

The 14-Day Stay-At-Home Workout Plan

Use this total-body training guide to get fitter and stronger—every single day

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This 2-week fitness template was created specifically for these times.

To complete the exercises, you don't need a huge space or any equipment. For extra load, you can use a backpack stuffed with books or cans.

Each session builds on the one before it, hitting different muscle groups in a variety of ways. In fact, this workout plan is designed to help you:

Grow stronger in all the ways you move.

One of the downsides of some of the free workouts populating the online space? They work your body in one direction—usually forward and back or up and down (called the sagittal plane). Think pushups, lunges, and squats.

When you do exclusively sagittal plane exercises, you can bias your body's movement and positioning out of balance. You lock more tension and strength into the patterns and muscles that drive sagittal motion. Without creating balance with other forms of motion, you can get stuck there.

That can make you worse at some of the other movements required for daily life, which rarely constrain themselves to straight lines. This not only impairs your athletic potential but can make you more vulnerable to injury over time.

That's why these workouts train your body in multiple directions: side to side (known as the frontal plane) and rotationally (known as the transverse plane).

Train different types of fitness.

These workouts also provide a variety of protocols and intensity levels. This variation is distributed in a way that allows you to train every day while hitting different muscle groups and energy systems.

By threading multiple forms of training together, you'll do workouts that support one another while distributing training stress and recovery demand more evenly throughout the week.

Some workouts improve anaerobic fitness. For example, the ladders (week 2, conditioning workout #3) and escalating density training workouts (week 1, strength workout #3) give you the opportunity to push yourself as hard as you're comfortable with in a way that drives up your heart rate, pushes your lactate threshold, and leaves you gasping for air.

Other workouts target the energy systems needed for short, powerful bursts like sprinting and jumping, as well as the ability to recover rapidly between those efforts.

Still others boost sub-maximal aerobic fitness by keeping your heart rate steadily elevated, but at a level that's relatively easy and sustainable. This helps build your ability to do more work while making it feel easier.

Stay mentally and physically fresh by varying intensity, volume, and movement patterns.

One day, you might find a workout to be super hard. But on another? It may seem much easier.

This is intentional. In some workouts, there are lots of sagittal plane and extension-based movements. In others, there are lots of movements that give your powerful extensor muscles a break and shift emphasis to other muscle groups.

End result: You can work out as often as every single day—no gym, bike, or running shoes required.

About the workouts

In these two-week programs, you'll find workouts for every day of the week. Use the calendar as an example of how to plan your workouts—but know it doesn't matter what day you start. Just use the same order shown in the calendar, regardless of whether Day 1 is a Monday or a Friday.

Refer back to this calendar as you look at the workouts, and click on the links for instructional videos to coach you through the process:

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 1	<u>Strength #1</u>	<u>Condition #1</u>	<u>Strength #2</u>	<u>Condition #2</u>	<u>Strength #3</u>	<u>Condition #3</u>	<u>20min Yoga</u> <u>35min Yoga</u>
Week 2	<u>Strength #1</u>	<u>Condition #1</u>	<u>Strength #2</u>	<u>Condition #2</u>	<u>Strength #3</u>	<u>Condition #3</u>	<u>20min Yoga</u> <u>35min Yoga</u>

Most of these workouts require nothing other than your body. For the few that call for external resistance, any heavy object will do. Try a suitcase or a backpack filled with books, cans, or other heavy items. If you feel like the weight you have doesn't provide enough of a challenge, you can also add:

- A 2-3 second pause at the midpoint of most exercises.
- A slower tempo, particularly when you're lowering the weight (a five-second lowering phase can make light loads feel monumental).

Warm-ups

Before your session, choose from one of two warm-ups and complete 1-2 rounds. Option 1 includes movements that are focused on stability, based on principles adapted from the Postural Restoration Institute (PRI). Option 2 showcases more dynamic mobility drills and movements that are simple but not easy. Of course, any movement in one plane requires stability in the other two planes, so you can't really have one without the other.

[Option 1](#) (moderate)

[Option 2](#) (challenging)

Please note, either of these "warm-ups" could function well as a bodyweight workout or active recovery session by itself. If you only have 10 or 20 minutes, just perform as many rounds of the chosen warm-up as you can in the allotted time.

Week One

Day 1: Strength Workout #1

Today, you'll focus on timed sets: lifting slowly (1 to 3 reps per 20 seconds), for a total of 3 minutes. Then you'll finish off with a higher intensity circuit.

Circuit 1

Rounds 1-3	Reps	Total Time
Romanian Deadlift RDL	3 reps every 20 seconds	3 minutes
Reverse lunges	10 reps/side	
Suitcase row	2-3 reps every 20 seconds	3 minutes
Prone W Claps	10 reps	
Plank press ups	1 rep every 20 seconds	3 minutes
Prone T	10 reps	

Circuit 2

Rounds 3-5	Reps	Total Time
Single leg hip lift	3 reps every 20 seconds	N/A
Side plank	30 seconds per side	N/A
Mountain climbers	30 seconds	N/A
Rest	60 seconds	

[Link to Instructional Video: Week One, Strength #1](#)

Week One

Day 2: Conditioning Workout #1

By building explosive core strength, power, and agility, these challenging circuits will keep you in shape for your favourite team sports.

Circuit 1

Rounds 4-8	Reps
Alternating bodyweight split jumps	5 per side
Push up heel-drag cross-connect	3 per side
Lateral Heiden	5 per side
Push up heel-drag cross-connect	3 per side
Side plank with reach and exhale	5 breaths per side
Rest	60 seconds

Circuit 2

Rounds 3-5	Reps
Bridge march	10 per side
Reverse lunge	10 per side
Bear plank shoulder tap	5 per side

Link to Instructional Video: [Week One, Conditioning #1](#)

Week One

Day 3: Strength Workout #2

This full-body strength session is broken down into 3 circuits. Choose between 1 and 3 rounds per circuit to up (or lower) the intensity.

Circuit 1

Rounds 1-3	Reps
Forward lunge	10-15
Supine hip extension leg curl (SHELC)	As many as possible (AMRAP)
Push ups	5-10 with 5 second lowering phase

Circuit 2

Rounds 1-3	Reps
Lateral Lunge	10-15 per leg
Glute Bridge	20
Suitcase row	5-10 with 5 second lowering phase

Circuit 3

Rounds 1-3	Reps
1/2 Turkish get-up (TGU)	3 per side
Single leg Romanian Deadlift (SLRDL)	10 per side

Link to Instructional Video: [Week One, Strength #2](#)

Week One

Day 4: Conditioning Workout #2

Today's workout starts with a lower-body focused circuit to build stamina, followed by two challenging circuits dedicated to building core strength and endurance which will transfer over to future gym workouts and your everyday life.

Circuit 1

Rounds 4	Reps	Total Time
Jump squats	10	
Crossover lunges	5 per side	
Split squat jumps	5 with each leg forward	
Rest		60 seconds

Circuit 2

Rounds 1-2	Reps	Total Time
Sit thru climb	30 seconds on, 30 off	5 minutes
Rest		2 minutes
Bear crawl forward and back	30 seconds on, 30 off	5 minutes
Rest		2 minutes
Dead bugs	30 seconds on, 30 off	5 minutes

Circuit 3

Rounds 2-4	Reps	Total Time
Side planks	30 seconds per side	
Tall plank with shoulder tap	Switch every 5 seconds	30 seconds

Link to Instructional Video: [Week One, Conditioning #2](#)

Week One

Day 5: Strength Workout #3

This escalating density training (EDT) session involves switching quickly between two exercises for an 8-minute timed session.

For example, you'll do 8 push ups. Then 8 squats. Then 8 push ups. Then 8 squats. Keep going back and forth until your 8 minutes are up. Then move onto the next circuit.

EDT Circuit 1

Alternate exercises, completing as many sets of 6-8 reps as you can in 8 minutes, with no rest in between.

Push ups

Goblet squats

EDT Circuit 2

Alternate exercises, completing as many sets of 6-8 reps as you can in 8 minutes, with no rest in between.

Suitcase row

Walking lunge

EDT Circuit 3

Alternate exercises, completing as many sets of 6-8 reps as you can in 8 minutes, with no rest in between.

Single Leg Romanian Deadlift (SLRDL)

Inchworm

[Link to Instructional Video: Week One, Strength #3](#)

Week One

Day 6: Conditioning Workout #3

The every minute on the minute (EMOM) workout targets your alactic power, or your ability to use energy immediately for high intensity movement. To make the most of this session, you'll want to push for an all out effort on each exercise.

EMOM (1-3 Rounds)

Rounds 1-3	Reps	Total Time
Alternating split jump	3 reps per minute	5 minutes
Lateral Heiden	3 reps per minute	5 minutes
Push up	5 reps per minute	5 minutes

Link to Instructional Video: [Week One, Conditioning #3](#)

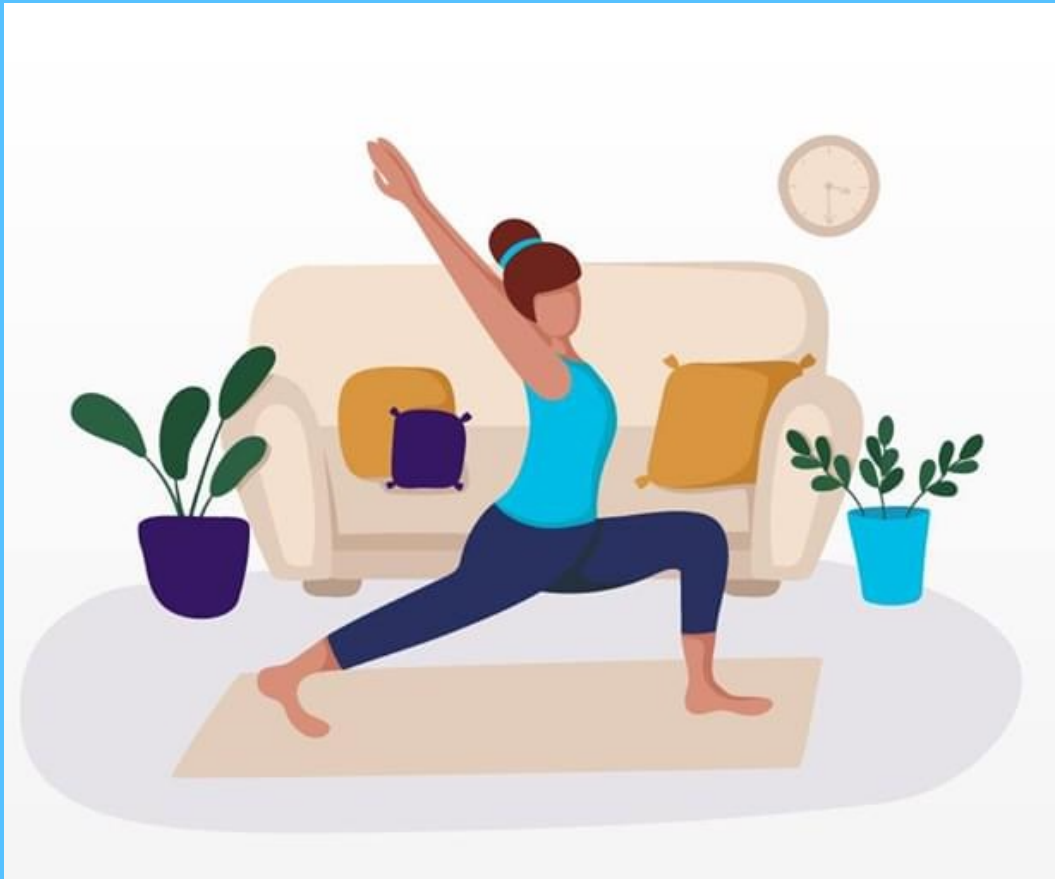
Week One

Day 7: Strength Balancing Yoga

Join my fellow coaches, Margaret from Barefoot Training and Craig from Precision Nutrition, for one of the following yoga workouts, based on your available time. Click on the link to follow along:

*****Link to Instructional Video: 20 minutes*****

*****Link to Instructional Video: 35 minutes*****



Week Two

Day 8: Strength Workout #1

For this High-Intensity Continuous Training (HICT) session, do each exercise for a total of five minutes. Use a weight or load that allows you to complete about 2 reps every 10 seconds.

Think of this as a slow, steady grind. Try to keep your heart rate below about 150 beats per minute. If you don't have a heart rate monitor, you should be able to breathe exclusively through your nose. If you have to mouth-breathe, you're probably above 150.

Circuit 1

Rounds 1-3	Reps	Total Time
Push ups	2-3 reps x 10-15 seconds	5 minutes
Reverse lunges	2-3 reps x 10-15 seconds	5 minutes
Suitcase rows	2-3 reps x 10-15 seconds	5 minutes
Glute Bridge	2-3 reps x 10-15 seconds	5 minutes

[Link to Instructional Video: Week Two, Strength #1](#)

Week Two

Day 9: Conditioning Workout #1

These challenging lower-body workouts will get your heart pounding.

Circuit 1

Rounds 4	Reps
Alternating split squat jumps	30 seconds (rest 60 seconds between rounds)
Rest	4 minutes before moving onto the next circuit

Circuit 2

Rounds 1	Reps
Squat jump	30 seconds (rest 60 seconds between sets, 4 total rounds)
Burpees	15/10/5 (rest 60 seconds between sets)
Rest	2 minutes before moving onto the next circuit

Circuit 3

Rounds 4	Reps
Reverse lunges	30-20-10 per leg
Rest	2 minutes between rounds

Link to Instructional Video: [Week Two, Conditioning #1](#)

Week Two

Day 10: Strength Workout #2

Today you'll do four movements in a reverse ladder. Start with 10 reps, followed by 10 breaths. Then nine reps. Then eight.

You get the idea.

Once you finish one full ladder, move onto the next exercise.

Reverse Breathing Ladder

Do the full 10-1 ladder for one movement before moving onto the next

Walking Lunge

Suitcase overhead press

Single leg hip lift

Suitcase row

*****Link to Instructional Video: [Week Two, Strength #2](#)*****

Week Two

Day 11: Conditioning Workout #2

Do each movement for 20 seconds.

Then rest for 40 seconds.

Then repeat for 5 rounds.

Rest 3 to 4 minutes before moving onto the next exercise on the list.

20:40 Interval Circuit

Rounds 5	Reps	Rest
Lateral Shuffle	20 seconds	40 seconds
Lateral Heiden	20 seconds	40 seconds
Squats	20 seconds	40 seconds
Cross body mountain climbers	20 seconds	40 seconds

*****Link to Instructional Video: [Week Two, Conditioning #2](#)*****

Week Two

Day 12: Strength Workout #3

Rather than all at once, you can do this workout in chunks throughout the day.

Set an alarm. Every time it goes off, you knock off a category. In other words, at 7am you might do a pushing set by alternating push ups with a banded overhead press. At 10am, you might row. And so on.

You can do small circuits of several exercises at once, or do them at different times throughout the day. As a good rule of thumb, try to do twice as many upper body pulling exercises as pushing to keep your shoulders happy.

Micro Workouts

Movements	Examples
Pushing	Push ups, banded overhead press
Rowing	Band rows, inverted rows, band pull aparts
Pulling	Band pulldowns, pull-ups
Squats	Bodyweight squats, single-leg squats, goblet squats, plate squats
Lunges	Reverse, walking, split squat, rfe split squat
Core	Planks, side planks, shoulder touches (count 15 seconds as one set)

[Link to Instructional Video: Week Two, Strength #3](#)

Week Two

Day 13: Conditioning Workout #3

Today's workout is a ladder.

Do 1 rep of each exercise, then 2 reps of each, all the way up to 10. Then do the same in reverse. Start with 10 reps of each, then 9 reps of each, on down.

Climbing and Reverse Ladders

Complete as a circuit. Do the full 1-10 :10-1 ladders.

Burpees

Lateral Heiden

Inchworm

Bodyweight squats

*****Link to Instructional Video: [Week Two, Conditioning #3](#)*****

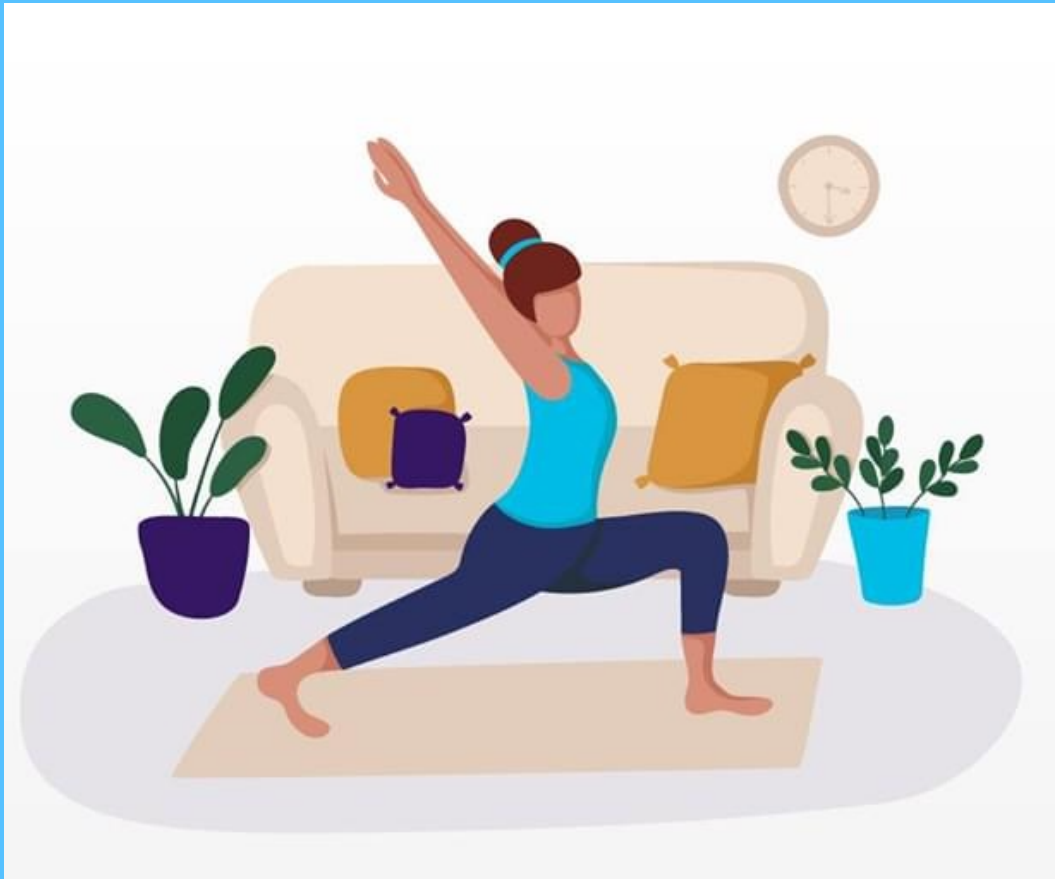
Week Two

Day 14: Strength Balancing Yoga

Join my fellow coaches Margaret from Barefoot Training and Craig from Precision Nutrition for one of the following yoga workouts, based on your available time.

*****Link to Instructional Video: 20 minutes*****

*****Link to Instructional Video: 35 minutes*****



Want More?

One of my challenges in writing a program like this is that normally, I design exercise programs for individuals not situations. Loading or choosing the particular exercises in the workouts always comes after a movement assessment in which your compensations are identified. From there, I coach you through mobility, control, and loading exercises are selected specific to your needs and abilities. The program grows progressively with you in complexity as your capacity increases.

If you have questions about how to adapt this program to your individual needs, please reach out.

Let me know. I'm here to help.

PERSONAL COACHING WITH DALE ANDREW



I help busy people take control of their exercise and eating habits so that they can overcome self-doubt, reduce stress and live their best life.

We're in the middle of the COVID-19 crisis, and there are still so many unknowns. In absence of actionable information, the mind tends to wander into some unhelpful places.

Working on your exercise and nutrition habits may be the last thing on your mind. But there is no better time than right now!

Doing something good for yourself and feeling good about yourself is a good start...I can help.

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