

2 WEEK LOCKDOWN PLAN

NO EQUIPMENT EDITION




DYNOMORPH
FITNESS

WORKOUT A

A) 12 MINUTE EMOM

MIN 1: 40s MAX PUSH UPS

MIN 2: 40s MAX AIR SQUATS

B) "DEATH BY BURPEES"

"Death by Burpees" is a by-the-minute interval challenge. In the first minute, you complete one burpee. In the second minute, you do two. Third minute, three... until you cannot complete the required burpee amount in a minute.

To be counted, the burpee must touch your chest to the ground, and the leap in the air must clear at least 6 inches.

C) CORE

4 ROUNDS:

5 V-UPS

10 SIT-UPS

20 RUSSIAN TWISTS

30s PLANK

WORKOUT B

A) "MODIFIED MURPH"

1 MILE RUN

10 ROUNDS:

10 SUPERMANS

20 PUSH UPS

30 AIR SQUATS

1 MILE RUN

**IF YOU CAN'T DO FULL PUSH UPS THEN
PERFORM ASSISTED KNEE PUSH UPS OR
BENCH PUSH UPS IF YOU HAVE THIS OPTION.**

WORKOUT C

A) "ZACHARY TELLIER"

For Time

10 Burpees

10 Burpees
25 Push-Ups

10 Burpees
25 Push-Ups
50 Lunges

10 Burpees
25 Push-Ups
50 Lunges
100 Sit-Ups

10 Burpees
25 Push-Ups
50 Lunges
100 Sit-Ups
150 Air Squats



WORKOUT D

A) "COOPER"

FOR TIME:

10 BURPEES
10 AIR SQUATS
10 PUSH UPS
10 SIT-UPS

Time Cap: 30 minutes

B) CORE

30-20-10
SIT-UPS
MOUNTAIN CLIMBERS

*after every round perform a 30s Plank.



WORKOUT E

A) MONOSTRUCTURAL WORK

5KM RUN



WORKOUT F

A) "BLACKJACK"

For Time:

20 HAND RELEASE PUSH-UPS

1 SIT-UPS

19 HAND RELEASE PUSH-UPS

2 SIT-UPS

18 HAND RELEASE PUSH-UPS

3 SIT-UPS

...continue this pattern until

2 HAND RELEASE PUSH UPS

19 SIT-UPS

1 PUSH-UPS

20 SIT-UPS

***F YOU CAN'T DO HAND RELEASE PUSH UPS
THEN PERFORM ASSISTED KNEE PUSH UPS
OR BENCH PUSH UPS IF YOU HAVE THIS
OPTION.***

WORKOUT G

A) "LOCKDOWN"

PUSH UPS

10-9-8-7-6-5-4-3-2-1

V-UPS

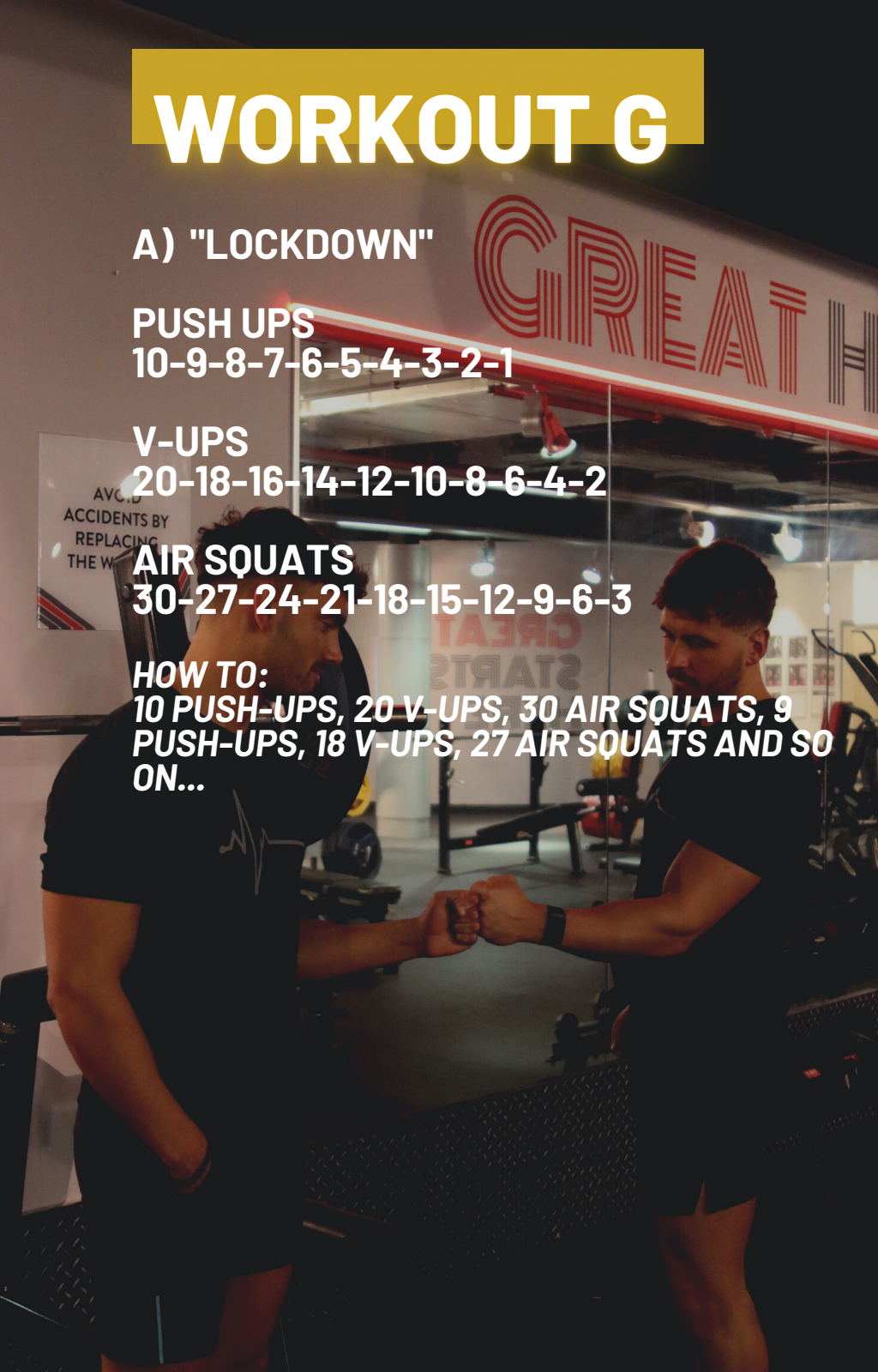
20-18-16-14-12-10-8-6-4-2

AIR SQUATS

30-27-24-21-18-15-12-9-6-3

HOW TO:

**10 PUSH-UPS, 20 V-UPS, 30 AIR SQUATS, 9
PUSH-UPS, 18 V-UPS, 27 AIR SQUATS AND SO
ON...**



WORKOUT H

A man is lying on a black weight bench in a gym, performing a bench press. He is wearing a white t-shirt and white socks with white sneakers. He is holding a barbell with black weights above his chest. The background is slightly blurred, showing gym equipment and a wall with some patterns.

A) CHECK-IN

1KM RUN

B) "CINDY'S COUSIN"

20 MINUTE AMRAP

5 BURPEES

10 PUSH UPS

20 AIR SQUATS

C) CHECK-OUT

1KM RUN