



Month 6 - Home version - Level beginner
Before starting, go with the warm up routine

Day 1	Exercise	Sets	Reps	Rest	Execution notes	Weight/Progression notes	Tutorial	Week 1	Week 2	Week 3	Week 4	Week 5
	Goblet squat	5	5	2'	Maintain a flat back during the whole movement, reach for 90° depth or just below parallel. If you can put a small heel under your heel, it helps maintaining upright torso	Start with the weight found in the test, then look for a weight increase weekly as reps go down	https://www.youtube.com/watch?v=uJESLIR88gOk&ab_channel=FloGracy	5 sets * 5 reps	5 sets * 4 reps	5 sets * 3 reps	3 sets * 3 reps	Test 6RM
	Squat jump		4		Be explosive in the move and soft on the landing, drive through the whole foot		https://www.youtube.com/watch?v=YGGd0AESUjyc&ab_channel=ExperienceLifeMag					
	Bag row	4	8	90"	Tuck your shoulder blades, chest up and think of pushing your elbows backwards. You can load a bag or back pack, be creative.	Start with the weight found in the test, then look for a weight increase weekly as reps go down	https://www.youtube.com/shorts/UFkPyFw_G68	4 sets * 8 reps	4 sets * 7 reps	4 sets * 6 reps	3 sets * 3 reps	Test 10RM
	Worm walk		8		Maintaining your hips up to the roof walk with your hands to a plank position, then push yourself back up	Start with the weight found in the test, then look for a weight increase weekly as reps go down	https://www.youtube.com/watch?v=ZY2ji_Ho0dA&ab_channel=LeapFitness	4 sets * 8 reps	4 sets * 7 reps	4 sets * 6 reps	3 sets * 3 reps	Test 10RM
	Glute bridge	3	12--15	60"	Push through your heels in the floor to lift your hips, if you have a loopband you can place it at the knee height	If you can perform 15 reps in all 3 sets, hold some weight on your hip the next week	https://www.youtube.com/watch?v=tpg5XQPp1xY&ab_channel=PuraGym					
	Chin up hold (supinated grip)		30"--60"		Maintain your shoulders far from the ears, think of tucking your armpits	If you can perform 60" in all 3 sets, increase the weight the next week lifting 1 or both feet	https://www.youtube.com/watch?v=yJvIAR65ie4&ab_channel=R%26GFFitness					
	Plank		30"--60"		Relax the quads and glute and focus only on your core work		https://www.youtube.com/watch?v=pv1sG6Svck&ab_channel=Children%27sHospitalColorado					

Day 2	Exercise	Series	Reps	Rest	Execution notes	Weight/Progression notes	Tutorial	Week 1	Week 2	Week 3	Week 4	Week 5
		Floor hamstring curl	5	2'	Laying down on the floor flex your knees. To let your heels slide you can place your heels on a towel	Start with the weight found in the test, then look for a weight increase weekly as reps go down	https://www.youtube.com/watch?v=ZisaH59x0Ts&ab_channel=STYRK	5 sets * 5 reps	5 sets * 4 reps	5 sets * 3 reps	3 sets * 3 reps	Test 6RM
		Broad jump	4		Be explosive in the move and soft on the landing, drive through the whole foot		https://www.youtube.com/watch?v=cd6Etc7bcF8&ab_channel=TheRunExperience					
		Chin up hold (supinated grip)	8	90"	Maintain your shoulders far from the ears, think of tucking your armpits	Start with the weight found in the test, then look for a weight increase weekly as reps go down	https://www.youtube.com/watch?v=yJvFAR65ie4&ab_channel=R%26GFitness	4 sets * 8 reps	4 sets * 7 reps	4 sets * 6 reps	3 sets * 3 reps	Test 10RM
		Push up	8		Tuck your shoulder blades, elbows at 45°, hands at chest width. Maintain your core active in order to not overextend your back	Start with the weight found in the test, then look for a weight increase weekly as reps go down	https://www.youtube.com/watch?v=13vSVKYYJ8&ab_channel=CrossFit	4 sets * 8 reps	4 sets * 7 reps	4 sets * 6 reps	3 sets * 3 reps	Test 10RM
		Reverse lunges	12--15 each leg	60"	Do a step backwards and come back up pushing through the front foot	If you can perform 15 reps in all 3 sets, increase the weight the next week	https://www.youtube.com/watch?v=Q2k3KybtOcl&ab_channel=OPEXFitness					
		Australian row	12--15		Tuck your shoulder blade and pull backwards your elbow. you can use two chairs with a broom stick.	If you can perform 15 reps in all 3 sets, put your feet a bit higher	https://www.youtube.com/watch?v=HuZmh6m3FI&ab_channel=TasosOliveira					
		Russian twist	30"--60"		Focus on not moving your feet. The spin involves only the shoulders		https://www.youtube.com/watch?v=Tau0hsW8IR0&ab_channel=MarousFilly					