WORK 20 REST.

LUNGE TOUCHES, SIDE LUNGES (HOLD 1 DB), SPRINT ON SPOT. X 2 ROUNDS.

REST. 1 MIN.

FRONT SQUAT, CURL AND PRESS, MOUNTAIN CLIMBERS X 2

REST. 1 MIN.

WALKING LUNGES, RENEGADE ROW, SKATERS X 2

30 INTERVAL DUMBBELLS

30 WORK/15 REST 3 X EACH ROUND REST 1 MIN BETWEEN EACH ROUND.

R1 - DB BURPEES, FLOOR PRESS, PLANK JACK

R2 - THRUSTERS, RENEGADE ROWS, WEIGHTED SIT UPS

R3 - WEIGHT LUNGE VARIATION, MOUNTAIN CLIMBERS, CURL AND PRESS

31 INTERVALS DUMBBELLS

30 SECS WORK 10 SECS REST

X3 STEP UP PRESS (L) STEP UP CURL (R) BENCH HOPS

X3 HOT HANDS, DOUBLE BENT OVER ROW D/B, BACKWARD LUNGE D/B

X3 BURPEES, JUMP SQUATS, BENCH HOPS

32 CHIPPER DUMBBELLS

15 SHOULDER PRESS, 15 BURPEES, 15 BENT OVER FLY, 15 JUMP SQUATS, 15 FRONT RAISES, 15 SQUAT THRUSTS

20 CHEST PRESS,

20 GOBLET SQUATS, 20 DB BENT OVER ROW, 20 FRONT LUNGE, 20 SHOULDER PRESS, 20 ROMANIAN DEADLIFTS

33 CHIPPER DUMBBELLS

300

25 PUSH UPS, 25 GOBLET SQUATS, 25 BENT OVER ROW (L) 25 BENT OVER ROW (R)

50 WEIGHTED STEP UPS DB, 25 DIPS, 25 WALKING LUNGES DB, 25 CURL PRESS DB,

25 SUITCASE BURPEES DB, 50 MOUNTAIN CLIMBERS

234 CHIPPER DUMBBELLS

LEGS & BUM 150 REPS. 30 WALKING LUNGES DB, 30 SIDE LUNGES DB, 30 SQUAT AND PRESS DB, 30 CURTSEY LUNGES DB, 30 BACK LUNGES DB.

35 AMRAP DUMBBELLS

6MINS
BURPEE CURL AND PRESS X8, 1 ARM ROW X 10 EACH ARM, LUNGE TOUCHES (EACH LEG) X 8

6MINS
GOBLET SQUAT 12, PRESS UP 10, HIP THRUSTS 12

6MINS
RDLS 12, SQUAT JUMPS 10, KNEE HUGS 10, RUSSIAN TWISTS 20

36 FINISHER DUMBBELLS
20 MANMAKERS! (DUMBBELL BURPEE, PRESS UPS, RENEGADE ROW, CURL & PRESS!)

37 FINISHER DUMBBELLS

5 DUMBBELL BURPEES, 10 DUMBBELL JUMP SQUATS (HOLD 1 DB CLOSE TO CHEST) X 5 ROUNDS

38 LADDER DUMBBELLS

10 -1 X 1-10 = FRONT SQUAT / PRESS UP
10 -1 X 1-10 = CURL N PRESS / SQUAT THRUST

39 LADDER DUMBBELLS

1 PRESS UP, 2 RENEGADE ROWS , 2 MOUNTAIN CLIMBERS. DOUBLE EACH TIME, E.G, 2 PRESS UP, 4 RENEGADE ROWS, 4 MOUNTAIN CLIMBERS, THEN DOUBLE AGAIN.... REPEAT UNTIL 10 PRESS UPS!

40 LADDER DUMBBELLS

REDUCE REPS BY 2 EACH ROUND
10 SQUAT PRESS 10 DUMBBELL BURPEES

41 TRI SET DUMBBELLS

X3 10 SQUAT PRESS, 20 BACKWARD LUNGE, 10 SUITCASE BURPEE
X3 10 DOUBLE BENT OVER ROW, 20 STEP UP CURL , 10 DIPS
X3 50 MOUNTAIN CLIMBERS, 20 JUMPING JACKS , 10 JUMP SQUATS
X3 10 BENCH DIPS, 20 HOT HANDS

242 SUPERSET KETTLEBELLS

3 ROUNDS (20 SWINGS / 10 BURPEES)

3 ROUNDS (20 SINGLE ARM SWINGS / 20 HOT HANDS)

3 ROUNDS (10 GOBLET SQUAT / 5 CLEAN AND PRESS (L/R))

3 ROUNDS (20 GOBLET BACKWARD LUNGE / 10 PUSH UPS)

43 SUPER SET KETTLEBELLS

X3 10 KB THRUSTER / 10 BURPEES

X3 20 KB SWING / 20 SKATERS

X3 10 KB DEADLIFT / 20 BENCH HOP

X3 10 DOUBLE CLEAN / BACKWARD LUNGES

44 CHIPPER KETTLEBELLS

25 SWINGS, 25 PUSH UPS, 25 SINGLE ARM SWINGS, 25 BURPEES, 25 SQUAT HIGH PULL 50 MOUNTAIN CLIMBERS

25 GOBLET SIDE LUNGES, 25 ELBOW TO HANDS, 25 CLEAN AND PRESS L/R 25 STRAIGHT LEG DEAD, 25 SWINGS

45 CHIPPER KETTLEBELLS

– DIFF SIZE KB'S REQUIRED

25 SWINGS 2 HANDS, 25 KB SQUATS, 25 KB ROWS (EACH ARM) 25 FRONT LUNGES (EACH LEG, KB IN HOLD POSITION)

25 SINGLE SWINGS EACH ARM, 25 RUSSIAN TWISTS, 25 SIT UPS HOLD KB CLOSE TO CHEST

REPEAT!

46 CIRCUIT KETTLEBELLS

KB SUMO DEADLIFT – 10, KB LUNGE AND PRESS – 10 EACH LEG, KB SQUAT – 10, KB RENEGADE ROW – 10 (5 EACH ARM) KB

SWINGS – 20

47 CIRCUIT KETTLEBELLS

X3

20 SWINGS, 10 GOBLET SQUATS, 10 BENT OVER ROW, 5 CLEAN AND PRESS, 10 GOBLET LUNGES

48 INTERVALS KETTLEBELLS

30 SECONDS WORK AND 15 REST. 6 ROUNDS. 4.30 MINS PER ROUND.

KB SWINGS, BURPEE, PLANK – REPEAT REST

KB SQUAT, POWERJACK, HOTHANDS – REPEAT REST

KB SUMO SQUAT HIGH PULL, BUNNY HOPS, SIT UPS – REPEAT.

49 AMRAP KETTLEBELLS

10 SWINGS, 10 ROWS EACH ARM, 10 SQUAT, 10 PRESS UP – 7, 10 OR 12 MINS!

10 KB BURPEE DEADLIFT, 5 CLEAN AND PRESS EACH SIDE, 10 SWINGS. 7, 10, OR 12 MINS

50 AMRAP KETTLEBELLS

10 SWINGS, 10 KB JUMPS SQUATS, 10 BENT OVER ROW (KB IN EACH HAND). 4 MINS

51 AMRAP KETTLEBELLS

10 SWINGS, 10 KB JUMPS SQUATS, 10 BENT OVER ROW (KB IN EACH HAND). 4 MINS

52 LADDER KETTLEBELLS

1 – 10 BURPEES, DIPS, KB SQUATS

20 – 2 RENEGADE ROW, MOUNTAIN CLIMBERS , CLEAN AND PRESS

