

4 WEEK AT HOME WORKOUTS

This is a four week at home workout plan that will help you reach your fitness goals. Over the four weeks you will engage in some challenging at-home workout plans that focus on strength, conditioning, and bodyweight exercises. Each week presents new workouts with no repeat workouts but you will see similar movements each week. We are using foundational movements to ensure progress and variety. Expect to build full-body strength, improve your cardiovascular endurance, and increase mobility. The workouts are designed to accommodate different fitness levels by adjusting the weight and intensity as needed. At the bottom of this document, you'll find a list of all the movements included in the plan with accompanying YouTube videos to help you see what the movements are. If you have any questions or need further modifications, feel free to email me at richard@baywaycrossfit.com.

Some terms you may need to know:

1. **AMRAP:** as many rounds as possible (or as many reps as possible)
2. **EMOM:** every minute on the minute (intervals)
3. **E2MOM:** every two minutes (intervals)
4. **Sets:** typically not for time
5. **Rounds:** typical meaning for time (intense)



Week 1

Day 1: Full-Body Strength & Conditioning

- **Warm-Up:**
 - 1 min Cardio Choice (Jumping Jacks, Running in Place, High Knees)
 - 4-min AMRAP:
 - 10 DB Deadlifts
 - 10 Air Squats
 - 10 Sit-Ups
 - **Workout:**
 - EMOM x 12 min
 - Minute 1: 10 DB Goblet Squats
 - Minute 2: 10 Push-Ups
 - Minute 3: Max Jumping Lunges
 - **Finisher:**
 - 3 Rounds
 - 20 Mountain Climbers
 - 20 Sit-Ups
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Day 2: Push-Pull Strength

- **Warm-Up:**
 - 2 min Cardio Choice
 - AMRAP x 4 min:
 - 20 Jumping Jacks
 - 10 Air Squats
 - 10 Alt Lunges
 - **Strength:**
 - 4 Sets
 - 8/8 Single Arm DB Bent Over Row
 - 8/8 Single Arm DB Arnold Press
 - **Workout:**
 - EMOM x 16 min
 - Minute 1: 45s DB Swings
 - Minute 2: 45s Supermans
 - Minute 3: 45s Cardio Choice
 - Minute 4: 45s Weighted Sit-Up
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Day 3: Full-Body Pump

- **Warm-Up:**
2 min Cardio Choice
AMRAP x 4 min:
 - 10 Alt Groiners
 - 10 Air Squats
 - 10 Alt Reverse Lunges
 - **Strength:**
4 Sets on a 12-min clock
 - 8/8 DB Suitcase Split Squats
 - 8 DB Devil's Press
 - **Workout:**
AMRAP x 6 min
 - 12 Jumping Lunges
 - 12 Leg LiftsRest 30 seconds
AMRAP x 6 min
 - 12 Jumping Lunges
 - 12 Alt V-Ups
 - **Finisher:**
EMOM x 5 min
 - 15 Superman's + Max Plank Hold
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Day 4: Bodyweight Circuit

- **Warm-Up:**
2 min Cardio Choice
EMOM x 3 min:
 - 50 Single Unders
 - Max Lunges
 - **Workout:**
5 Sets
 - 1 min Cardio Choice
 - 1 min Burpee + Extra Push-Up
 - 1 min Side Step Out & BackRest 30 sec between each
 - **Finisher:**
AMRAP x 6 min
 - 15 Sit-Ups
 - 15 Heel Taps
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Day 5: Full-Body Strength & Conditioning

- **Warm-Up:**
2 min Cardio Choice
AMRAP x 3 min:
 - 10 Samson Stretches
 - 10 Alt Leg Swings
 - 10 Alt Knee to Chest
 - **Strength:**
E2MOM x 10 min
 - 10 DB Hang Power Cleans
 - 10 DB Good Mornings
 - **Workout:**
EMOM x 8 min
 - Minute 1: Double DB Deadlift
 - Minute 2: Cardio Moderate
 - Rest 1 min
 - EMOM x 6 min
 - Minute 1: Double DB Russian Swings
 - Minute 2: Cardio Hard
 - Rest 1 min
 - EMOM x 4 min
 - Minute 1: Double DB Hang Clean + Overhead
 - Minute 2: Cardio Sprint
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Day 6: Active Recovery or Rest Day

Day 7: Sunday Sweat

- **Warm-Up:**
AMRAP x 4 min:
 - 10 Sit-Ups
 - 10 Air Squats
 - 10 Alt Reverse Lunges
 - **Workout:**
2 Sets AMRAP x 10 min
 - 1 min Cardio Choice
 - 20 DB Russian Twists
 - 40 Double Unders
 - 20 DB Slides
 - 10 Up-Down Mountain Climbers
 - Rest 2 min between sets
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Week 2

Day 1: Full-Body Strength & Conditioning

- **Warm-Up:**
2 min Cardio Choice (Jumping Jacks, High Knees)
AMRAP x 3 min:
 - 20 Jumping Jacks
 - 10 Air Squats
 - 10 Sit-Ups
 - **Workout:**
EMOM x 12 min
 - Minute 1: 10 DB Goblet Squats
 - Minute 2: 10 DB Renegade Rows
 - Minute 3: Max Jumping Lunges
 - **Finisher:**
3 Rounds
 - 15 V-Ups
 - 20 Mountain Climbers
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Day 2: Push-Pull Strength

- **Warm-Up:**
2 min Cardio Choice
AMRAP x 4 min:
 - 10 Push-Ups
 - 10 Alt Lunges
 - 10 Air Squats
 - **Strength:**
4 Sets for Quality
 - 8 DB Bent Over Rows
 - 8 DB Push Press
 - 10 Hollow Rocks
 - **Workout:**
AMRAP x 10 min
 - 10 DB Swings
 - 8 DB Push Press
 - 10 Sit-Ups
 - Rest 1 min
 - AMRAP x 5 min
 - Max Double Unders
 - **Finisher:**
3 Rounds
 - 20 Plank Shoulder Taps
 - 30s Side Plank (each side)
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Day 3: Full-Body Circuit

- **Warm-Up:**
2 min Cardio Choice
AMRAP x 3 min:
 - 15 Jumping Jacks
 - 10 Alt Groiners
 - 10 Air Squats
 - **Workout:**
5 Sets:
 - 1 min Cardio Choice
 - 1 min DB Up-Downs
 - 1 min Russian TwistsRest 30 sec between each
 - **Finisher:**
EMOM x 5 min
 - 10 Sit-Ups
 - 10 Glute Bridges
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Day 4: Bodyweight Workout

- **Warm-Up:**
2 min Cardio Choice
AMRAP x 4 min:
 - 10 Push-Ups
 - 10 Lunges
 - 10 Air Squats
 - **Workout:**
EMOM x 14 min
 - Minute 1: 10 Burpees
 - Minute 2: Max V-Ups
 - Minute 3: Max Jumping Lunges
 - **Finisher:**
4 Rounds
 - 10 Cossack Squats
 - 15 Hollow Rocks
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Day 5: Full-Body Strength & Conditioning

- **Warm-Up:**
2 min Cardio Choice
AMRAP x 3 min:
 - 10 Samson Stretches
 - 10 Alt Leg Swings
 - 10 Air Squats
 - **Strength:**
E2MOM x 12 min
 - 12 DB Hang Power Cleans
 - 12 DB Push Press
 - **Workout:**
AMRAP x 8 min
 - 8 DB Front Squats
 - 8 Alt DB Hang Snatches
 - 12 Sit-Ups
 - Rest 1 min
 - AMRAP x 4 min
 - 10 Up-Downs
 - Max Jumping Jacks
 - **Finisher:**
2 Rounds
 - Max Plank Hold (up to 1 min)
 - 30 Glute Bridges
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Day 6: Active Recovery or Rest Day

Day 7: Sunday Sweat

- **Warm-Up:**
AMRAP x 4 min
 - 10 Air Squats
 - 10 Sit-Ups
 - 5 Burpees
- **Workout:**
EMOM x 12 min
 - Minute 1: Max Cardio Choice (Jumping Jacks or High Knees)
 - Minute 2: 10 DB Swings
 - Minute 3: 10 Alt V-Ups
- **Finisher:**
2 Rounds AMRAP x 4 min
 - 20 Russian Twists
 - 15 Sit-Ups

Week 3

Day 1: Full-Body Strength & Conditioning

- **Warm-Up:**
2 min Cardio Choice
AMRAP x 4 min:
 - 10 Jumping Jacks
 - 10 Air Squats
 - 10 Sit-Ups
 - **Workout:**
AMRAP x 10 min
 - 10 DB Goblet Squats
 - 8 DB Deadlifts
 - 8 Push-Ups
 - **Finisher:**
3 Rounds
 - 20 Mountain Climbers
 - 15 V-Ups
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Day 2: Push-Pull Strength

- **Warm-Up:**
2 min Cardio Choice
AMRAP x 4 min:
 - 20 Single Unders (or Jumping Jacks)
 - 10 Push-Ups
 - 10 Air Squats
 - **Strength:**
4 Sets for Quality
 - 8/8 Single-Arm DB Bent Over Rows
 - 8/8 Single-Arm DB Push Press
 - 10 Hollow Rocks
 - **Workout:**
EMOM x 15 min
 - Minute 1: 12 DB Swings
 - Minute 2: 10 DB Push Press
 - Minute 3: Max Jumping Lunges
 - **Finisher:**
2 Rounds
 - Max Plank Hold (up to 1 min)
 - 20 Side Plank (each side)
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Day 3: Full-Body Circuit

- **Warm-Up:**
2 min Cardio Choice
AMRAP x 3 min:
 - 15 Jumping Jacks
 - 10 Alt Lunges
 - 10 Air Squats
 - **Workout:**
5 Sets (1 min on, 30 sec off):
 - 1 min Cardio Choice
 - 1 min Burpees
 - 1 min DB Russian Twists
 - **Finisher:**
2 Rounds
 - 15 Sit-Ups
 - 15 Glute Bridges
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Day 4: Bodyweight Circuit

- **Warm-Up:**
2 min Cardio Choice
AMRAP x 4 min:
 - 10 Push-Ups
 - 10 Air Squats
 - 5 Burpees
 - **Workout:**
AMRAP x 12 min
 - 10 Burpees
 - 20 Jumping Lunges
 - 20 Alt V-Ups
 - **Finisher:**
EMOM x 5 min
 - 10 Cossack Squats
 - Max Plank Hold
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Day 5: Full-Body Strength & Conditioning

- **Warm-Up:**
2 min Cardio Choice
AMRAP x 3 min:
 - 10 Samson Stretches
 - 10 Alt Leg Swings
 - 10 Air Squats
 - **Strength:**
E2MOM x 10 min
 - 10 DB Hang Cleans
 - 10 DB Push Press
 - **Workout:**
EMOM x 14 min
 - Minute 1: 12 DB Front Squats
 - Minute 2: 10 Up-Downs
 - Minute 3: Max Jumping Jacks
 - **Finisher:**
2 Rounds
 - 15 Sit-Ups
 - 20 Hollow Rocks
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Day 6: Active Recovery or Rest Day

Day 7: Sunday Sweat

- **Warm-Up:**
AMRAP x 4 min
 - 10 Jumping Jacks
 - 10 Sit-Ups
 - 5 Burpees
 - **Workout:**
2 Sets AMRAP x 10 min
 - 1 min Cardio Choice
 - 20 DB Russian Twists
 - 30 Mountain Climbers
 - 10 DB Push Press
 - **Finisher:**
3 Rounds
 - 15 Glute Bridges
 - Max Plank Hold
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Week 4

Day 1: Full-Body Strength & Conditioning

- **Warm-Up:**
2 min Cardio Choice
AMRAP x 4 min:
 - 20 Jumping Jacks
 - 10 Air Squats
 - 10 Sit-Ups
 - **Workout:**
EMOM x 12 min
 - Minute 1: 10 DB Goblet Squats
 - Minute 2: 8 DB Deadlifts
 - Minute 3: 8 Push-Ups
 - **Finisher:**
3 Rounds
 - 15 V-Ups
 - 20 Mountain Climbers
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Day 2: Push-Pull Strength

- **Warm-Up:**
2 min Cardio Choice
AMRAP x 4 min:
 - 10 Alt Lunges
 - 10 Push-Ups
 - 10 Air Squats
 - **Strength:**
4 Sets for Quality
 - 10/10 Single-Arm DB Bent Over Rows
 - 8/8 Single-Arm DB Push Press
 - 15 Hollow Rocks
 - **Workout:**
AMRAP x 10 min
 - 12 DB Swings
 - 10 DB Push Press
 - 15 Sit-Ups
 - **Finisher:**
2 Rounds
 - Max Plank Hold (up to 1 min)
 - 20 Side Plank (each side)
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Day 3: Full-Body Circuit

- **Warm-Up:**
2 min Cardio Choice
AMRAP x 4 min:
 - 10 Samson Stretches
 - 10 Alt Groiners
 - 10 Air Squats
 - **Workout:**
5 Sets (1 min on, 30 sec off):
 - 1 min Cardio Choice
 - 1 min Burpees
 - 1 min DB Russian Twists
 - **Finisher:**
2 Rounds
 - 15 Sit-Ups
 - 20 Glute Bridges
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Day 4: Bodyweight Circuit

- **Warm-Up:**
2 min Cardio Choice
AMRAP x 4 min:
 - 10 Air Squats
 - 5 Burpees
 - 10 Lunges
 - **Workout:**
AMRAP x 12 min
 - 10 Burpees
 - 15 Jumping Lunges
 - 20 Alt V-Ups
 - **Finisher:**
2 Rounds
 - Max Plank Hold
 - 10 Cossack Squats
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Day 5: Full-Body Strength & Conditioning

- **Warm-Up:**
2 min Cardio Choice
AMRAP x 3 min:
 - 10 Leg Swings
 - 10 Alt Knee to Chest
 - 10 Air Squats
 - **Strength:**
E2MOM x 10 min
 - 12 DB Hang Cleans
 - 12 DB Push Press
 - **Workout:**
EMOM x 12 min
 - Minute 1: 12 DB Front Squats
 - Minute 2: 10 Up-Downs
 - Minute 3: Max Jumping Jacks
 - **Finisher:**
2 Rounds
 - 15 Sit-Ups
 - 20 Hollow Rocks
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Day 6: Active Recovery or Rest Day

Day 7: Sunday Sweat

- **Warm-Up:**
AMRAP x 4 min:
 - 10 Jumping Jacks
 - 10 Air Squats
 - 5 Burpees
- **Workout:**
AMRAP x 12 min
 - 1 min Cardio Choice
 - 20 Russian Twists
 - 30 Mountain Climbers
 - 20 Alt V-Ups
- **Finisher:**
3 Rounds
 - 15 Glute Bridges
 - Max Plank Hold

Week 1

Day 1: Full-Body Strength & Conditioning

1. **Jumping Jacks:** [Jumping Jacks](#)
 2. **DB Deadlifts:** [Dumbbell Deadlift](#)
 3. **Air Squats:** [Air Squat](#)
 4. **Sit-Ups:** [Sit-Up](#)
 5. **DB Goblet Squats:** [Goblet Squat](#)
 6. **Push-Ups:** [Push-Up](#)
 7. **Jumping Lunges:** [Jumping Lunge](#)
 8. **Mountain Climbers:** [Mountain Climbers](#)
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Day 2: Push-Pull Strength

9. **Alt Lunges:** [Alternating Lunges](#)
 10. **Single Arm DB Bent Over Row:** [Single-Arm Dumbbell Row](#)
 11. **Single Arm DB Arnold Press:** [Arnold Press](#)
 12. **DB Swings:** [Dumbbell Swing](#)
 13. **Supermans:** [Superman](#)
 14. **Weighted Sit-Up:** [Weighted Sit-Up](#)
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Day 3: Full-Body Pump

15. **Alt Groiners:** [Groiner Stretch](#)
 16. **DB Suitcase Split Squats:** [DB Suitcase Split Squat](#)
 17. **DB Devil's Press:** [Devil's Press](#)
 18. **Leg Lifts:** [Leg Lift](#)
 19. **Alt V-Ups:** [Alternating V-Ups](#)
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Day 4: Bodyweight Circuit

20. **Single Unders:** [Single Jump Rope](#)
 21. **Burpee + Extra Push-Up:** [Burpee](#)
 22. **Side Step Out & Back:** [Lateral Step](#)
 23. **Heel Taps:** [Heel Taps](#)
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Day 5: Full-Body Strength & Conditioning

- 24. Hang Power Cleans: [Dumbbell Hang Power Clean](#)
 - 25. DB Good Mornings: [Good Mornings](#)
 - 26. Double DB Deadlift: [Double Dumbbell Deadlift](#)
 - 27. Russian Swings: [Russian Kettlebell Swing](#)
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Day 7: Sunday Sweat

- 28. DB Russian Twists: [Russian Twist](#)
 - 29. Double Unders: [Double Under](#)
 - 30. Up-Down Mountain Climbers: [Up-Down Mountain Climbers](#)
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Week 2

Day 1: Full-Body Strength & Conditioning

- 31. DB Renegade Rows: [Renegade Row](#)
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Day 2: Push-Pull Strength

- 32. Hollow Rocks: [Hollow Rock](#)
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Day 3: Full-Body Circuit

- 33. DB Up-Downs: [Dumbbell Up-Down](#)
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Day 4: Bodyweight Workout

- 34. V-Ups: [V-Ups](#)
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Week 3

Day 1: Full-Body Strength & Conditioning

- 35. Goblet Squat: [Goblet Squats](#)

Day 2: Push-Pull Strength

36. **Single-Arm Push Press:** [Single Arm Dumbbell Push Press](#)

Week 4

Day 3: Full-Body Circuit

37. **DB Russian Twists:** [Russian Twist with Dumbbell](#)

Day 4: Bodyweight Circuit

38. **Cossack Squats:** [Cossack Squats](#)