

Stay in, Stay Fit with **B4AFTERFIT**

Repeat each circuit 2-3x

NO LAZY LEGS	Anti-COVID ABS	COUCH POTATO BOOTY	STAY AT HOME HIIT	INFECTIOUS ARMS	QUARANTINE CARдио	SANITIZED STRETCHES
DAY 1 <input type="checkbox"/> 1. Bodyweight Squats 50x 2. Bodyweight Reverse Lunges 15x (R/L) 3. Side Lunges 15x (R/L) 4. Wall Squat 1 Minute 5. Single Leg Deadlift 15x(R/L) 6. Standing Calf Raises 30x	DAY 2 <input type="checkbox"/> 1. Plank 1 minute 2. Cross Body Crunches 30x (R/L) 3. Reverse Crunches 30x 4. Dead Bug 20x(R/L) 5. Alternate Heel Touchers 30x 6. Oblique Crunches on the Floor 30x (R/L)	DAY 3 <input type="checkbox"/> 1. Butt Lift Hold 2 minutes 2. Glute Kickbacks 30x(R/L) 3. Side-Lying Leg Lifts 30x(R/L) 4. Clams 30x(R/L) 5. Step-Up w/ Knee Raises 15x(R/L) 6. Single Leg Glute Bridges 15x(R/L)	DAY 4 <input type="checkbox"/> 1. Jumping Jacks 1 minute 2. Bodyweight Squats 1 minute 3. V-Ups 1 minute 4. Pop Squats 1 minute 5. Burpees 30 seconds 6. Jump Lunges 1 minute 7. Plank 1 minute	DAY 5 <input type="checkbox"/> 1. Pushups to Failure 2. Bench Dips 15x 3. Superman 15x 4. Standing Towel Triceps Extension 15x 5. Bicep Curls with bags 15x(R/L) 6. Front Raises with Bags 15x(R/L)	DAY 6 <input type="checkbox"/> 2 minutes each 1. Jump Rope 2. Shadow Boxing 3. 30 Yard Change-Of-Direction Shuttle 4. Vertical Mountain Climbers 5. Lateral Speed Step 6. High Knee Jog	DAY 7 <input type="checkbox"/> 1. Inchworm 10x 2. Kneeling Hip Flexor 30 sec (R/L) 3. Seated Glute Stretch 30 sec (R/L) 4. Calf Stretch Against Wall 30 sec (R/L) 5. 90/90 Hamstring 20x (R/L) 6. Shoulder Stretch 30 sec (R/L) 7. Child's Pose 30 sec
NO CORONA CORE	GLUTE ISOLATION	PANDEMIC ARMS	CONTAGIOUS CARдио	LYSOLED LEGS	TRANSMITTABLE TOTAL BODY	SOCIAL DISTANCE STRETCHES
DAY 8 <input type="checkbox"/> 1. Air Bike 30x 2. Russian Twists 30x 3. Toe Touchers 30x 4. Tuck Crunches 30x 5. Straight Legged Hip Raises 30x 6. Side Plank Hip Dips 30x(R/L)	DAY 9 <input type="checkbox"/> 1. Sumo Squat Pulse 20x 2. Curtsy Lunges 20x(R/L) 3. Hip Thrusts 20x 4. Hip Circles (prone) 30x 5. Glute Bridge Walkout 15x 6. Butt Lifts 30x	DAY 10 <input type="checkbox"/> 1. Incline Push-up to Failure 2. Bench Dips 15x 3. Push up to Side Plank 12x(R/L) 4. Cobra with Arm Retraction 15x 5. Bear Crawl Shoulder Taps 15x 6. Bent over Rows with Bags 15x	DAY 11 <input type="checkbox"/> 2 minutes each 1. Butt Kicks 2. Burpees 3. Rocket Jumps 4. Fast Kick with Arm Circles 5. Scissors 6. Fast Skipping	DAY 12 <input type="checkbox"/> 1. Jump Squats 15x 2. Rear Leg Raises 30x(R/L) 3. Bodyweight Lunges 15x(R/L) 4. Single-leg Box Squats 15x 5. Gorilla Squats 12x 6. Alternating Wide Squats & Side Leg Raises 15x(R/L)	DAY 13 <input type="checkbox"/> 1. Clock Push-Ups 1x each direction 2. Bulgarian Split Squats 12x(R/L) 3. Crunches 45 seconds 4. Ice Skaters 45 seconds 5. Side Plank 45 seconds 6. Mountain Climbers 45 seconds	DAY 14 <input type="checkbox"/> 30 seconds each (R/L) 1. Quad Stretch 2. Lying Glute Stretch 3. Single Knee to Chest Stretch 4. Standing Hamstring Stretch 5. Quad Thoracic Stretch 6. Triceps Stretch

CHECK THE WHEN WORKOUT IS COMPLETED! Feel free to modify workouts based on your ability & comfort level! HAVE FUN, STAY STRONG! @B4AFTER.FIT

B4AFTERFIT

14 Day Quarantine Workout Exercises and Links

ONE TIME SIGN-IN REQUIRED AT BODYBUILDING.COM TO ACCESS LINKS

DAY	EXERCISES	REPS	SETS	LINKS
DAY 1	No Lazy Legs			
	Bodyweight Squats	50	2-3	https://youtu.be/vkyvEaQSDk
	Bodyweight Reverse Lunge	15	2-3	https://youtu.be/A-nLLRtMnE
	Side Lunge	15	2-3	https://www.bodybuilding.com/exercises/side-lunge
	Wall Squat	1 min	2-3	https://youtu.be/RASpGZpgWdE
	Single Leg Deadlift	15	2-3	https://youtu.be/nUrVUINmxc
	Standing Calf Raises	30	2-3	https://youtu.be/Qu5Us8GknqM
DAY 2	Anti-Covid Abs			
	Plank	1 Min	2-3	https://youtu.be/9qJfnHPes-E
	Cross Body Crunch (Right Side and Left Side)	30	2-3	https://youtu.be/e13xikCMLIA
	Reverse Crunch	30	2-3	https://youtu.be/xzHCUHwb56C
	Dead Bug (Right Side and Left Side)	20	2-3	https://youtu.be/7M3e4qIqCA
	Alternate Heel Touchers (Right Side and Left Side)	20	2-3	https://youtu.be/k6Qe03sK7w
	Oblique Crunches On the floor (Right Side and Left Side)	30	2-3	https://youtu.be/-YfPv6bMnd
DAY 3	Couch Potato Booty			
	Butt Lift (Bridge) Hold Your Butt Up For A Full 2 Mins	2 Mins	2-3	https://youtu.be/7CRveZAKVr0
	Glute Kickback (Right Side and Left Side)	30	2-3	https://www.bodybuilding.com/exercises/glute-kickback
	Side-Lying Leg Lift (Right Side and Left Side)	30	2-3	https://youtu.be/BWb5R1wNaNE
	Clam (Right Side and Left Side)	30	2-3	https://youtu.be/BqWJ0RrWB9A
	Step-Up w/ knee Raise (Right Side and Left Side)	15	2-3	https://youtu.be/67Kn-zHmHaA
DAY 4	STAY AT HOME HIIT			
	Jumping Jacks	1 Min	2-3	https://www.bodybuilding.com/exercises/jumping-jacks
	Bodyweight Squats	1Min	2-3	https://www.bodybuilding.com/exercises/bodyweight-squat
	V-Ups	1 Min	2-3	https://www.bodybuilding.com/exercises/jackknife-sit-up
	Pop Squat	1 Min	2-3	https://www.bodybuilding.com/exercises/pop-squat
	Burpees	30 Secs	2-3	https://www.bodybuilding.com/exercises/fyr-burpee
	Jump Lunges	1 Min	2-3	https://www.bodybuilding.com/exercises/jump-lunge
	Plank	1 Min	2-3	https://www.bodybuilding.com/exercises/plank

DAY 5	Infectious Arms	REPS	SETS
	Pushups	Failure	2-3 https://www.bodybuilding.com/exercises/pushups
	Bench Dips	15	2-3 https://www.bodybuilding.com/exercises/bench-dips
	Superman	15	2-3 https://www.bodybuilding.com/exercises/superman
	Standing Towel Triceps Extension	15	2-3 https://www.bodybuilding.com/exercises/standing-towel-triceps-extension
	Bicep Curl with Bags	15	2-3 https://youtu.be/2k7g9ACeQIM
	Front Raises w Bags	15	2-3 https://youtu.be/5paz156hxs
DAY 6	Quarantine Cardio	REPS	SETS
	Jumping Rope	2 Mins	2-3 https://www.bodybuilding.com/exercises/rope-jumping
	Shadow Boxing	2 Mins	2-3 https://www.bodybuilding.com/exercises/punches
	30 Yard Change-of-Direction Shuttle	2 Mins	2-3 https://www.bodybuilding.com/exercises/30-yard-change-of-direction-shuttle
	Vertical Mountain Climber	2 Mins	2-3 https://www.bodybuilding.com/exercises/vertical-mountain-climber
	Lateral Speed Step	2 Mins	2-3 https://www.bodybuilding.com/exercises/lateral-speed-step
	High Knee Jog	2 Mins	2-3 https://www.bodybuilding.com/exercises/high-knee-jog
DAY 7	Sanitized Stretches	REPS	SETS
	Inchworm	10	2-3 https://www.bodybuilding.com/exercises/inchworm
	Kneeling Hip Flexor (Right Side and Left Side)	30 Sec	2-3 https://www.bodybuilding.com/exercises/kneeling-hip-flexor
	Seated Glute Stretch (Right Side and Left Side)	30 Sec	2-3 https://www.bodybuilding.com/exercises/dangers-stretch
	Calf Stretch Against Wall (Right Side and Left Side)	30 Sec	2-3 https://www.bodybuilding.com/exercises/calf-stretch-hands-against-wall
	90/90 Hamstring (Right Side and Left Side)	20	2-3 https://www.bodybuilding.com/exercises/9090-hamstring
	Shoulder Stretch (Right Side and Left Side)	30 Sec	2-3 https://www.bodybuilding.com/exercises/shoulder-stretch
	Child's Pose	30 Sec	2-3 https://www.bodybuilding.com/exercises/childs-pose
DAY 8	No Corona Core	REPS	SETS
	Air Bike (Right Side and Left Side)	30	2-3 https://www.bodybuilding.com/exercises/air-bike
	Russian Twist (Right Side and Left Side)	30	2-3 https://www.bodybuilding.com/exercises/russian-twist
	Toe Touchers (Right Side and Left Side)	30	2-3 https://www.bodybuilding.com/exercises/toe-touchers
	Tuck Crunch	30	2-3 https://www.bodybuilding.com/exercises/tuck-crunch
	Straight Legged Hip Raise (Right Side and Left Side)	30	2-3 https://www.bodybuilding.com/exercises/straight-legged-hip-raise
	Side Plank Hip Dip (Right Side and Left Side)	30	2-3 https://www.bodybuilding.com/exercises/side-plank-hip-dip
DAY 9	Glute Isolation	REPS	SETS
	Sumo Squat Pulse	20	2-3 https://www.bodybuilding.com/exercises/sumo-squat-pulse
	Curtis Lunge	20	2-3 https://www.bodybuilding.com/exercises/curtis-lunge
	Hip Thrust	20	2-3 https://www.bodybuilding.com/exercises/up-hip-thrust
	Hip Circles	30	2-3 https://www.bodybuilding.com/exercises/hip-circles-prone
	Glute Bridge Walkout	15	2-3 https://www.bodybuilding.com/exercises/glute-bridge-hamstring-walkout
	Butt Lift (Bridge)	30	2-3 https://www.bodybuilding.com/exercises/butt-lift-bridge
DAY 10	Pandemic Arms	REPS	SETS
	Incline Push-Up To Failure	Failure	2-3 https://www.bodybuilding.com/exercises/incline-push-up
	Bench Dip Variation	15	2-3 https://www.bodybuilding.com/exercises/bench-dip-getherin-variation
	Push Up To Side Plank (Right Side and Left Side)	12	2-3 https://www.bodybuilding.com/exercises/push-up-to-side-plank
	Cobra W/ Arm Retraction	15	2-3 https://www.bodybuilding.com/exercises/hm-cobra-with-arm-retraction
	Bear Crawl Shoulder Tap (Right Side and Left Side)	15	2-3 https://www.bodybuilding.com/exercises/bear-crawl-shoulder-tap
	Bent Over Rows with Bags	15	2-3 https://youtu.be/_3P6V2NOYxw
DAY 11	Contagious Cardio	REPS	SETS
	Butt Kicks	2 Mins	2-3 https://www.bodybuilding.com/exercises/butt-kicks
	Burpees	2 Mins	2-3 https://www.bodybuilding.com/exercises/burpee
	Rocket Jump	2 Mins	2-3 https://www.bodybuilding.com/exercises/rocket-jump
	Fast Kick with Arm Circles	2 Mins	2-3 https://www.bodybuilding.com/exercises/fast-kick-with-arm-circles
	Sissors Jump	2 Mins	2-3 https://www.bodybuilding.com/exercises/scissors-jump
	Fast Skipping	2 Mins	2-3 https://www.bodybuilding.com/exercises/fast-skipping
DAY 12	Lysoled Legs	REPS	SETS
	Jump Squats	15	2-3 https://www.bodybuilding.com/exercises/freehand-jump-squat
	Rear Leg Raises (Right Side and Left Side)	30	2-3 https://www.bodybuilding.com/exercises/rear-leg-raises
	Bodyweight Lunge (Right Side and Left Side)	15	2-3 https://www.bodybuilding.com/exercises/bodyweight-lunge
	Single-Leg Box Squat	15	2-3 https://www.bodybuilding.com/exercises/single-leg-squat-to-box
	Gorilla Squat	12	2-3 https://www.bodybuilding.com/exercises/gorilla-squat
	Alternating Wide Squat and Side Leg Raise (Right Side and Left Side)	15	2-3 https://www.bodybuilding.com/exercises/alternating-wide-squat-and-side-leg-raise
DAY 13	Transmittable Total Body	REPS	SETS
	Clock Puh-Ups (Preform A Complete Circle Clockwise Then Counter Clock)	1 Min	2-3 https://www.bodybuilding.com/exercises/clock-push-up
	Bulgarian Split Squats (Right Side and Left Side)	12	2-3 https://www.bodybuilding.com/exercises/bulgarian-split-squat-getherin-variation
	Crunches	45 Secs	2-3 https://www.bodybuilding.com/exercises/crunches
	Ice Skater	45 Secs	2-3 https://www.bodybuilding.com/exercises/ice-skater
	Side Plank	45 Secs	2-3 https://www.bodybuilding.com/exercises/side-bridge
	Mountain Climbers	45 Secs	2-3 https://www.bodybuilding.com/exercises/mountain-climbers
DAY 14	Social Distance Stretches	REPS	SETS
	Quad Stretch (Right Side and Left Side)	30 Secs	2-3 https://www.bodybuilding.com/exercises/on-your-side-quad-stretch
	Lying Glute Stretch (Right Side and Left Side)	30 Secs	2-3 https://www.bodybuilding.com/exercises/ankle-on-the-knee
	Single Knee to Chest Stretch (Right Side and Left Side)	30 Secs	2-3 https://www.bodybuilding.com/exercises/one-knee-to-chest
	Standing Hamstring Stretch (Right Side and Left Side)	30 Secs	2-3 https://www.bodybuilding.com/exercises/hamstring-stretch-vates-variation
	Quad Thoracic Stretch (Right Side and Left Side)	30 Secs	2-3 https://www.bodybuilding.com/exercises/quad-thoracic
	Triceps Stretch (Right Side and Left Side)	30 Secs	2-3 https://www.bodybuilding.com/exercises/triceps-stretch

Disclaimer When participating in any exercise or exercise program, there is the possibility of physical injury. Please feel free to modify or skip any of these exercises. These are only suggestions. Please check with your physician before starting any new workout program.