

AOT WORKOUT PDF

FORM AND TECHNIQUE VIDEOS

1 | SQUAT



2 | DEADLIFT



3 | GLUTE BRIDGE



4 | PUSHUP



5 | PULLUP



6 | HAMSTRING WALKOUTS



7 | PLANK



NOTE

If you're confused by terminology please refer to the AOT INTRO PDF.

Zone 0(0-10%)

Active Rest: Walking, Yoga, Stretching, some form of movement that engages your whole body for **15 minutes**

Zone 1(10%-40%)

- 1 Pick two to three of the 7 core exercises
- 2 Do 2 sets of each exercise as many reps as brings you to a nice middle ground (MED).
- 3 Rest for 60-90 seconds between sets

EXAMPLE:

- Pushup MEDx2
- Glute Bridge MEDx2
- Squat MEDx2
- With 60-90 seconds rest between each set

Zone 2(40%-80%)

Feeling like %40 is far different than %80, so adjust your workouts accordingly as you move through this zone. A few of these workouts you can do one set at a time and then rest, or if you're feeling solid you can turn it into a circuit. For example on "Glutalicious" you would do all 4 exercises in a row with no break(that would count as one set), then rest for 60-90 seconds and repeat 2 more times.

Here are some examples to get you started!

AMRAP

Set the timer for 15 minutes and do as many rounds as possible. This can be extremely hard if you push yourself and take very little breaks, so rest as needed.

- 1A| Squats x 15
- 1B| Pushups x10
- 1C| Deadbug x 10

(Repeat as many times as possible for 15 minutes resting when needed)

NOTE

This AMRAP is a great way to keep track of overall fitness. Record how many rounds you did each week and try and beat your previous score.

Glutalicious

With 60 Seconds of rest between each set or you can do as a circuit

- 1 Glute Bridge MEDx3
- 2 Pushup MEDx3
- 3 Squats MEDx3
- 4 Plank Hold 30-60 seconds x3

Glutalicious

With 60 Seconds of rest between each set or you can do as a circuit

- 1 Squat MEDx3
- 2 Pull-up MEDx3
- 3 Deadlift MEDx3
- 4 Pushup MEDx3

Stand Tall

With 60 Seconds of rest between each set or you can do as a circuit

- 1 Hamstring Walkouts MEDx3
- 2 Pull-up MEDx3
- 3 Glute Bridge MEDx3
- 4 Plank MEDx3

Zone 3(80%-100%)

This is for when you're feeling unstoppable. Often I would use these days to hit the gym and lift some heavy weight, but if you're not comfortable with that here's some home workouts that really push the limits. I've added in some exercises that aren't included in the core 7 simply to give you an idea of what you could do. If you don't know what these are a simple YouTube search will help with that, or you can substitute them with and exercise from the core 7.

Max Out

Rest for 60 seconds between sets

- 1 Squat MAXx3
1B| Pike Pushup MAXx3
- 2 Deadlifts MAXx3
2B| Pushup MAXx3
- 3 Glute Bridge MAXx3
3B| Inch Worm MAXx3

Cardio Climber

3 rounds with 60-90 seconds rest in between

- 1** Mountain Climber
- 1B** | Jumping Jacks
- 1C** | Plank Up Downs
- 1D** | Walking Lunge
- 1E** | Plank
- 1F** | High Knees All for 30 seconds each, 3 rounds with 60-90 seconds rest in between

Bars Everywhere

Rest for 90 Seconds between sets

- 1** Pull-up MAXx4
- 2** Knee Tucks MAXx4
- 3** Dips MAXx4
- 4** Deadbug MAXx4

Butt Burner

Rest for 90 Seconds between sets

- 1** Deadlift MAXx4
- 2** Weighted(or SL) Glute Bridge MAXx4
- 3** Reverse Burpee MAXx4
- 4** Glute Hamstring Walkouts MAXx4
- 5** Calf Raise SL MAXx4

Shred It

Rest for 60 Seconds between sets

- 1** Overhead Lunge MAXx4
- 2** Reverse Burpee MAXx4
- 3** Pullup MAXx4
- 4** Pushup MAXx4
- 5** Plank 30sx4
- 1B** | Side Plank 20sx4

8 WEEK

WORKOUT SCHEDULE CHALLENGE

Week 1

- 1 Mon Zone 1 **Workout**
- 2 Tues Active Rest(Zone Zero)
- 3 Wed Zone 1 Workout
- 4 Thurs Active Rest(Zone Zero)
- 5 Fri Zone 1 Workout
- 6 Sat Active Rest(Zone Zero)
- 7 Sun Active Rest(Zone Zero)

Week 2 - 5

- 1 Mon AMRAP(Zone Two)
- 2 Tues Glutalicious(Zone Two)
- 3 Wed Active Rest(Zone Zero)
- 4 Thurs PHA(Zone Two)
- 5 Fri Stand Tall(Zone Two)
- 6 Sat Active Rest(Zone Zero)
- 7 Sun Active Rest(Zone Zero)

Week 6 - 8

- 1 Mon Max Out(Zone Three)
- 2 Tues Cardio Climber(Zone Three)
- 3 Wed Zone 1 Workout
- 4 Thurs Butt Burner(Zone Three)
- 5 Fri Bars Everywhere(Zone Three)
- 6 Sat Shred It(Zone Three)
- 7 Sun Zone 1 Workout

WORKOUT

PROGRESSION VIDEOS

SQUAT PROGRESSION



Single Leg Box Squat



Squat With Weight

Regression **None**

DEADLIFT PROGRESSION

Increase Weight

Regression **None**

GLUTE BRIDGE PROGRESSION

Increase Weight or Do Single Leg

Regression **None**

PUSHUP PROGRESSION



Explosive Pushup



Diamond Pushup



Military Pushup

Regression **Do on Knees**

PULLUP PROGRESSION

Increase Reps

Regression Use Band looped around bar and feet

GLUTE HAMSTRING WALKOUTS

Progression
Walk out farther

Regression Don't walk out as far

PLANK PROGRESSION



Up Downs



Arm/leg raise

Regression Do on knees