

HOMework.1

FREE HOME MOVEMENT PROGRAM FOR ALL FITNESS LEVELS
NO EQUIPMENT NEEDED

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GFS PERSONAL TRAINING

GFS PT
MOVE OFTEN, **LIVE BETTER**

I know that although you want to get moving, finding the time to get moving seems like a daunting task at times. Whether it be a perceived lack of time, not knowing what to do or lacking the motivation, there are legitimate barriers to starting or restarting your movement program.

Homework.1 was created to unlock some of these barriers by providing a movement program which can be completed at home or anywhere. Each movement day lasts for 30-45 minutes and will require zero equipment.

What can you expect?

Homework.1 features 28 days of movement with total body resistance training, cardiovascular training and active rest days. It:

- for all fitness levels ✓
- requires zero gym equipment ✓
- contains active rest days ✓
- contains exercise demos ✓
- free ✓

Will there be guidance?

Most definitely. There will be videos to guide you through the form for each movement in the program

Accountability?

For many people, accountability is a pretty important aspect of maintaining consistency. Persons may feel free to check in with me on a daily basis via email, IG message or tagging me in posts/stories to indicate completion of a day's work

Also, I suggest that you get an accountability partner(s), and these persons may serve to hold you accountable just as you do the same for them.

Day 01-Day 07

DAY 01 | FITNESS TEST

Please use [this video](#) for guidance on today's activity. Please note that each movement can be scaled and therefore can be adjusted for various fitness levels.

Complete as many rounds of clean repetitions as possible within **15** minutes. Also count the reps you managed to complete in the final round before the time runs out even if it isn't a full round. That way you have an accurate gauge as to your accomplishment. Score by number of reps completed & record this score.

What Do You Need?

- A Timer
- Liquids
- Sheer Determination :)

Warm Up (Video)

Tip: Use High Knees as opposed to jumping jacks in the warm up

Movement Mission (Score: _____)

Complete as many rounds as possible of the below movements in 15 minutes

a. 8 Push Ups

[Video: Push Ups & Scaled Push Ups](#)

The push ups chosen may be full push ups, knee-assisted or standing against a wall, counter, table or chair

b. 12 Squats

[Video: Squats & Chair Squats](#)

The squats chosen may be full squats or chair supported squats

c. 20 Jumping Jacks

[Video: Jumping Jacks & Scaled Jump Jacks](#)

The jumping jack chosen may be the standard jumping jack or scaled version

Cool Down & Stretch

Allow heart rate to normalize by slowly walking and controlling your breathing. Hold each stretch for 15-20 seconds.

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DAY 02

Warm Up [\(Video\)](#)

Movement Mission: 3-5 Rounds × 40 seconds per move

See All Movements [in videos here](#)

NB.  (A) denotes the more advanced movement

1. Lateral Bound to 4 High Knees (A) / Ski Step to 4 High Knees
2. Low Plank Airplane Banks / High Plank Airplane Banks (A)
3. Low Plank Horse Hill Climbers / High Plank Horse Hill Climbers
4. Wall Rows

- BONUS **!!** : 50 Pairs High Knees / 2 Sprints (A)

Cool Down & Stretch

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DAY 03

Warm Up [\(Video\)](#)

Movement Mission

ax3. Super Set

a1. 8-12 pairs Straight Wide Leg Reverse Lunge [\(video\)](#)

a2. 20-30 seconds Wall Sit [\(video\)](#)

//Rest 60 seconds

bx3 Super Set

b1. 8-12 pairs Dead Bugs ([video](#))

b2. 16 Alternating Bird Dogs ([video](#))

//Rest 60 seconds

cx3. 15-30 seconds Quick Feet ([video](#))

// Rest 30-60 seconds

Cool Down & Stretch

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DAY 04 | ACTIVE REST

Importance of Rest & Recovery

Rest days are critical to allow for physical and psychological recovery. Rest is necessary so that the muscles and tendons can repair, rebuild, and strengthen. It also allows the Central Nervous System to recover from work previously done.

The body repairs and strengthens itself in the time between workouts, and continuous training can actually weaken the strongest of athletes. This is a great opportunity to do something light. Here are some examples below:


- Go for a walk
- Bike ride
- Dance
- Enjoy a sport
- Have a swim
- Take a light jog
- Yoga
- Warm up then stretch

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DAY 05

Warm Up ([Video](#))

Movement Mission ([video](#))

 3-6 Rounds × 40 seconds per move

- Bridge to Knee Ups
- Bird Dogs
- Squat to Cross Punch
- Lateral Shuffles to Kick Back
- Imaginary Jump Rope

Cool Down & Stretch

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DAY 06

Warm Up ([Video](#))

Movement Mission

a. 10-8-6-4-2

Complete 10 reps of each move then 8 reps and so on

- Plank to Push Up ([video](#)) *may be knee assisted
- Lateral Bound Pairs ([video](#))

bx3

b1. 20-60 seconds Wall Sit ([video](#))

b2. 30 pairs High Knees ([video](#))

Bonus: Complete Jumping Jacks or scaled jump Jacks from the start of until the end of [this song](#)

Cool Down & Stretch

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DAY 07 | ACTIVE REST

Day 08-14

DAY 08

Warm Up ([Video](#))

Movement Mission

a. 8 minute AMRAP

as many rounds as possible

12 Alternating Reverse Lunges (6 per leg) ([video](#))

10 Wall Rows ([video](#))

b. 8 minute AMRAP

as many rounds as possible

6-10 Plank to Toe Touch ([video](#))

16 Pairs Toe Taps ([video](#))

Cool Down & Stretch

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DAY 09

Warm Up ([Video](#))

Movement Mission

a. 60 seconds Push Up AMRAP ([Video: Push ups & Scaled Push Ups](#))

The push ups chosen may be full push ups, knee-assisted or standing against a wall, counter, table or chair. Set your timer to 1 minute and complete as many as you can.

Break when needed

bx2.

8-12 Door Frame Rows ([video](#))

20 Good Mornings ([video](#))

c. 45 seconds Push Up AMRAP ([Video: Push ups & Scaled Push Ups](#))

The push ups chosen may be full push ups, knee-assisted or standing against a wall, counter, table or chair. Set your timer to 45 seconds and complete as many as you can. Break when needed

dx2

20 Alternating Straight Leg Wide Reverse Lunge ([video](#))

8-12 Burpees/ Scaled Burpees ([video](#))

Pick your variation

Cool Down & Stretch

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DAY 10

Warm Up ([Video](#))

Movement Mission ([video](#))

3-6 Rounds × 40 seconds per move

- Double Lateral Step Overs
- Side Step Good Morning
- Plank Lateral Hops and modification
- High Ankles and modification

Cool Down & Stretch

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DAY 11 | ACTIVE REST

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DAY 12

Warm Up [\(Video\)](#)

Movement Mission

A. Perform 1 Squat of chair Squat [\(video\)](#) each time you hear "Roxanne" in [this song](#)

******Move in breaks between "Roxanne"s eg. Standing knee lifts or jacks

B. Ladder Style: 5-6-7-8-9-10-9-8-7-6-5

b1. Pairs Dead Bugs [\(video\)](#)

****** Can be done with knees down on the floor if needed

b2. Pairs Horse Hill Climbers [\(video\)](#)

******Complete 6 pairs of b1 then 6 pairs of b2 then 7 pairs and so on. If you max out before 10 that is A-OK

Bonus. 150 Imaginary Jump Rope [\(video\)](#)

Cool Down & Stretch

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DAY 13

Warm Up [\(Video\)](#)

Movement Mission

4-6 Rounds × 25 seconds work / 15 seconds rest

1. Lateral Bounds [\(video\)](#)

2. Wall Sit [\(video\)](#)

3. Plank to Push Ups [\(video\)](#) ******alternate lead hand

4. Quick Feet [\(video\)](#)

Cool Down & Stretch

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DAY 14 | ACTIVE REST

Day 15-21

DAY 15

Warm Up ([Video](#))

Tip: Use High Knees as opposed to jumping jacks in the warm up

Movement Mission (Score: _____)

Complete as many rounds as possible of the below movements in 15 minutes & compare your score to Day 01

a. 8 Push Ups ([Video: Push ups & Scaled Push Ups](#))

The push ups chosen may be full push ups, knee-assisted or standing against a wall, counter, table or chair

b. 12 Squats ([Video: Squats & Chair Squats](#))

The squats chosen may be full squats or chair supported squats

c. 20 Jumping Jacks ([Video: Jumping Jacks & Scaled Jump Jacks](#))

The jumping jack chosen may be the standard jumping jack or scaled version

Cool Down & Stretch

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DAY 16

Warm Up ([Video](#))

Movement Mission: 3-6 Rounds × 40 seconds work / 15 seconds rest

- Plank to Toe Touch ([video](#))
- Lateral Quick Feet to Tennis Swings ([video](#))
- Knees to Nose ([video](#))
- Toe Taps ([video](#)) // move laterally if space allows

Cool Down & Stretch

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DAY 17 | ACTIVE REST

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DAY 18

Warm Up [\(Video\)](#)

Movement Mission [\(video\)](#): Complete 3-6 Rounds

- 2-Step Monster Walks x 12 reps/ leg
- Partner Squats x 12 / leg **OR** Squats **OR** Chair Squats x 12
- Partner Plank + Lateral Hop Overs **OR** Lateral Hop Over **OR** Lateral Step Over x 30 seconds
- Bicycle Crunches **OR** Hollow Flutter Kicks x 30 seconds

Cool Down & Stretch

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DAY 19

Warm Up [\(Video\)](#)

Movement Mission [\(video\)](#): 3-6 Rounds x 30-60 seconds per move

1. Downward Dog to Push Up & modification
2. Hollow Body Hold / Hollow Body Hold with Knee Tucks
3. Bird Dogs / Alternating Bird Dogs
4. Hollow Star Hold

Bonus Challenge: Seen in video

Cool Down & Stretch

DAY 20

Warm Up ([Video](#))

Movement Mission

ax4.

a1. 16 Alternating Reverse Lunges ([video](#))

a2. 12 Door Frame Rows ([video](#)) //squeeze back for 2s at the top of the row

bx2.

As long as possible Wall Sit ([video](#))

20P Lateral Bounds ([video](#))

Cool Down & Stretch

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DAY 21 | ACTIVE REST

Day 22-28

DAY 22

Warm Up ([Video](#))

Movement Mission

10-9-8-7-6-5-4-3-2-1 Sumo Squats ([video](#))

1-2-3-4-5-6-7-8-9-10 Plank to Shoulder Tap pairs ([video](#))

Cool Down & Stretch

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DAY 23

Warm Up ([Video](#))

Movement Mission

Grab a pair of canned goods (or any other equally-weighted items) for added resistance

Complete 3-6 Rounds x 45s work/ 15s rest of:

- Squat To Punch ([video](#))
- Lateral Hop/ Step Press ([video](#))
- Imaginary Jump Rope ([video](#))

Cool Down & Stretch

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DAY 24 | ACTIVE REST

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DAY 25

Warm Up [\(Video\)](#)

Movement Mission

a x 3 Rounds

a1. 6-10 (5:1 Cadence) Squats [\(video\)](#)

**take 5 seconds to descend in the squat instead of the 3 seconds shown in the video

**descend squat onto a chair, bench or box to limit depth if necessary to protect knees

a2. 12-16 Alternating Airplane Banks [\(video\)](#)

** use a table if necessary as opposed to the floor

b x 4 Rounds: 20 seconds work : 15 seconds rest

Toe Taps [\(video\)](#)

Burpees [\(video\)](#) **pick your variation

Cool Down & Stretch

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DAY 26

Warm Up [\(Video\)](#)

Movement Mission

Complete 4-6 Rounds x 40s work/ 20s rest

Lateral Bounds to Horse Hill Climbers [\(video\)](#)

Half Turkish Get Up [\(video\)](#)

Bridge to Knee Ups [\(video\)](#)

Rest 60s

Cool Down & Stretch

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DAY 27 | ACTIVE REST

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DAY 28 | FITNESS TEST

Warm Up ([Video](#))

Tip: Use High Knees as opposed to jumping jacks in the warm up

Movement Mission (Score: _____)

Complete as many rounds as possible of the below movements in 15 minutes & compare your score to Day 01 & Day 15

a. 8 Push Ups

[Video: Push ups & Scaled Push Ups](#)

The push ups chosen may be full push ups, knee-assisted or standing against a wall, counter, table or chair

b. 12 Squats

[Video: Squats & Chair Squats](#)

The squats chosen may be full squats or chair supported squats

c. 20 Jumping Jacks

[Video: Jumping Jacks & Scaled Jump Jacks](#)

The jumping jack chosen may be the standard jumping jack or scaled version

Cool Down & Stretch