

REBEL SPEED & STRENGTH TOO FAST - TOO STRONG

At Home Training Program

Dips, Push-ups, Chins, Bodyweight Squats

Schedule:

Monday: Chins & squats

Wednesday: Dips & Sit-ups

Friday: push-ups & squats

Sat or sun: your choose (pick the two exercises that you need improvement on)

Do the sets/ reps for each exercise for the each week.

Sets/reps

Week 1: 10x2=20

Week 2: 12x2=24

Week 3: 10x3=30

Week 4: 12x3=36

Week 5: 10x4=40

Week 6: 12x4=48

Week 7: 10x5=50

Week 8: 12x5=60

Week 9: 10x6=60

Week 10: 12x6=72

Week 11: 10x7=70

Week 12: 12x7=84

Week 13: 10x8=80

Week 14: 12x8=96

Week 15: 10x10=100

Dips can be done between two chairs, at the corner of a counter top, or off the edge of a sofa.

An inexpensive chin-up bar (one that hangs for a door casing) can be purchased from any sporting goods store.

Push-ups, sit-ups, and body weight squats can be done anywhere.

"Champions are willing to do extra training on their own"

Band Workout

Yoga Plank	x1:15-2:00
OH Squats	x15
Upright Row	x15
V Raises To Shoulder	x15
OH V Raises	x15
Y Press from Shoulder	x15
Rebel Curls	x15
Pull Aparts	x15
OH French Press	x15
Bent Over Rows	x15
One Arm "Get Up's"	x15

Circuit Training Format	
Pre Hab or After workout	x1 Circuit
Game Day	x3 Circuits
Conditioning	x5 Circuits

Each of 5 circuit under 5 minutes
1 minute rest between circuits
