



C4 Fitness Concept Home Workout Sample

Workout 1

5min Warm-up Cardio

10-3 reps each side:

(8 Rounds – one rep less each round – starting with 10 reps and ending with 3 reps)

- Step Squat Punch
 - Lunge Knee-up/Kick
 - Spartan Push-ups
 - Sit Thrusts
 - Single Leg Hip Raises
 - Punch Crunches
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Workout 2

30 something

30min AMRAP (as many rounds as possible):

- 200m Run
 - 15 Sit-ups
 - 10 Burpees
 - 5 Pull-ups
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Workout 3

***Using rock or heavy round object**

3 Rounds:

- 1km Run / 5min cardio
 - 30 Sit-up Press*
 - 20 Burpees
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Workout 4

***Using water bottle**

4 x 20:

- Jumping Jacks
 - Squat Swing Switches*
 - Switch Lunges*
 - Switch Push-ups
 - 3-point Russian Twists (*Each Side*)*
 - Plank Transfer (*Each Side*)*
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Workout 5

5 Rounds:

- 100 Rope Skip / Jumping Jacks
 - 20(*Each Side*) MTC
 - 10(*Each Side*) Lateral Lunges
 - 10(*Each Side*) Spiderman Push-ups
 - 10(*Each Side*) Narrow to Wide Squat Jumps
 - 10(*Each Side*) Cross Jackknives
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Workout 6

***Using Volleyball / Soccer Ball / Basket Ball**

20, 15, 10, 5 reps:

- Side Step Over & Bounce (*Each Side*)*
 - Wall Ball Squats*
 - Jackknife Transfer (*Each Side*)*
 - Knee Raises*
 - Ball Hop Lunge (*Each Side*)*
 - Wall Ball Sit-ups*
 - Switch Push-ups (*Each Side*)*
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Workout 7

5min Warm-up Cardio

3 Rounds:

- 15 Burpees
 - 15 Tricep Dips
 - 10(*Each Side*) Split Squat Jumps
 - 10(*Each Side*) Bicycle Crunches
 - 20 Hip Raises
 - 20 Sit-ups
 - 10 Towel Rows
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Workout 8

20 AMRAP (as many rounds as possible):

- 100 Rope Skip / Jumping Jacks
 - 10 Prison Squats
 - 10 Inverted Rows
 - 10 Diamond Push-ups
 - 10 V-Crunches
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Workout 9

One-Two rounds:

- 100 Jumping Jacks
 - 90 Russian Twists
 - 80 Lunges
 - 70 Prison Squats
 - 60 Reverse Crunches
 - 50 Sit-ups
 - 40 Tricep Dips
 - 30 Incline Push-ups
 - 20 Burpees
 - 10 Towel Rows
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Workout 10

3 Rounds:

- 200 Rope Skip / High Knees
 - 20 Burpee Punch-Punch
 - 20 Box Jumps / Step-ups 10 (*Each Side*)
 - 20 Alternating Lunge
 - 10 Pull-ups
 - 10 Pike Push-ups
 - 20 Plank Up-Down
 - 20 Candlesticks
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Workout 11

2-20-2 reps (19 Rounds):

- Rope Skip / High Knees / Jump Jacks (x10 of the rep number for the round)
 - Deficit / Decline / Diamond Push-ups
 - Lunge Step-ups
 - Jackknives
 - Inverted Rows
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Workout 12

5min Warm-up Cardio

3 Rounds:

- 20 Box Jumps / Step-up
- 10 Pike / Handstand Push-ups
- 20 Sit-ups
- 20 Air Squats
- 10 Triceps Extensions
- 20 Bicycle Crunches
- 20 Lateral Lunges
- 10 Planche Push-ups
- 20 Reverse Crunches
- 20 Plank Jacks

Rest 2min