



NEST Home Workout Bodyweight Only Day 1

Anytime Workouts



Perform 4 rounds:

Squat x 10

Side burpee x 5e

Squat Jump x 6

(1min res)

Perform 4 rounds:

Superman Hold x20 seconds

Incline Push-up x 10-20

Quad-Superman x 10 each side

(1min Rest)

Perform 3-4 rounds:

Plank+Leg Reach x 10 each

Single leg Glute Bridge x10 each

Russian Twist x 10-15 each

Bicycle Crunch x10 each

(As little rest as Possible)

Equipment: Bodyweight

Body weight Squat



Stand with feet shoulder width apart and feet pointed out slightly. Squat down, reaching the hips back while shifting the weight over the heels until the hips and knees are parallel to the floor, then stand up straight

#	REPS	WEIGHT	TIME	NOTES
1				
2				
3				
4				
5				
6				

Side burpee

Abs



#	REPS	WEIGHT	TIME	NOTES
1				
2				
3				
4				
5				
6				

Squat jump and stick

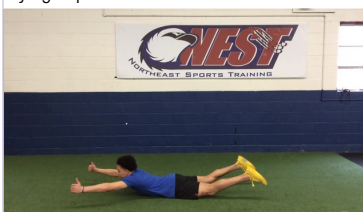
Legs



Bend the hips and knees to about a 1/4 squat position and bring the arms behind the body. Swing the arms forward and explosively jump out of the squat. Land in a similar position to the start, then hold for a 2 seconds.

#	REPS	WEIGHT	TIME	NOTES
1				
2				
3				
4				
5				
6				

Lying superman



Lie face down off the floor with arms and legs straight, then raise toes and hands are about 6 inches off the floor. Lower under control to the starting position.

#	REPS	WEIGHT	TIME	NOTES
1				
2				
3				
4				
5				
6				

Incline pushup

Chest



#	REPS	WEIGHT	TIME	NOTES
1				
2				
3				
4				
5				
6				

Quad Superman

Abs



Start with hands and knees on the floor. Reach one leg behind while simultaneously reaching the opposite arm forward until both are straight. Lower under control to the start position and repeat with opposite side arm and leg.

#	REPS	WEIGHT	TIME	NOTES
1				
2				
3				
4				
5				
6				

Plank with leg reach

Abs



While holding a plank position with legs straight lift one leg, reach out to the side and hold for 1 second. Bring the leg back to the start position and repeat with opposite side.

#	REPS	WEIGHT	TIME	NOTES
1				
2				
3				
4				
5				
6				

Single Leg Glute Bridge

Legs



Lie flat on the back with feet flat and knees bent. Raise one leg straight in the air. Raise the hips to until there is straight line from the ankle of the straightened to the shoulder. Make sure the movement comes from the hips and not the spine. Repeat for the desired amount of reps and switch sides.

#	REPS	WEIGHT	TIME	NOTES
1				
2				
3				
4				
5				
6				

Russian Twist

Abs



Start on the floor in a seated position with the feet off the floor slightly, knees bent, torso straight and leaning back slightly. Turn to one side through the upper back while keeping the lower back and legs relatively stable. Repeat to the opposite side.

#	REPS	WEIGHT	TIME	NOTES
1				
2				
3				
4				
5				
6				

Bicycle Crunch

Abs



#	REPS	WEIGHT	TIME	NOTES
1				
2				
3				
4				
5				
6				