

# HOW TO PROGRAM AT-HOME WORKOUTS

**OPEX**

COVID-19 and the requirement for social distancing has rapidly changed the daily behaviors of people around the world. This extends to all aspects of people's lives, including the way they workout.

Many of the OPEX global community of coaches are faced with the challenge of keeping their clients active and healthy in the face of gym closures, lockdowns, and social distancing.

If you, like so many, are faced with this challenge, it is important to know that you can continue to offer a valuable and important service. You can keep yourself and your clients moving by adapting your program design to at home workouts.

In this guide you'll find a training split and two sample weeks of at home programming that you can adjust to suit the needs of your clients.

Use these workouts as inspiration and please share the at home workouts you design for your clients with us. As a fitness collective we can inspire and support each other to adapt to the current circumstances. **Please tag us @opexfitness in your posts and stories.**

# At-Home Training Week Split

A simple training split that you can follow when programming for your at home clients is as follows:

**Monday:** Full Body Resistance

**Tuesday:** Mixed Bodyweight Aerobic

**Wednesday:** Full Body Resistance

**Thursday:** Active Recovery

**Friday:** Full Body Resistance

**Saturday:** Cyclical Aerobic Intervals

**Sunday:** Rest

Full Body Resistance days include a combination of upper, lower, and core patterns, that is: **Bend, Squat, Push, Pull, Lunge, and Core.**

The goal of these training sessions should be to help your clients maintain consistency and normalcy in their fitness routine. While there may be a brief interruption to regular training, maintaining a daily movement practice will make the transition back to the gym far smoother than stopping altogether. Keeping active at home will also support general health and wellbeing, including immune system health.

Here are two examples of program designs following this split. The first example is written for a client who has access to bands and a jump rope and the second example is for a client with no equipment.

## Sample At-Home Training Week

If your client has access to bands and a jump rope

[View the 1-page full week here.](#)

### 1 MONDAY | Bodyweight/Band FBR

**A1.** Knee Banded Air Squat, @3111, 12-15 reps x 4 sets; rest 60 sec

**A2.** Hand Release Push-Up, @31X1, 12-15 reps x 4 sets; rest 60 sec

**B1.** Banded Good Morning, @20X0, 20 reps x 4 sets; rest 60 sec

**B2.** Tabletop Reverse Plank, 45-60 sec x 4 sets; rest 60 sec

**C1.** Wall Walk w/ 3 sec nose-to-wall hold, 4-6 reps x 4 sets;  
rest 60 sec

**C2.** Jump Lunges, 20-30 sec unbroken reps x 4 sets; rest 60 sec

**D.** 10 min easy cooldown walk

### 2 TUESDAY | Mixed Bodyweight Aerobic

15 min AMRAP @ sustained pacing

400m run

30 Double Unders

20 Walking Lunge steps

10 Strict Push-Up Burpees

+

Rest Walk 5 min

+

15 min AMRAP @ sustained pacing

10 Sit-Ups

20 Air Squats

30 Front Leaning Rest Shoulder Taps

+

10 min easy cooldown walk

### 3 WEDNESDAY | Bodyweight/Band FBR

- A1.** Curtsy Lunges, @2011, 15/side x 4 sets; rest 30 sec
- A2.** Banded Bicep Curls, @20X0, 15-20 reps x 4 sets; rest 30 sec
- A3.** Jump Squats, @10X0, 15 reps x 4 sets; rest 30 sec
- A4.** Banded Overhead Tricep Extensions, @2011, 15-20 reps x 4 sets; rest 30 sec
- A5.** Banded X Lateral Walks, 20 steps/direction x 4 sets; rest 30 sec
- A6.** Star Pattern Band Pull-Aparts, @1010, 10 complexes x 4 sets; rest 3 min
- B.** 10 min easy cooldown walk

### 4 THURSDAY | Active Recovery

30-60 min walk outdoors, unplugged; if permitted

### 5 FRIDAY | Bodyweight/Band FBR

- A1.** Knee Banded Hip Thrust, @21X2, 10-15 reps x 4 sets; rest 60 sec
- A2.** Banded Z Press, @20X1, 10-15 reps x 4 sets; rest 60 sec
- B1.** Split Squat with Front Rack Band Resistance, @20X1, 10-15 reps/ side x 4 sets; rest 60 sec
- B2.** Banded Chest Fly, @2111, 10-15/side x 4 sets; rest 60 sec
- C1.** Banded Reverse Crunch, @2110, 15-20 reps x 4 sets; rest 60 sec
- C2.** Bent Over Banded Row, @2112, 15-20 reps x 4 sets; rest 60 sec
- D.** 10 min easy cooldown walk

## 6 SATURDAY | Cyclical Aerobic Intervals

### **Each For Time @ sustained**

800m run

50 Double Unders

+

Rest walk 5 min

+

400m run

75 Double Unders

+

Rest walk 3 min

+

200m run

100 Double Unders

+

Rest Walk 5 min

x 3 sets (from the top)

## 7 SUNDAY | Rest

## Sample At-Home Training Week

### If your client has no equipment

View the 1-page full week [here](#).

#### 1 MONDAY | Bodyweight FBR

- A1.** Cyclist Squat (heels elevated on book or low step), @42X0, 12-15 reps x 4 sets; 45 sec rest
- A2.** Reverse Scapular Push-Up, 12-15 reps x 4 sets; 45 sec rest
- B1.** Single Leg Hip Thrust, @30X3, 12-15 reps x 4 sets; 45 sec rest between sides
- B2.** Chair Dip, @30X0, 12-15 reps x 4 sets; 45 sec rest
- C1.** Bent Hollow Hold, 30 sec x 3 sets; 30 sec rest
- C2.** Side Lying Leg Raise, @30X1, 12-15 reps x 3 sets; 30 sec rest
- C3.** Bottom of Push-Up Hold, 30 sec x 3 sets; 30 sec rest

#### 2 TUESDAY | Mixed Bodyweight Aerobic

**30 minutes As Many Rounds As Possible @ sustained pace**

- 20m Bear Crawl
- 20 Cossack Squats
- 20 Jumping Jacks
- 20m Crab Walk
- 8 alternating bodyweight Turkish Get Ups
- 10 Inchworm + Push-Up

### 3 WEDNESDAY | Bodyweight FBR

- A1.** Hamstring Walkout, 5-8 reps x 4 sets; 45 sec rest
- A2.** Decline Push-Up, @20X0, 8-10 reps x 4 sets; 45 sec rest
- B1.** Reverse Lunges, @20X0, 24-30 reps alternating x 4 sets; 30 sec rest
- B2.** Prone Y Raise, @1012, 12-15 reps x 4 sets; 30 sec rest
- C1.** Side Plank Rotations, @2121, 8-10 reps x 3 sets; 30 sec rest  
between sides
- C2.** Wall Resisted Dead Bug, @3030, 10-12 reps alternating x 3 sets;  
30 sec rest
- C3.** Hang (Door frame, stair), 30 sec x 3 sets; 30 sec rest

### 4 THURSDAY | Active Recovery

- 10 min Full Body CARS - Hip, Ankle, Thoracic, Shoulder, Scapular, Wrist
- 10 min Yoga Flow
- +
- 30 min Walk outside if permitted

## 5 FRIDAY | Bodyweight FBR

- A1.** Single Leg Squats, @31X1, 12-16 reps alternating x 4 sets;  
45 sec rest
- A2.** Standing Towel Row, @30X1, 8-10 reps x 4 sets; 45 sec rest
- B1.** Feet Elevated Hip Thrust, @30X2, 10-12 reps x 4 sets; 45 sec rest
- B2.** Eccentric Handstand Push-Up, @50A0, 5-8 reps x 4 sets;  
45 sec rest
- C1.** Plank Shoulder Taps, 60 sec x 3 sets; 30 sec rest
- C2.** Wall Sit Marches, 60 sec x 3 sets; 30 sec rest
- C3.** Superman to Hollow Roll, 5 each way x 3 sets; 30 sec rest

## 6 SATURDAY | Cyclical Aerobic Intervals

- 4 sets**
- 5 min AMRAP @ sustained pace
- 20m High Knees
- 20m Butt Kickers
- 20m Karaoke, left and right
- 20m Jog
- 3 minutes rest

## 7 SUNDAY | Rest

# At-Home Principles of Progression

It is possible that your clients may need to spend multiple weeks training at home. If that is the case, then there are some basic principles that you can follow to progress their training from week to week.

- 1. Increase number of repetitions**, for example, 12-15 reps to 15-20 reps
- 2. Increase number of sets**, for example, 3 sets to 4 sets
- 3. Increase tempo, for example**, @30X0 to @40X0
- 4. Increase duration of holds**, for example, 30 sec to 45 sec
- 5. Increase complexity**, for example, bent hollow hold to hollow hold

If you have suddenly found yourself with some extra downtime because of COVID-19, then please take advantage of all the [free educational resources](#) that we provide.

Our free course, the [Coach's Toolkit](#), will teach you principles and implementation of exercise, nutrition, and behavior so that you can use this time to grow your skillset. Importantly, it will introduce you to the OPEX Method of Coaching, so that you can effectively personalize your at home workouts to the needs of your clients. [Start your free course today.](#)

**OPEX**

# Sample At-Home Training Week

## If your client has access to bands and a jump rope

### MONDAY

Bodyweight/  
Band FBR

A1. Knee Banded Air Squat, @3111, 12-15 reps x 4 sets; rest 60 sec

A2. Hand Release Push-Up, @31X1, 12-15 reps x 4 sets; rest 60 sec

B1. Banded Good Morning, @20X0, 20 reps x 4 sets; rest 60 sec

B2. Tabletop Reverse Plank, 45-60 sec x 4 sets; rest 60 sec

C1. Wall Walk w/ 3 sec nose-to-wall hold, 4-6 reps x 4 sets; rest 60 sec

C2. Jump Lunges, 20-30 sec unbroken reps x 4 sets; rest 60 sec

D. 10 min easy cooldown walk

### TUESDAY

Mixed Bodyweight  
Aerobic

15 min AMRAP @ sustained pacing

400m run

30 Double Unders

20 Walking Lunge steps

10 Strict Push-Up Burpees

+

Rest Walk 5 min

+

15 min AMRAP @ sustained pacing

10 Sit-Ups

20 Air Squats

30 Front Leaning Rest Shoulder Taps

+

10 min easy cooldown walk

### WEDNESDAY

Bodyweight/Band  
FBR

A1. Curtsy Lunges, @2011, 15/side x 4 sets; rest 30 sec

A2. Banded Bicep Curls, @20X0, 15-20 reps x 4 sets; rest 30 sec

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A4. Banded Overhead Tricep Extensions, @2011, 15-20 reps x 4 sets; rest 30 sec

A5. Banded X Lateral Walks, 20 steps/direction x 4 sets; rest 30 sec

A6. Star Pattern Band Pull-Aparts, @1010, 10 complexes x 4 sets; rest 3 min

B. 10 min easy cooldown walk

### THURSDAY

Active  
Recovery

30-60 min walk outdoors, unplugged

### FRIDAY

Bodyweight/  
Band FBR

A1. Knee Banded Hip Thrust, @21X2, 10-15 reps x 4 sets; rest 60 sec

A2. Banded Z Press, @20X1, 10-15 reps x 4 sets; rest 60 sec

B1. Split Squat with Front Rack Band Resistance, @20X1, 10-15 reps/side x 4 sets; rest 60 sec

B2. Banded Chest Fly, @2111, 10-15/side x 4 sets; rest 60 sec

C1. Banded Reverse Crunch, @2110, 15-20 reps x 4 sets; rest 60 sec

C2. Bent Over Banded Row, @2112, 15-20 reps x 4 sets; rest 60 sec

D. 10 min easy cooldown walk

### SATURDAY

Cyclical Aerobic  
Intervals

Each For Time @ sustained

800m run

50 Double Unders

+

Rest walk 5 min

+

400m run

75 Double Unders

+

Rest walk 3 min

+

200m run

100 Double Unders

+

Rest Walk 5 min x 3 sets (from the top)

SUNDAY | Rest

# Sample At-Home Training Week

## If your client has no equipment

### MONDAY

Bodyweight FBR

A1. Cyclist Squat (heels elevated on book or low step), @42X0, 12-15 reps x 4 sets; 45 sec rest

A2. Reverse Scapular Push-Up, 12-15 reps x 4 sets; 45 sec rest

B1. Single Leg Hip Thrust, @30X3, 12-15 reps x 4 sets; 45 sec rest between sides

B2. Chair Dip, @30X0, 12-15 reps x 4 sets; 45 sec rest

C1. Bent Hollow Hold, 30 sec x 3 sets; 30 sec rest

C2. Side Lying Leg Raise, @30X1, 12-15 reps x 3 sets; 30 sec rest

C3. Bottom of Push-Up Hold, 30 sec x 3 sets; 30 sec rest

### TUESDAY

Mixed Bodyweight Aerobic

30 minutes As Many Rounds As Possible @ sustained pace

20m Bear Crawl

20 Cossack Squats

20 Jumping Jacks

20m Crab Walk

8 alternating bodyweight Turkish Get Ups

10 Inchworm + Push-Up

### WEDNESDAY

Bodyweight FBR

A1. Hamstring Walkout, 5-8 reps x 4 sets; 45 sec rest

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C2. Wall Resisted Dead Bug, @3030, 10-12 reps alternating x 3 sets; 30 sec rest

C3. Hang (Door frame, stair), 30 sec x 3 sets; 30 sec rest

### THURSDAY

Active Recovery

10 min Full Body CARS - Hip, Ankle, Thoracic, Shoulder, Scapular, Wrist

10 min Yoga Flow +

30 min Walk outside if permitted

### FRIDAY

Bodyweight FBR

A1. Single Leg Squats, @31X1, 12-16 reps alternating x 4 sets; 45 sec rest

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C1. Plank Shoulder Taps, 60 sec x 3 sets; 30 sec rest

C2. Wall Sit Marches, 60 sec x 3 sets; 30 sec rest

C3. Superman to Hollow Roll, 5 each way x 3 sets; 30 sec rest

### SATURDAY

Cyclical Aerobic Intervals

4 sets

5 min AMRAP @ sustained pace

20m High Knees

20m Butt Kickers

20m Karaoke, left and right

20m Jog

3 minutes rest

SUNDAY | Rest