

# **5 Day At Home Workout Plan**

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PHYSIOSTRENGTH.CLUB



Day 1

# Day 1

- Warm up with 20 jumping jacks and 10 minutes of stretching
- 4 sets of 20 reps - squats (with or without weight depending on where you are)
- 5 sets of 20 reps - alternate leg lunges
- 4 sets of 20 reps (each leg) - donkey lifts
- 4 sets of 20 reps (each leg) - standing leg lifts
- 3 rounds of reverse plank hold - 30 sec. each
- 3 rounds of plank hold - 30 sec. each

Day 2

## Day 2

- Warm up with 20 jumping jacks and 10 minutes of stretching
- 4 sets of 15 to 20 reps - Arnold press
- 4 sets of 15 to 20 reps - standing rows
- 4 sets of 15 to 20 reps - bent over rows
- 4 sets of 15 reps - standing bicep curl
- 3 sets of 20 crunches
- 3 sets of 20 bicycle kicks

A person is shown from the chest up, sitting in a meditative pose with their hands pressed together in a prayer position (Anjali Mudra). The person's face is partially visible at the top, looking down. The background is a solid, muted blue color. A white rectangular box is overlaid on the left side of the image, containing the text 'Day 3' and 'Rest'.

Day 3

**Rest**

Day 4

## Day 4

- Warm up with 20 jumping jacks and 10 minutes of stretching
- 4 sets of 20 reps - squats (with or without weight depending on where you are)
- 5 sets of 20 reps - alternate leg lunges
- 4 sets of 20 reps (each leg) - donkey lifts
- 4 sets of 20 reps (each leg) - standing leg lifts
- 3 rounds of reverse plank hold - 30 sec. each
- 3 rounds of plank hold - 30 sec. each

Day 5

## Day 5

- Warm up with 20 jumping jacks and 10 minutes of stretching
- 3 sets of 20 reps - shrugs with weights
- 4 sets of 20 reps (each arm) - single hand rows
- 4 sets of 15 reps - overhead tricep extension
- 4 sets of 15 reps (each arm) - tricep kickbacks
- 4 sets of 15 reps (each arm) - hammer curls
- 4 sets of 20 (alternating legs) - lying down scissors (abs)
- 4 sets of 20 - bicycle crunches

[Click here to Strong Body Strong Mind Challenge](#)

# Build a sound mind in a strong body

Get rid of your flabby tummy and foggy mind then achieve optimal your performance and well-being WITHOUT wasting your precious time and limited energy (And it really is not that hard)

6 weeks Strong Body, Strong Mind Challenge so that you build physical and mental resilience. The Challenge follows the Physio Strength Club Fundamentals: progressive exercise program and nutrition fundamentals to optimise health, body composition and brain function, and weekly mental and physical skills and practices that can be progressively incorporated into your busy lifestyle.

Join a Global Community of inspiring and powerful Optimizers!

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