WAATH

WE ARE ATHLETIC

HOME WORKOUT

www.weareathletic.com

MODULE DE 3 SÉANCES PAR SEMAINE

POUR 8 SEMAINES

PAGE INSTAGRAM

PAGE FACEBOOK

Bonjour et bienvenu dans le programme Home Workout.

Le principe de ce programme est de vous permettre de faire des entrainements à la maison, dans une période où vous auriez des difficultés à vous rendre en salle de sport, il est aussi possible d'utiliser ce programme pour ceux qui veulent ajouter des séances à la maison en plus de celles qu'ils font en salle.

Soyons clairs, à part si vous avez un objectif sportif de compétition ultra élevé, le plus important pour maintenir un bon équilibre physique et mental, c'est avant tout de bouger, et de le faire de manière variée.

Vous trouverez dans ce programme des exercices ayant pour but de corriger votre posture, de réactiver vos muscles fessiers, et de travailler votre corps sur plusieurs plans, vous avez besoin de très peu de matériel, quasi toute sont faisable sans rien, et très peu nécessite un élastique et une roulette qui coutent dans les 8€ à Décathlon.

Plus d'excuses, que ce soit en week-end, en voyage, ou simplement pour palier au problème de temps ou de déplacement, Home Workout by WAATH vous permet de bouger où et quand vous le voulez !!!

WEEK 1 - SESSION 1

EXERCISE	REPETITIONS	ADVICE
Shoulders dislocation **Hollow rock** **Cossack squat**	**Warm-up** **3 rounds of** 20 shoulders dislocation 30 Hollow rock 12 Cossack squat	
Jump rope **Push-up** **Sit-up** **Jumping lunges**	**3min on / 1min off x 10** **Alternating** Min 1 : Max rounds of Jump rope Min 2 : 10 push-up + 10 sit-up + 10 Jumping lunges	
	Then	
Hold plank on hands	**2 rounds of** Max Hold plank on hands Rest 3min	

WEEK 1 - SESSION 2

EXERCISE	REPETITIONS	ADVICE
Banded pull down **Hold plank on hands** **Side band walk**	**Warm-up** **3 rounds of** 20 Banded pull down 30s of Hold plank on hands 2x10m of Side band walk	
Step-up/down **Single leg glute bridges** **Banded shoulders dislocation**	**4 rounds of** 5 step up/down tempo 3111 5 single leg glute bridges 15 Banded shoulders dislocation	
Cursty squat **wall climb** **Mountain climber**	**Amrap 20min** 10 Cursty squat 5 wall climb 20 Mountain climber	
	Rest 5min	
Run **Burpees**	**Amrap 10min** 400m Run 25 Burpees	

WEEK 1 - SESSION 3

EXERCISE	REPETITIONS	ADVICE
Band pull appart **Hollow hold** **Single leg glute bridges**	**Warm-up** **3 rounds of** 20 Band pull appart 45s Hollow hold 5 Single leg glute bridges / leg with 2s break on top	
Banded clamshell **Banded Y Press, Banded T Extensions, Banded W Extensions**	**4 rounds of** 5 Banded clamshell 10 Banded Y Press, Banded T Extensions, Banded W Extensions tempo 3030	
Jump rope	**6min of** **20s on / 10s off** Max jump rope (raise your knees as high as possible)	
Side band walk **Band pull appart**	**4 rounds of** 12 Side band walk 12 Band pull appart	
Squat jump **Russian twist**	**Amrap 8min** 10 Squat jump 20 Russian twist	

WEEK 2 - SESSION 1

EXERCISE	REPETITIONS	ADVICE
Shoulders dislocation **Hollow rock** **Cossack squat**	**Warm-up** **3 rounds of** 20 shoulders dislocation 30 Hollow rock 12 Cossack squat	
Jump rope **Down and up (burpees without jump)** **Cossack squat**	**3min on / 1min off x 10** **Alternating** Min 1 : Max rounds of Jump rope Min 2 : 10 Down and up + 10 Cossack squat tempo 3030	
	Then	
Hold side plank	**2 rounds of** Max Hold side plank/each side Rest 3min	

WEEK 2 - SESSION 2

EXERCISE	REPETITIONS	ADVICE
Banded pull down Hold plank on hands Side band walk	**Warm-up** **3 rounds of** 20 Banded pull down 30s of Hold plank on hands 2x10m of Side band walk	
Step-up/down Single leg glute bridges Banded shoulders dislocation	**4 rounds of** 5 step up/down tempo 3111 5 single leg glute bridges 15 Banded shoulders dislocation	
Hollow rock Arch hold Cone touch Backward lunges	**Amrap 20min** 20 Hollow rock 15s of Arch hold 10 Cone touch + Backward lunges	
	Rest 5min	
Run **Push-up to opener chest**	**Amrap 10min** 400m Run 20 Push-up to opener chest	

WEEK 2 - SESSION 3

EXERCISE	REPETITIONS	ADVICE
Band pull appart **Hollow hold** **Single leg glute bridges**	**Warm-up** **3 rounds of** 20 Band pull appart 45s Hollow hold 5 Single leg glute bridges / leg with 2s break on top	
Banded clamshell **Banded Y Press, Banded T Extensions, Banded W Extensions**	**4 rounds of** 5 Banded clamshell 10 Banded Y Press, Banded T Extensions, Banded W Extensions tempo 3030	
Jump rope	**10 rounds of** **30s on / 10s off** Max Jump rope (raise your knees as high as possible)	
Side band walk **Band pull appart**	**4 rounds of** 12 Side band walk 12 Band pull appart	
Side lunge **Air squat** **Russian twist**	**Amrap 8min** 20 Side lunge 10 Air squat 20 Russian twist	

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WEEK 3 - SESSION 1

EXERCISE	REPETITIONS	ADVICE
Shoulders dislocation **Hollow rock** **Cossack squat**	**Warm-up** **3 rounds of** 20 shoulders dislocation 30 Hollow rock 12 Cossack squat	
Jump rope **Down and up (Burpees without jump)** **Backward lunges**	**3min on / 1min off x 10** **Alternating** Min 1 : Max rounds of Jump rope Min 2 : 10 down and up + 10 backward lunges	
	Then	
Hold side plank	**2 rounds of** Max Hold side plank/each side Rest 3min	

WEEK 3 - SESSION 2

EXERCISE	REPETITIONS	ADVICE
Banded pull down Hold plank on hands Side band walk	**Warm-up** **3 rounds of** 20 Banded pull down 30s of Hold plank on hands 2x10m of Side band walk	
Step-up/down Single leg glute bridges Banded shoulders dislocation	4x5 step up/down tempo 3111 4x5 single leg glute bridges 15 Banded shoulders dislocation	
Side lunge Forward lunge Air squat wall climb Mountain climber	**Amrap 20min** 10 (1 Side lunge by side + 1 Forward lunge by side + 1 Air squat) 5 Wall climb 20 Mountain climber	
	Rest 5min	
Run **Burpees to high knees jump**	**Amrap 10min** 200m Run 15 Burpees to high knees jump	

WEEK 3 - SESSION 3

EXERCISE	REPETITIONS	ADVICE
Band pull appart **Hollow hold** **Single leg glute bridges**	**Warm-up** **3 rounds of** 20 Band pull appart 45s Hollow hold 5 Single leg glute bridges / leg with 2s break on top	
Banded clamshell **Banded Y Press, Banded T Extensions, Banded W Extensions**	**4 rounds of** 5 Banded clamshell 10 Banded Y Press, Banded T Extensions, Banded W Extensions tempo 3030	
Jump rope	**8min of** **45s on / 15s off** Max jump rope (raise your knees as high as possible)	
Side band walk **Band pull appart**	**4 rounds of** 12 Side band walk 12 Band pull appart	
Bear crawl **Single under**	**Amrap 8min** 10 round trip bear crawl 50 single under (25 left knee rise then 25 right knee rise)	

WEEK 4 - SESSION 1

EXERCISE	REPETITIONS	ADVICE
Shoulders dislocation **Hollow rock** **Cossack squat**	**Warm-up** **3 rounds of** 20 shoulders dislocation 30 Hollow rock 12 Cossack squat	
Jump rope **Star plank** **Squat jump**	**4min on / 1min30 off x 6** **Alternating** Min 1 : Max rounds of Jump rope Min 2 : 10s Star plank + 10 squat jump	
	Then	
Hold plank on hands	**2 rounds of** Max Hold plank on hands Rest 3min	

WEEK 4 - SESSION 2

EXERCISE	REPETITIONS	ADVICE
Banded pull down **Hold plank on hands** **Side band walk**	**Warm-up** **3 rounds of** 20 Banded pull down 30s of Hold plank on hands 2x10m of Side band walk	
Step-up/down **Single leg glute bridges** **Banded shoulders dislocation**	**4 rounds of** 5 step up/down tempo 3111 5 single leg glute bridges 15 Banded shoulders dislocation	
Cursty squat **Push-up** **Sit-up**	**Amrap 20min** 10 Cursty squat to High knee 15 Push up 20 Sit-up	
	Rest 5min	
Run **Down and up (Burpees without jump)** **Side lunge**	**Amrap 10min** 200m Run 15 Down and up 200m Run 20 alternating side lunge (stay low on your legs between leg changes)	

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WEEK 4 - SESSION 3

EXERCISE	REPETITIONS	ADVICE
Band pull appart **Hollow hold** **Single leg glute bridges**	**Warm-up** **3 rounds of** 20 Band pull appart 45s Hollow hold 5 Single leg glute bridges / leg with 2s break on top	
Banded clamshell **Banded Y Press, Banded T Extensions, Banded W Extensions**	**4 rounds of** 5 Banded clamshell 10 Banded Y Press, Banded T Extensions, Banded W Extensions tempo 3030	
Jump rope	**8min of** **20s on / 10s off** Max jump rope (raise your knees as high as possible)	
Side band walk **Band pull appart**	**4 rounds of** 12 Side band walk 12 Band pull appart	
Overhead squat **Bench dips**	**Amrap 8min** 10 Overhead squat (Hands holding the rubber band over your head. Hands as tight as possible while keeping the arms aligned behind the head.) 10 Bench dips	

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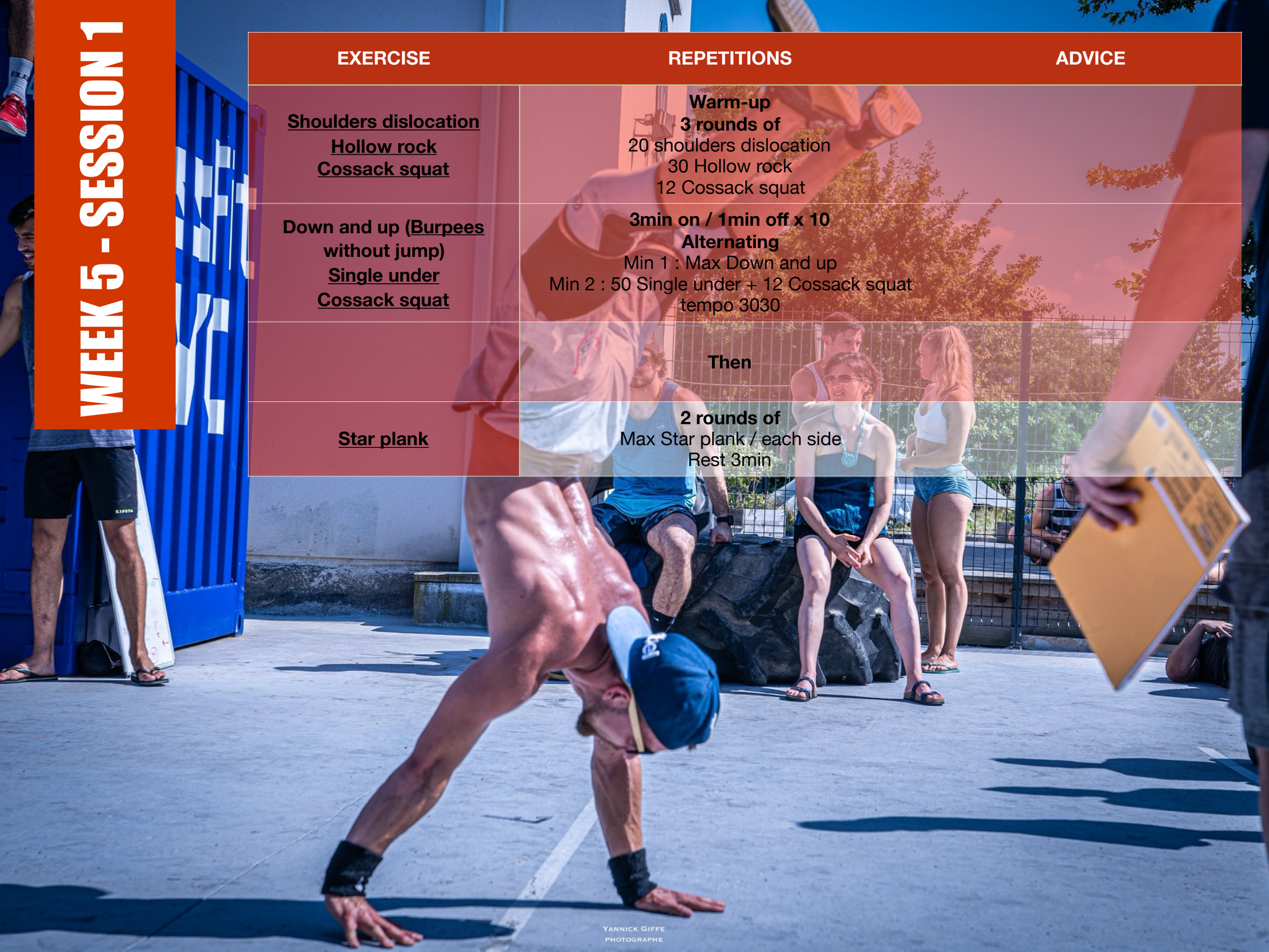
WEEK 5 - SESSION 1

EXERCISE	REPETITIONS	ADVICE
Shoulders dislocation **Hollow rock** **Cossack squat**	**Warm-up** **3 rounds of** 20 shoulders dislocation 30 Hollow rock 12 Cossack squat	
Down and up (Burpees without jump) **Single under** **Cossack squat**	**3min on / 1min off x 10** **Alternating** Min 1 : Max Down and up Min 2 : 50 Single under + 12 Cossack squat tempo 3030	
	Then	
Star plank	**2 rounds of** Max Star plank / each side Rest 3min	



WEEK 5 - SESSION 2

EXERCISE	REPETITIONS	ADVICE
Banded pull down **Hold plank on hands** **Side band walk**	**Warm-up** **3 rounds of** 20 Banded pull down 30s of Hold plank on hands 2x10m of Side band walk	
Step-up/down **Single leg glute bridges** **Banded shoulders dislocation**	**4 rounds of** 5 step up/down tempo 3111 5 single leg glute bridges 15 Banded shoulders dislocation	
Cone touch **Backward lunges**	**Amrap 20min** 10 Cone touch + Backward lunges	
	Rest 5min	
Run **Push-up to opener chest**	**Amrap 10min** 400m Run 20 Push-up to opener chest	

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WEEK 5 - SESSION 3

EXERCISE	REPETITIONS	ADVICE
Band pull appart **Hollow hold** **Single leg glute bridges**	**Warm-up** **3 rounds of** 20 Band pull appart 45s Hollow hold 5 Single leg glute bridges / leg with 2s break on top	
Banded clamshell **Banded Y Press, Banded T Extensions, Banded W Extensions**	**4 rounds of** 5 Banded clamshell 10 Banded Y Press, Banded T Extensions, Banded W Extensions tempo 3030	
Jump rope	**10 rounds of** **30s on / 10s off** Max Jump rope (raise your knees as high as possible)	
Side band walk **Band pull appart**	**4 rounds of** 12 Side band walk 12 Band pull appart	
Side lunge **Air squat** **Russian twist**	**Amrap 8min** 20 Side lunge 10 Air squat 20 Russian twist	

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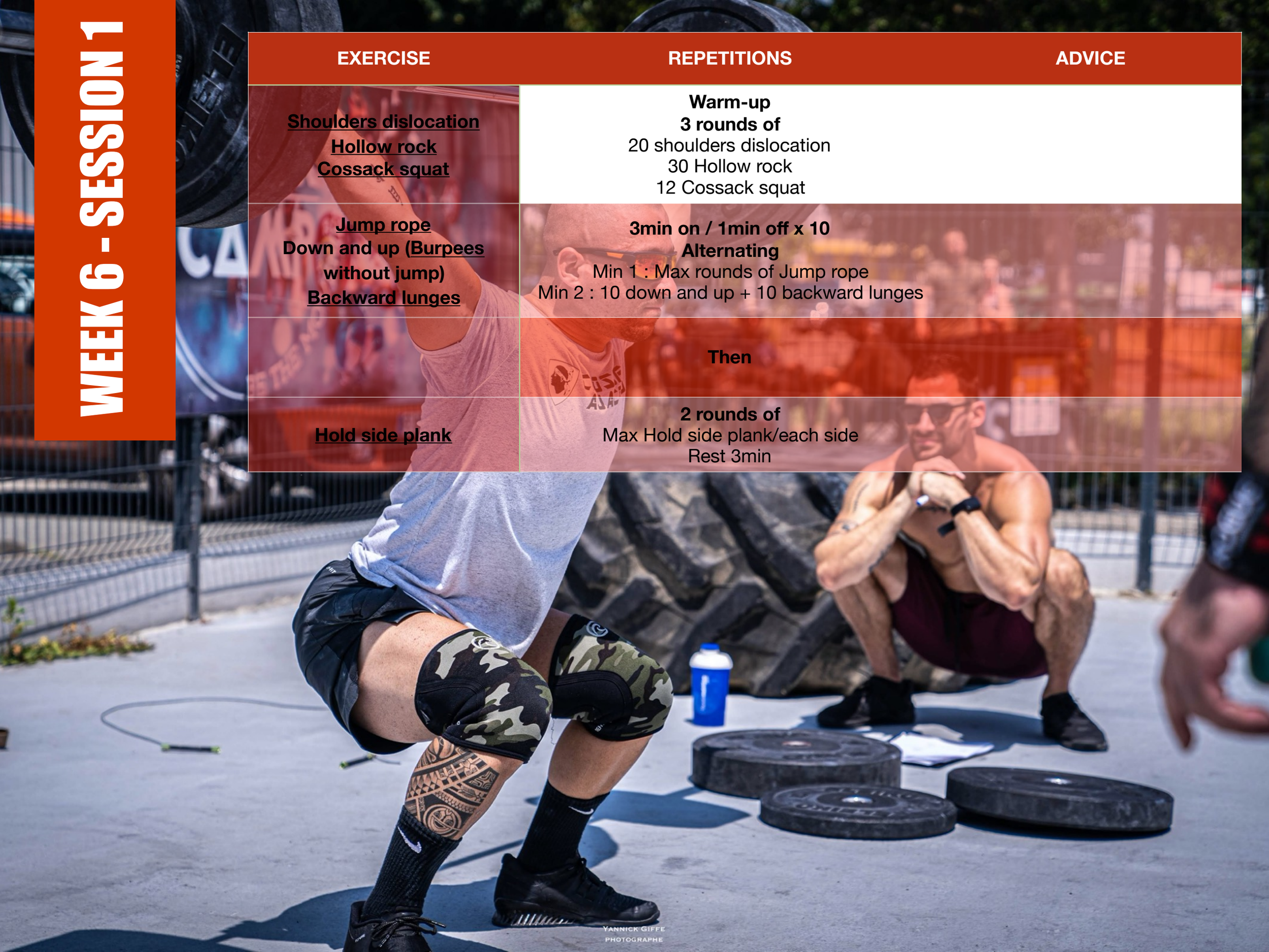
WEEK 6 - SESSION 1

EXERCISE	REPETITIONS	ADVICE
Shoulders dislocation **Hollow rock** **Cossack squat**	**Warm-up** **3 rounds of** 20 shoulders dislocation 30 Hollow rock 12 Cossack squat	
Jump rope **Down and up (Burpees without jump)** **Backward lunges**	**3min on / 1min off x 10** **Alternating** Min 1 : Max rounds of Jump rope Min 2 : 10 down and up + 10 backward lunges	
	Then	
Hold side plank	**2 rounds of** Max Hold side plank/each side Rest 3min	



WEEK 6 - SESSION 2

EXERCISE	REPETITIONS	ADVICE
Banded pull down **Hold plank on hands** **Side band walk**	**Warm-up** **3 rounds of** 20 Banded pull down 30s of Hold plank on hands 2x10m of Side band walk	
Step-up/down **Single leg glute bridges** **Banded shoulders dislocation**	4x5 step up/down tempo 3111 4x5 single leg glute bridges 15 Banded shoulders dislocation	
Side lunge **Forward lunge** **Air squat** **wall climb** **Mountain climber**	**Amrap 20min** 10 (1 Side lunge by side + 1 Forward lunge by side + 1 Air squat) 5 Wall climb 20 Mountain climber	
	Rest 5min	
Run **Burpees to high knees jump**	**Amrap 10min** 200m Run 15 Burpees to high knees jump	

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WEEK 6 - SESSION 3

EXERCISE	REPETITIONS	ADVICE
Band pull appart **Hollow hold** **Single leg glute bridges**	**Warm-up** **3 rounds of** 20 Band pull appart 45s Hollow hold 5 Single leg glute bridges / leg with 2s break on top	
Banded clamshell **Banded Y Press, Banded T Extensions, Banded W Extensions**	**4 rounds of** 5 Banded clamshell 10 Banded Y Press, Banded T Extensions, Banded W Extensions tempo 3030	
Jump rope	**8min of** **45s on / 15s off** Max jump rope (raise your knees as high as possible)	
Side band walk **Band pull appart**	**4 rounds of** 12 Side band walk 12 Band pull appart	
Bear crawl **Single under**	**Amrap 8min** 10 round trip bear crawl 50 single under (25 left knee rise then 25 right knee rise)	

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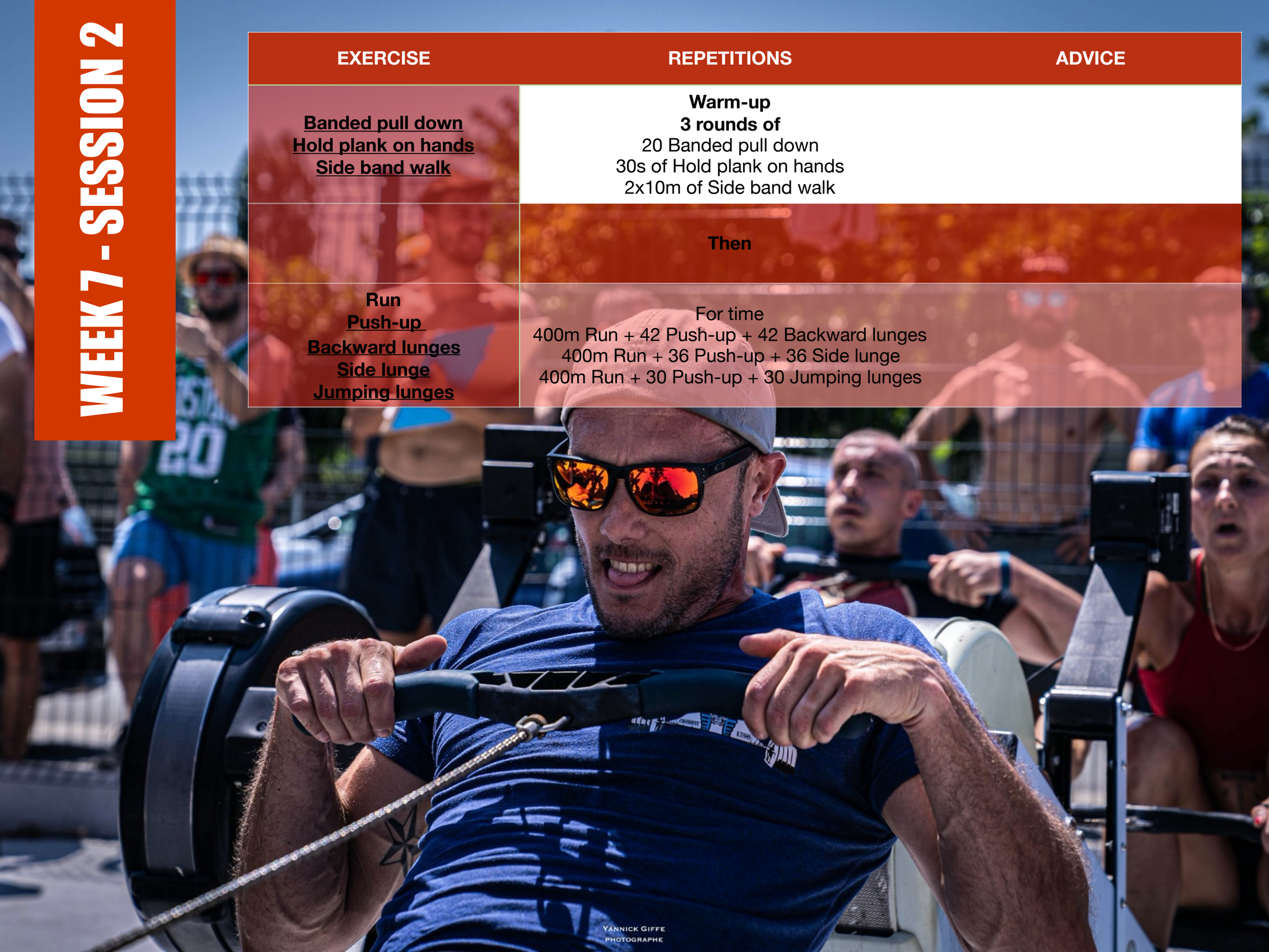
WEEK 7 - SESSION 1

EXERCISE	REPETITIONS	ADVICE
Shoulders dislocation **Hollow rock** **Cossack squat**	**Warm-up** **3 rounds of** 20 shoulders dislocation 30 Hollow rock 12 Cossack squat	
Run **Air squat**	**For time** 800m Run 100 Air squats 800m Run	
Side plank rotation	**Emom 10min** Min 1: 30 Right side plank rotation Min 2 : 30 Left side plank rotation	

WEEK 7 - SESSION 2

EXERCISE	REPETITIONS	ADVICE
Banded pull down **Hold plank on hands** **Side band walk**	**Warm-up** **3 rounds of** 20 Banded pull down 30s of Hold plank on hands 2x10m of Side band walk	
	Then	
Run **Push-up** **Backward lunges** **Side lunge** **Jumping lunges**	For time 400m Run + 42 Push-up + 42 Backward lunges 400m Run + 36 Push-up + 36 Side lunge 400m Run + 30 Push-up + 30 Jumping lunges	



WEEK 7 - SESSION 3

EXERCISE	REPETITIONS	ADVICE
Band pull appart **Hollow hold** **Single leg glute bridges**	**Warm-up** **3 rounds of** 20 Band pull appart 45s Hollow hold 5 Single leg glute bridges / leg with 2s break on top	
Burpees truck jumps **Fire Hydrants** **V-ups** **Plank Push-ups** **straight leg calf jumps**	**Amrap 15min** 10 Burpees truck jumps 20 Fire Hydrants 30 V-ups 40 Plank Push-ups *at minutes 3, 7, 11,13 perform 50 straight leg calf jumps	
V-ups **Tuck ups** **Abmat sit-ups**	Emom 16min Min 1 : 15V-ups (scale: 10-12 reps, or tuck ups) Min 2 : 15 abmat sit-ups	

WEEK 8 - SESSION 1

EXERCISE	REPETITIONS	ADVICE
Shoulders dislocation **Hollow rock** **Cossack squat**	**Warm-up** **3 rounds of** 20 shoulders dislocation 30 Hollow rock 12 Cossack squat	
	Then	
Bear crawl **Burpees** **Air squat**	**5 Rounds for time** 15m Bear Crawl 10 Burpees 15m Bear Crawl 25 Air Squats	

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WEEK 8 - SESSION 2

EXERCISE	REPETITIONS	ADVICE
Banded pull down **Hold plank on hands** **Side band walk**	**Warm-up** **3 rounds of** 20 Banded pull down 30s of Hold plank on hands 2x10m of Side band walk	
Air squat **Burpees** **Sit-up** **Lunge** **Pull-ups**	**Amrap 10min** 50 Air Squats 5 Burpees 40 Sit-ups 5 Burpees 30 Lunges 5 Burpees 20 Pull-ups 5 Burpees *Rest 2:00*	
V-ups **Tuck ups** **Elbow plank**	**Emom 10min** Min 1 : 15V-ups (scale: 10-12 reps, or tuck ups) Min 2 : 30s Elbow plank	

WEEK 8 - SESSION 3

EXERCISE	REPETITIONS	ADVICE
Band pull appart **Hollow hold** **Single leg glute bridges**	**Warm-up** **3 rounds of** 20 Band pull appart 45s Hollow hold 5 Single leg glute bridges / leg with 2s break on top	
Air squat **Sit-up** **Push-up**	100 Air Squats 100 Push-ups 100 Sit-ups	
V-ups **Tuck ups** **Knee to Opposite Elbow**	**Emom 16min** Min 1 : 15V-ups (scale: 10-12 reps, or tuck ups) Min 2 : Max Knee to Opposite Elbow	