



HEALTH & PERFORMANCE

Quarantined but Jacked Volume # 1

No equipment required workouts to keep you in shape

Time investment: 40-50 mins

Equipment Needed: None

Note: Click exercise names for video demos

BEGINNER/INTERMEDIATE

WARMUP

[Half-kneeling hip flexor stretch w/ rotation](#) x 30s/side

[Glute Bridge](#) x10 Hold at top 2 count

[Fire Hydrant](#) x 10/side

[Half-kneeling T-spine rotations](#) x10/side

[Standing wall soleus stretch](#) x30s/side

[Prisoner Squats](#) x 10

[Inchworm](#) x10

[Pogo Hop](#) x 20

[High knees](#) x 20

WORKOUT

Circuit # 1

AMRAP (As many rounds as possible) 15 mins

[Set a 15 min timer, complete in order then rest]

[Squat Jump](#) x 10

[Air squat](#) x 10

[Shoulder Tap](#) x 10 (5/side)

[Knee grab](#) x 10

Rest 1-3 mins

Circuit # 2

AMRAP 15 mins

[Set a 15 min timer, complete in order then rest]

[Pushup/knee-pushup](#) x 10

[YWT](#) x 10sec/position

[Prone Swimmer](#) x 10

[Windshield Wiper](#) x 10 (5/side)

Rest 1-3 mins

ADVANCED

WARMUP

[Half-kneeling hip flexor stretch w/ rotation](#) x 30s/side
[Single leg glute bridges](#) x8/side with hold at top on each
[Fire Hydrant](#) x 8/side
[Half-kneeling T-spine rotations](#) x8/side
[Standing wall soleus stretch](#) x30s/side
[Prisoner Squats](#) x 8
[Walking Lunge](#) x8/leg
[Lateral lunge](#) x8/leg
[Inchworm](#) x8
[Pogo Hop](#) x 50
[High knees](#) x 50

WORKOUT

Circuit # 1

AMRAP 15 mins

[Set a 15 min timer, complete in order then rest]

[Prisoner JumpSquat](#) x 10
[Reverse Lunge](#) x 10 (5/side)
[Bear stance Shoulder Tap](#) x 10 (5/side)
[V-up](#) x 10
Rest 1-3 mins

Circuit#2

AMRAP 15 mins

[Set a 15 min timer, complete in order then rest]

[Pike Pushup](#) x 10
[Hand Release Pushup](#) x 10
[Prone Swimmer](#) x 10
[Windshield Wiper](#) x 10 (5/side)
Rest 1-3 mins