



50 SELF ISOLATION FINISHERS



**THESE
WORKOUTS ARE
DESIGNED TO BE
PERFORMED
ANYWHERE WITH
ZERO OR LITTLE
EQUIPMENT
USING ONLY YOUR
BODYWEIGHT.**

REST 45-60S BETWEEN SETS

01 3-4 SETS

BODYWEIGHT SQUATS X 20

JUMP SQUATS X 10

REVERSE LUNGES X 20

LUNGE JUMPS X 10

02 3 SETS

BURPEE X 10

WALKING LUNGES X 10 [EACH SIDE]

PLANK X 30 SECS

03 2-3 SETS

BURPEE WITH TUCK JUMP X 10

OVERHEAD SQUATS X 10

HINDU PUSH UPS X 10

INVERTED ROWS X 10

SPRINTER CRUNCHES X 10 [EACH SIDE]

04 3 SETS

BURPEE X 10

SQUAT X 20

SPIDERMAN PUSH UPS X 10

MOUNTAIN CLIMBER X 20 [EACH SIDE]

05 3 SETS

REVERSE LUNGES X 8 [EACH SIDE]

INCHWORMS X 8

BEAR CRAWL X 15M

SQUAT JUMPS X 8

PYRAMIDS

**YOU CAN USE PYRAMIDS IN
AN ASCENDING, DESCENDING
OR A FULL UP/DOWN.**

**THE AIM IS TO GET THROUGH
THE REPS AS FAST POSSIBLE.**

**FOR EXAMPLE YOU
WOULD PERFORM 10 REPS,
THEN
PERFORM 9 REPS, THEN 8
ETC... UNTIL YOU HAVE
COMPLETED ALL THE REPS.**

PYRAMIDS

06 **X10,9,8,7,6,5,4,3,2,1**

A1 BODYWEIGHT SQUATS

A2 BURPEES

A3 LUNGE JUMPS [EACH LEG]

A4 PULL UPS

07 **X20,15,10,5,10,15,20**

A1 TRX JUMP SQUATS

A2 TRX ROWS

08 **X10,9,8,7,6,5,4,3,2,1**

A1 BURPEE

A2 PRISONER SQUATS

09 **X12,10,8,6,4,2**

A1 MED BALL SLAMS

A2 HANGING KNEE RAISES

10 **X20,18,16,14,12,10,8,6,4,2**

KB SWINGS

GOBLET SQUAT

11 **X500M,400M,300M,200M,100M**

ROW

1:1 WORK TO REST RATIO

12 **X5,10,15,20**

BURPEES

ROW [CALSI]

13 **X6,5,4,3,2,1**

PULL UP

DOUBLE KB FRONT SQUAT

DB PUSH PRESS

BURPEE

AMRAPs

**THIS A GREAT METHOD TO
USE FOR GETTING A LOT OF
WORK DONE IN A SHORT
PERIOD OF TIME.**

**SET A TIMER
AND COMPLETE AS MANY
ROUNDS AS POSSIBLE DURING
THE TIME PERIOD.**

REST AS REQUIRED.

PUSHUPS X 5
BURPEES X 10
BW SQUATS X 15

10 MINS

ROW X 30 SECS
BEAR CRAWL X 20M
BURPEE X 10

16 ROW X 200M
PULL UPS X 5
DB PUSH PRESS X 10
GOBLET SQUAT X 15

17 A1 KB SWING X15
A2 BURPEE X 15

B1 ALTERNATING ROPE SLAMS X 50
B2 INVERTED ROW X 15

18 BURPEES

19 TURKISH GET UP X 3 [EACH SIDE]
KB SWINGS X 15

20 KB SWINGS X 20
BALL SLAMS X 10

COMPLEXES

COMPLEXES ARE A TYPE OF CIRCUIT WHERE YOU COMPLETE 2 OR MORE EXERCISES BACK TO BACK WITH NO REST.

FOR EXAMPLE, COMPLETE 6 REPS OF EACH EACH EXERCISE WITH NO REST BETWEEN EXERCISES. THE WEIGHT SHOULD NOT TOUCH THE GROUND FROM THE TIME YOU PICK IT UP UNTIL AFTER THE LAST EXERCISE.

REST 45-60S BETWEEN SETS

21 BARBELL COMPLEX #1

3-4 SETS

A1 ROMANIAN DEADLIFT X 8

A2 BENT OVER ROW X 8

A3 HANG HIGH PULL X 8

A4 PUSH PRESS X 8

A5 BACK SQUAT X 8

22 BARBELL COMPLEX #2

3-4 SETS

A1 DEADLIFT X 6

A2 HANG CLEAN X 6

A3 STRICT OVERHEAD PRESS X 6

A4 FRONT SQUAT X 8

A5 REVERSE LUNGE X 6 [EACH SIDE]

23 DUMBBELL COMPLEX

3-4 SETS

A1 RENEGADE ROW X 8 [EACH SIDE]

A2 DB LUNGE X 8 [EACH SIDE]

A3 DB RDL/BENT OVER ROW COMBO X 8

A4 DB THRUSTER X 8

24 KETTLEBELL COMPLEX

3-4 SETS

A1 KB SUMO SQUAT X 10

A2 KB SWING X 10

A3 KB HIGH PULL X 10

A4 KB GOBLET SQUAT X 10

TIMED INTERVALS

**INTERVALS ARE SHORT
INTENSE EFFORTS
FOLLOWED BY A RECOVERY
PERIOD.**

**THIS IS THEN REPEATED FOR
A PRESCRIBED AMOUNT OF
SETS.**

| | |
|--|--------------------------|
| 25 1 MIN BIKE SPRINT [MAX CALORIES] | PREST 60S |
| 1 MIN TREADMILL [MAX CALORIES] | |
| 1 MIN ROW [MAX CALORIES] | |
| 1 MIN AIR DYNE [MAX CALORIES] | |
| 26 30S WORK | REST 30S X4 |
| 1 BURPEES | |
| 2 KB SWINGS | |
| 3 ROW/SKI ERG | |
| 27 20S WORK | REST 40S X5 |
| 1 BIKE SPRINTS | |
| 2 ROPE SLAMS | |
| 28 60:60 X 5 | ALTERNATING SETS, |
| A1 ROW/SKI ERG | NO REST |
| A2 PLANK | |
| 29 30S WORK | REST 30S X10 |
| BIKE SPRINTS | |
| 30 20S WORK | |
| A1 GOBLET SQUATS X 20 SECS | REST 20S |
| A2 ALTERNATING ROPE SLAMS X 20 SECS | |
| A3 BEAR CRAWLS X 20 SECS | |
| A4 V-UPS X 20 SECS | |
| A5 SPRINT ON SPOT X 20 SECS | |
| 31 20S WORK | |
| BURPEE | REST 10S X8 |

FOR TIME

**SET A TIMER, COMPLETE THE
EXERCISE IN AS QUICK A
TIME AS POSSIBLE.**

**THESE ARE A GREAT WAY TO
CHALLENGE YOURSELF AND
SEE HOW YOU ARE
PROGRESSING.**

| | |
|------------------------------|----|
| 32 BEAR CRAWL 25M | X5 |
| FARMERS CARRY 50M | |
| 33 ROW/SKI ERG X 500M | |
| BODYWEIGHT SQUATS X 100 | |
| 34 AIR DYNE X 50 CALS | |
| KB SWINGS X 50 | |
| 35 DB THRUSTERS X10 | X4 |
| INVERTED ROW X10 X4 | |
| BOX JUMPS X 5 | |
| 36 A1 DB FARMERS WALKS X 40M | |
| A2 DB WALKING LUNGES X 8 | X3 |
| A3PUSHUPX15 | |
| A4 INVERTED ROW X 15 | |
| A5 BURPEE X 10 | |
| 37 DB THRUSTERS X10 | X4 |
| MED BALL SLAM X 12 | |
| SPIDERMAN CRAWL X 12 | |
| 38 AIRDYNE X 15 CALS | X4 |
| SKI/ROW X 150M | |
| 39 KB SWINGS X 20 | X3 |
| BIKE/AIRDYNE X 20 CALS | |

EMOM PT.1

**EMOM 10MIN MEANS:
EVERY MINUTE ON THE
MINUTE FOR 10 MINUTES, DO
CERTAIN EXERCISES.**

**PERFORM THE REQUIRED
REPS, THEN REST THE
REMAINDER OF THE MINUTE
AFTER YOUR TASK IS
COMPLETED.**

**WE CAN USE JUST A SINGLE
EXERCISE, WE CAN
ALTERNATE EXERCISES, OR
WE CAN EVEN DO A ROTATION
OF SEVERAL EXERCISES.**

| | |
|---|-----------------------------|
| 40 DB THRUSTERS X 5 BURPEES X 5 | 10 MINS |
| 41 ODD/EVEN ALTERNATING EXERCISES 1 KB SWINGS X 12 2 SQUAT JUMPS X 12 | 10 MINS |
| 42 AIR DYNE X 15 CALS | 10 MINS |
| 43 MIN 1 ROW X 125M MIN 2 GOBLET SQUAT X 12 MIN 3 PUSH UP X 12 MIN 4 PULL UP X MAX REPS OR INVERTED ROW X 12 | 12 MINS |
| 44 MIN 1 SKI/ROW X 150M MIN 2 DOUBLE KB FRONT SQUAT X 8 MIN 3 KB FARMERS WALKS X 40M | 12 MINS |
| 45 COMBO WORKOUTS 3 SETS DB THRUSTER X 10 DOUBLE ARM ROPE SLAMS X 20 KB SWING X 20 HANGING KNEE RAISE X 10 | REST 45—60S BETWEEN SETS |

EMOM PT.2

**EMOM 10MIN MEANS:
EVERY MINUTE ON THE
MINUTE FOR 10 MINUTES, DO
CERTAIN EXERCISES.**

**PERFORM THE REQUIRED
REPS, THEN REST THE
REMAINDER OF THE MINUTE
AFTER YOUR TASK IS
COMPLETED.**

REST 45-60S BETWEEN SETS

46 4 SETS

SQUAT JUMP X 8

SINGLE ARM DB CLEAN & PRESS X 8

GOBLET SQUAT X 8

INVERTED ROW X 8

47 3 SETS

ROW X 200M

KB/DB FARMERS WALKS X 40M

BURPEE X 10

48 3 SETS

AIR DYNE / SKI X 30 SECS

PULL UP X 5

DB THRUSTER X 10

KB SWING X 15

49 2 SETS

PULL UP X 5

PUSH UP X 10

SQUAT X 15

ROW X 500M

50 3 SETS

WALL BALL CHEST THROWS X 10

LUNGE JUMPS X 10 [EACH SIDE]

V-UPS X 10

#THEFITNESSCOLLECTIVE