

# HAUS AT HOME - NOVEMBER 2020



**START HERE >**

**WARM UP VIDEO**

As the reps go down, increase the weight | Record weight used for last set

DAY 1	WEEK 1		WEEK 2		WEEK 3		WEEK 4	
EXERCISES	SETS X REPS	LBS	SETS X REPS	LBS	SETS X REPS	LBS	SETS X REPS	LBS
Split Stance Jumps With Exchange	3 x 10 per side		3 x 12 per side		4 x 10 per side		4 x 12 per side	
Ankle Rocking	2 x 10 per ankle		2 x 10 per ankle		2 x 10 per ankle		2 x 10 per ankle	
Dumbbell Goblet Squat	3 x 10		3 x 8		4 x 6		4 x 4	
1 Leg Glute Bridge With Hip Flexion	3 x 10 per side		3 x 12 per side		4 x 10 per side		4 x 12 per side	
Dumbbell 1 Leg Stiff Leg Deadlift	3 x 10 per side		3 x 8 per side		4 x 6 per side		4 x 4 per side	
Shoulder Press - Tall Kneeling	3 x 10 per side		3 x 8 per side		4 x 6 per side		4 x 4 per side	
Prone Y, W, T, A - Hold At Each Position	3 x :10 sec holds		3 x :12 sec holds		4 x :10 sec holds		4 x :12 sec holds	
Plank Position Shoulder Taps	3 x 10 per side		3 x 12 per side		4 x 10 per side		4 x 12 per side	
Plank Elbow Supported	3 x :30 sec		3 x :40 sec		4 x :30 sec		4 x :40 sec	
Side Lying Curl Up	3 x :30 sec per side		3 x :40 sec per side		4 x :30 sec per side		4 x :40 sec per side	
1 Leg Lowers	3 x 10 per side		3 x 12 per side		4 x 10 per side		4 x 12 per side	
Conditioning Series 1	complete video		complete video		complete video		complete video	
Cool Down	complete video		complete video		complete video		complete video	

DAY 2	WEEK 1		WEEK 2		WEEK 3		WEEK 4	
EXERCISES	SETS X REPS	LBS	SETS X REPS	LBS	SETS X REPS	LBS	SETS X REPS	LBS
Broad Jumps	3 x 10		3 x 12		4 x 10		4 x 12	
Worlds Greatest Stretch	2 x 3 per side		2 x 3 per side		2 x 3 per side		2 x 3 per side	
Dumbbell Goblet RFE Split Squats	3 x 10 per side		3 x 8 per side		4 x 6 per side		4 x 4 per side	
Crawl Position Hip Abduction	3 x 10 per side		3 x 12 per side		4 x 10 per side		4 x 12 per side	
2 Leg Calf Raise	3 x 16		3 x 20		4 x 16		4 x 20	
Dumbbell 1-Arm Bent Over Row	3 x 10 per side		3 x 8 per side		4 x 6 per side		4 x 4 per side	
Plank Walk Out	3 x 10		3 x 8		4 x 6		4 x 4	
Sit Through	3 x 10 per side		3 x 12 per side		4 x 10 per side		4 x 12 per side	
Lateral Plank	3 x :30 sec per side		3 x :40 sec per side		4 x :30 sec per side		4 x :40 sec per side	
Flutter Kicks	3 x :30 sec		3 x :40 sec		4 x :30 sec		4 x :40 sec	
Weighted Sit Up To Press	3 x 10		3 x 12		4 x 10		4 x 12	
Conditioning Series 2	complete video		complete video		complete video		complete video	
Cool Down	complete video		complete video		complete video		complete video	

EXERCISES - Complete Each Box In A Circuit	VIDEO LINKS
Split Stance Jumps With Exchange	<a href="https://www.youtube.com/watch?v=2WW4E2-BaKs">https://www.youtube.com/watch?v=2WW4E2-BaKs</a>
Ankle Rocking	<a href="https://www.youtube.com/watch?v=-ZxPbACyOjc">https://www.youtube.com/watch?v=-ZxPbACyOjc</a>
Dumbbell Goblet Squat	<a href="https://www.youtube.com/watch?v=VZkRtapqVM">https://www.youtube.com/watch?v=VZkRtapqVM</a>
1 Leg Glute Bridge With Hip Flexion	<a href="https://www.youtube.com/watch?v=sxKlUerJdWQ">https://www.youtube.com/watch?v=sxKlUerJdWQ</a>
Dumbbell 1 Leg Stiff Leg Deadlift	<a href="https://www.youtube.com/watch?v=jsbgo2Wut-A">https://www.youtube.com/watch?v=jsbgo2Wut-A</a>
Shoulder Press - Tall Kneeling	<a href="https://www.youtube.com/watch?v=kZ8Jhb-SUz4">https://www.youtube.com/watch?v=kZ8Jhb-SUz4</a>
Prone Y, W, T, A - Hold At Each Position	<a href="https://www.youtube.com/watch?v=T6Mq7o61_BA">https://www.youtube.com/watch?v=T6Mq7o61_BA</a>
Plank Position Shoulder Taps	<a href="https://www.youtube.com/watch?v=023rrptPQjY">https://www.youtube.com/watch?v=023rrptPQjY</a>
Plank Elbow Supported	<a href="https://www.youtube.com/watch?v=e-55gDVM_64">https://www.youtube.com/watch?v=e-55gDVM_64</a>
Side Lying Curl Up	<a href="https://www.youtube.com/watch?v=V2YMbcdYOzI">https://www.youtube.com/watch?v=V2YMbcdYOzI</a>
1 Leg Lowers	<a href="https://www.youtube.com/watch?v=os8Dvj5F4zI">https://www.youtube.com/watch?v=os8Dvj5F4zI</a>
Conditioning Series 1	<a href="https://www.youtube.com/watch?v=I59KSVSluc">https://www.youtube.com/watch?v=I59KSVSluc</a>
Cool Down Series	<a href="https://www.youtube.com/watch?v=OZwwarOK0r0">https://www.youtube.com/watch?v=OZwwarOK0r0</a>

EXERCISES - Complete Each Box In A Circuit	VIDEO LINKS
Broad Jumps	<a href="https://www.youtube.com/watch?v=cTSsKzQ9zEg">https://www.youtube.com/watch?v=cTSsKzQ9zEg</a>
Worlds Greatest Stretch	<a href="https://www.youtube.com/watch?v=7dduBKJ5JyI">https://www.youtube.com/watch?v=7dduBKJ5JyI</a>
Dumbbell Goblet RFE Split Squats	<a href="https://www.youtube.com/watch?v=WPetvdZJnQ8">https://www.youtube.com/watch?v=WPetvdZJnQ8</a>
Crawl Position Hip Abduction	<a href="https://www.youtube.com/watch?v=Znl94Sr264Y">https://www.youtube.com/watch?v=Znl94Sr264Y</a>
2 Leg Calf Raise	<a href="https://www.youtube.com/watch?v=mlVY1HFZlvA">https://www.youtube.com/watch?v=mlVY1HFZlvA</a>
Dumbbell 1-Arm Bent Over Row	<a href="https://www.youtube.com/watch?v=JZVTAjTYBRA">https://www.youtube.com/watch?v=JZVTAjTYBRA</a>
Plank Walk Out	<a href="https://www.youtube.com/watch?v=rwXFh31SmpM">https://www.youtube.com/watch?v=rwXFh31SmpM</a>
Sit Through	<a href="https://www.youtube.com/watch?v=WCH9zDShk2s">https://www.youtube.com/watch?v=WCH9zDShk2s</a>
Lateral Plank	<a href="https://www.youtube.com/watch?v=nWHISs-kjzw">https://www.youtube.com/watch?v=nWHISs-kjzw</a>
Flutter Kicks	<a href="https://www.youtube.com/watch?v=Z_p9ISWacEw">https://www.youtube.com/watch?v=Z_p9ISWacEw</a>
Weighted Sit Up To Press	<a href="https://www.youtube.com/watch?v=Huh1QmwJDWU">https://www.youtube.com/watch?v=Huh1QmwJDWU</a>
Conditioning Series 2	<a href="https://www.youtube.com/watch?v=XxyQ8V_JrJdc">https://www.youtube.com/watch?v=XxyQ8V_JrJdc</a>
Cool Down Series	<a href="https://www.youtube.com/watch?v=OZwwarOK0r0">https://www.youtube.com/watch?v=OZwwarOK0r0</a>

If you are interested in a more customized approach, please contact [Info@TrainingHAUS.com](mailto:Info@TrainingHAUS.com).  
 Customized Workout Program Pricing:  
 3 days/week (4 weeks) - \$30 | 4 days/week (4 weeks) - \$40