

## **P360 Home Workouts Week 1**

Due to gym closure I have taken some time to compile some workouts for you to do at home.

1) 20 rounds for time;  
5 press ups  
5 squats  
5 sit ups

2) AMRAP in 20 minutes;  
5 press ups  
10 squats  
15 sit ups

3) 10 rounds for time;  
10 second handstand hold  
10 air squats

4) 10 rounds for time;  
10 walking lunge  
10 press up

5) 21-15-9  
thrusters (use a backpack/computer bag/etc.)  
press ups

6) 100-75-50-25  
sit ups  
press ups  
squats

7) 20-16-12-8-4  
handstand press ups  
pistols

8) 10-9-8-7-6-5-4-3-2-1 burpees  
2-4-6-8-10-12-14-16-18-20 sit ups

9) 5 rounds for time;  
10 overhead squats (use a towel/pillow/etc.)  
10 press ups  
10 sit ups

10) 5 rounds:  
10 vertical jumps (high as you can – doorways are a useful place to do this)  
10 press ups