



## BODYWEIGHT-ONLY At-Home Daily Workout Routine

**\*CAUTION:** This may cause soreness which is common over 2-3 days post exercise\*

\*Observe any precautions/restrictions you may have in place d/t physical/medical limitations\*

**\* If at any point in this routine you feel SHARP pain, STOP and contact your Primary Care Provider**

**\*If you have questions regarding this product, please call Major McQuaig at: 759-5073/5071**

Toward the end of each workout, the "Run" piece is Optional depending on your goals and abilities



By:

Jonathan B McQuaig, Maj, USAF, PT, DPT

Mr. Louis V Stadler Jr, M. Ed., ACSM-CEP, NSCA-CSCS



## MONDAY

Remember to Hydrate Often

Monday: Time: 30-40 mins

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[Fig](#) **Optional Foam Rolling x1 min ea section: (if you have a roller, Highly Encouraged)**

> Refer to Foam Rolling Sequence guide attached x 9 Items)

**Stationary Warmups: (1 set of each)**

Prone (on stomach):

[Fig](#) > **Supermans** (raise arms/legs at once 2 sec rest btwn/x 10 reps)

[Fig](#) > **Prone Pressups** (push up, but leave hips and legs relaxed on ground/x10)

[Fig](#) > **Inch Worms** (pushup position, walk toes up toward hands, back dwn, repeat x 5)

Supine (on back):

[Fig](#) > **Supine Double Leg Bridge** (arms wide/palms down, x 10)

[Fig](#) > **Iron Cross** (arms wide/palms down x 8 ea side)

Sidelying:

[Fig](#) > **Sidelying Straight Leg Raises** (knee straight/toes toward ground x 12 ea side)

[Fig](#) > **Side plank w/ Straight Leg hip Flxn, Extn, Abd** x 2 ea side

Quadruped (hands/knees):

[Fig](#) > **Cat / Cows** x 6

[Fig](#) > **Groiner Dynamic Stretch** (dynamic switch x 8 reps)

Seated Hip Hinge:

[Fig](#) > **Heels to tall kneeling Hinge** (arms from side to overhead x 10)

[Fig](#) > **Star Sit to Tall Kneeling Hinge** (from star sit to overhead x 10)

Tall Kneeling:

[Fig](#) > **World's Greatest Stretch** x 10 sec ea way

Standing:

[Fig](#) > **Rearsteps** x 6 ea way

[Fig](#) > **Fig 4's** x 6 ea side

[Fig](#) > **Sunrise Squats** x 5 ea way

[Fig](#) > **J-Jax / Seal-Jax / Flings Series** x 10 ea then switch to next in Series)

[Fig](#) > **Wideouts** (from tall stance, drop and land in squat quietly-repeat x 10)

[Fig](#) > **Jumping Lunges** (start in lunge position, jump, land quietly alternate x 8 ea)

**Main Workout: (SS = Super Set during rest breaks)**

[Fig](#) > **Squats** (3 sets of 10 reps good form)

[Fig](#) SS: **Rear Foot Elevated Box Pike** (x5 ea side)

[Fig](#) > **Standard Pushups** (3 sets x 15 reps)

[Fig](#) SS: **Bicycles** (Core: 1,1 count x 15 total)

[Fig](#) > **Seated Scap Depression** (3 sets x 10 reps)

[Fig](#) SS: **Skater Hops Side to Side** (Hips: 1,1 count x8 ea way)

### OPTIONAL RUN:

Monday

### HIGH QUALITY SPRINT

DISTANCE	20YDS
REPS	12
EFFORT	MAX
REST	1:30
GOAL	ALL UNDER 3.5 SEC
# UNDER TIME	

[Fig](#) **Post Workout Stretching:**

> IAW Post-exercise Stretch handout

## TUESDAY

Remember to Hydrate often

**Tuesday: Time: 30-40 mins**

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**Fig** *Optional Foam Rolling **x1 min** ea section: (if you have a roller, Highly Encouraged)*

> Refer to Foam Rolling Sequence guide attached x 9 Items)

**Stationary Warmups: (1 set of each)**

Prone (on stomach):

**Fig** > **Supermans** (raise arms/legs at once 2 sec rest btwn/x 10 reps)

**Fig** > **Prone Pressups** (push up, but leave hips and legs relaxed on ground/x10)

**Fig** > **Scorpions** (arms wide/palms down; alternate x 8 ea way)

Supine (on back):

**Fig** > **Supine KTC Single Leg Bridge** (hold single knee to chest bridge x 10 ea side)

**Fig** > **Dynamic Archer** (arms wide/palms down)

Sidelying:

**Fig** > **Sidelying Straight Leg Raises** (knee straight/toes toward ground x 12 ea side)

**Fig** > **Side plank w/ Straight Leg hip flxn, extn, abd** x 2 ea side

Quadruped (hands/knees):

**Fig** > **Alternating Arms/Legs** (opposites x 8 ea side)

**Fig** > **World's Greatest Stretch** (x 6 reps ea side - head follows hand)

Seated Hip Hinge:

**Fig** > **Heels to tall kneeling Hinge** (arms from side to overhead x 10)

**Fig** > **Star Sit to Tall Kneeling Hinge** (from star sit to overhead x10)

Tall Kneeling:

**Fig** > **Spiderman** x 8 ea way - knee on floor

**Fig** > **Fwd/Reverse Lunges** x (lunge fwd, to neutral, then to rear, x8 ea side)

Standing:

**Fig** > **Tin Soldiers** x 6 ea way

**Fig** > **Fig 4's** x 6 ea side

**Fig** > **Sunrise Squats** x 5 ea way

**Fig** > **J-Jax / Seal-Jax / Flings Series** x 10

**Fig** > **Wideouts** (from tall stance, drop and land in wide squat quietly-repeat x 10)

No pic > **Air Jump Squats** (start in squat position, jump up, land quietly x 10)

**Main Workout: (SS = Super Set during rest breaks)**

**Fig** > **Standard Lunges w/towel behind back** (3 sets of 10 ea side good form)

**Fig** SS: **Prone Spine Rotation w/towel** (Mobility: x5 ea-toes pinned)

**Fig** > **Seated Rows using Single Knee To Chest** (3x8 alternate ea side/chest out)

**Fig** SS: **Pushup Plank w/Rotations** (Core: x 5 ea way)

**Fig** > **Single Leg Reach and Jumps** (3x6 ea side - maintain balance/chest out)

**Fig** SS: **Forearm Side Plank Twists** (Core: x8 ea way)

**OPTIONAL RUN:**

Tuesday

**Times that Correspond to your 1.5 mi time**

>10 min / 9-10 min / < 9 min

TEMPO INTERVAL	
DISTANCE	1 MILE
REPS	2
EFFORT	90%
REST	5 MINS
GOAL	7:31/7:12/6:52
# UNDER TIME	

**Fig** **Post Workout Stretching:**

> IAW Post-exercise Stretch handout

**WEDNESDAY**  
**(Cardio / Mobility day)**

**Wednesday: Time: 40-45 mins**

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**Fig** **Optional Foam Rolling *x1 min* ea section: (if you have a roller, Highly Encouraged)**  
*> Refer to Foam Rolling Sequence guide attached x 9 Items)*

**Optional Run or Other Cardio - Your preference as available and able**

Recommended:

WEDNESDAY	
RECOVERY RUN	
30 MIN Run (talking pace)	
<b>HR GOAL</b>	130-140BPM
OR	
2.5 MILE RUN	
<b>HR GOAL</b>	130-140BPM

**OR ~43-47 beats every 20 seconds**

**Fig** **Post Workout Stretching:**

*> IAW Post-exercise Stretch handout*

Remember to Hydrate Often

# THURSDAY

Thursday: Time: 30-40 mins

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[Fig](#) **Optional Foam Rolling x1 min ea section: (if you have a roller, Highly Encouraged)**

> Refer to Foam Rolling Sequence guide attached x 9 Items)

**Stationary Warmups: (1 set of each)**

Prone (on stomach):

[Fig](#) > **Supermans** (raise arms/legs at once 2 sec rest btwn/x 10 reps)

[Fig](#) > **Prone Pressups** (push up, but leave hips and legs relaxed on ground/x10)

[Fig](#) > **Swimmers** (Alternating Arms/Legs raises- 1,1 count , x10 ea side)

Supine (on back):

[Fig](#) > **Supine Double Leg Bridge** (arms wide/palms down, x 10)

[Fig](#) > **Single Leg Lowering** (arms wide, legs strt up, alt lower 1-at-a-time,x10 ea)

Sidelying:

[Fig](#) > **Sidelying Straight Leg Raises** (knee straight/toes toward ground x 8 ea side)

[Fig](#) > **Side Plank Dips** (touch hips to ground, lift back up, repeat x 15 ea side)

Quadruped (hands/knees):

[Fig](#) > **Cat / Cows** x 6

[Fig](#) > **Groiner Dynamic Stretch** (dynamic switch x 8 reps)

Seated Hip Hinge:

[Fig](#) > **Heels to tall kneeling Hinge** (arms from side to overhead x 10)

[Fig](#) > **Star Sit to Tall Kneeling Hinge** (from star sit to overhead x 10 )

Tall Kneeling:

[Fig](#) > **Spidermans** x 10 sec ea way

Standing:

[Fig](#) > **Rearsteps** x 6 ea way

[Fig](#) > **Fig 4's** x 6 ea side

[Fig](#) > **Sunrise Squats** x 5 ea way

[Fig](#) > **J-Jax / Seal-Jax / Flings Series** x 10 ea then switch to next in Series)

[Fig](#) > **Jumping Lunges** (start in lunge position, jump, land quietly alternate x8 ea)

**Main Workout: (SS = Super Set during rest breaks)**

[Fig](#) > **Single Leg Walkout to Pushups** (3 sets of 6 reps ea side)

[Fig](#) SS: **Lateral Plank Walks** (3 hand steps sideways and back,6 reps)

[Fig](#) > **Squat w/Reverse Back bend** (3 sets x 10 reps)

[Fig](#) SS: **Leg Climbers** (Core: 5 ea leg - to ankle and bck dwn)

[Fig](#) > **Wall Sits** (thighs parallel with floor, 5 x 30 seconds)

[Fig](#) SS: **Mountain Climbers** Core: 1,1 Count- x15 total)

**OPTIONAL RUN:**

Thursday

**Times that Correspond to your 1.5 mi time**

>10 min / 9-10 min / < 9 min



SPRINT CAPACITY	
DISTANCE	100M
REPS	6
EFFORT	100%
REST	1:30
GOAL	:24/:22/:20
# UNDER TIME	

[Fig](#) **Post Workout Stretching:**

> IAW Post-exercise Stretch handout

# FRIDAY

Friday: Time: 30-40 mins

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**Fig** **Optional Foam Rolling** **x1 min** ea section: (if you have a roller, **Highly Encouraged**)

> Refer to Foam Rolling Sequence guide attached x 9 Items)

**Stationary Warmups: (1 set of each)**

Prone (on stomach):

**Fig** > **Supermans** (raise arms/legs at once 2 sec rest btwn/x 10 reps)

**Fig** > **Prone Pressups** (push up, but leave hips and legs relaxed on ground/x10)

**Fig** > **Scorpions** (arms wide/palms down; alternate x 8 ea way)

Supine (on back):

**Fig** > **Supine KTC Single Leg Bridge** (hold single knee to chest bridge x 10 ea side)

**Fig** > **Dynamic Archer** (arms wide/palms down)

Sidelying:

**Fig** > **Sidelying Straight Leg Raises** (knee straight/toes toward ground x 12 ea side)

**Fig** > **Side plank w/ Straight Leg hip flxn, extn, abd** x 2 ea side

Quadruped (hands/knees):

**Fig** > **Alternating Arms/Legs** (opposites x 8 ea side)

**Fig** > **World's Greatest Stretch** (x 6 reps ea side - head follows hand)

Seated Hip Hinge:

**Fig** > **Heels to tall kneeling Hinge** (arms from side to overhead x 10)

**Fig** > **Star Sit to Tall Kneeling Hinge** (from star sit to overhead x10)

Tall Kneeling:

**Fig** > **Spiderman** x 8 ea way - knee on floor

**Fig** > **Fwd/Reverse Lunges** x (lunge fwd, to neutral, then to rear, x8 ea side)

Standing:

**Fig** > **SLRDL's** (same or oppo hand/stance limb - chest out, hips level, x8 ea side)

**Fig** > **Fig 4's** x 6 ea side

**Fig** > **Sunrise Squats** x 5 ea way

**Fig** > **J-Jax / Seal-Jax / Flings Series** x 10

**Fig** > **Wideouts** (from tall stance, drop and land in wide squat quietly-repeat x 10)

No pic > **Air Jump Squats** (start in squat position, jump up, land quietly x 10)

**Main Workout: (SS = Super Set during rest breaks)**

**Fig** > **3-way Lunges** (3 sets of 10 ea way - good form)

**Fig** **SS: 3-way Leg Lowering Supine** (Core: arms wide/palms dwn-x5 ea)

**Fig** > **Diamond Pushups** (3x8 as tolerated - tighten stomach/core engaged)

**Fig** **SS: Hollow Hold Flutter Kicks** (Core: 1,1 count- x60 total as tol)

**Fig** > **Skater Hops Side to Side** (Hips: 1,1 count x8 ea way)

**Fig** **SS: V-Ups** (Core: x10) **OR** x25 stndrd crunches if too difficult)

**OPTIONAL RUN:**

Friday

Times that Correspond to your 1.5 mi time

>10 min / 9-10 min / < 9 min



TEMPO RUN	
DISTANCE	2 MILE
PACE	7:40/7:20/7:00
TIME	
REST	NONE
GOAL	15:20 / 14:40 / 14:00
TIME	

**Fig** **Post Workout Stretching:**

> IAW Post-exercise Stretch handout

## FOAM ROLLING SEQUENCE

### ATTACHMENT 1:

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#### *Foam Rolling Sequence:*

##### 1. Quads:



##### 2. Hamstrings:



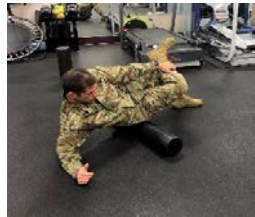
##### 3. IT Bands:

: outer thigh



##### 4. Gluteals:

: buttocks



##### 5. Glute Meds:

: outer hip just  
above outer hip  
bone



##### 6. Back:



##### 7. Latissimus



##### 8. Calves:



##### 9. Adductors:

: inner thigh





## ATTACHMENT 2: Photos by Category

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### Stationary Warmups:

#### Supermans:



#### Prone Pressups:

: hips as close to floor as possible



#### Inch Worms:

: from pushup, inch toes up toward hands, then walk hands out to start position



#### Scorpions:



**Iron Cross:** if you cannot perform Scorpion

OR



#### Swimmers:

: alternate opposite arm/leg



#### Supine Double Leg Bridge:

: firing sequence

1. core tight 2. sqz buttock
3. dig heels 4. lift to hips level



#### Iron Cross:



#### Supine KTC Single Leg Bridge:

: firing sequence

1. core tight 2. sqz buttock
3. dig heels 4. lift to hips level



## STATIONARY WARMUPS/MOBILITY

### Dynamic Archers:

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### Single Leg Lowering:



### SIEDLYING:

### Sidelying Straight Leg Raises:



### Sidelying Plank w/ Hip Work:

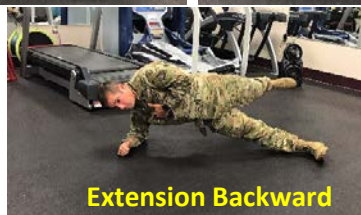
:maintain plank during all movements  
:no rest until complete with entire set



Abduction to Side



Flexion Forward



Extension Backward

### Side Plank Dips:



### QUADRUPED:

### Cat/Cows:



Cat



Cows

## STATIONARY WARMUPS/MOBILITY

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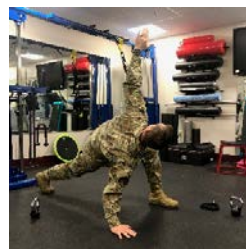
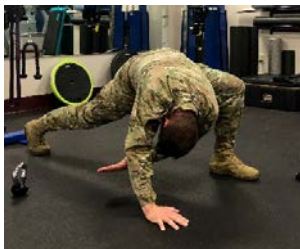
Groiners Dynamic Stretch:



Altrntng Arm/Leg Pull thrus:



World's Greatest Stretch:



### SEATED HIP HINGE:

Heels to Tall Kneeling Hinge:

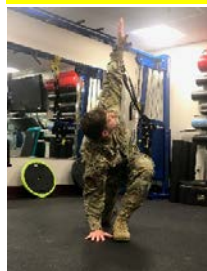


Star Sit to Tall Kneeling Hinge:



### TALL KNEELING:

Spiderman:



Fwd / Reverse Lunges:





**Rear Step Dynamic Stretch:**



**Figure 4's:**



**Sunrise Squats:**



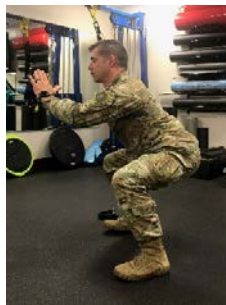
**Series: Jjax/Seal/Flings**

- : J-Jax - normal jumping jack
- : Seal - arms wide/together
- : Flings - cross arms/legs
- : all same rhythm as J-jacks



**Wideouts:**

- : land softly on impact
- : then quick return to start



**Jumping Lunges:**



## STATIONARY WARMUPS/MOBILITY

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### Tin Soldiers:

- : keep chest out, shldr back
- : may use 1 or 2 hands fwd



### SLRDL's:

- : hips level/no rolling over
- : chest out/shldr back
- : only until stretch in posterior thigh (upper hamstring)



## MAIN EXERCISES

### ATTACHMENT 3: Photos by Category *Main Workout Exercises*

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#### **Squats:**

: knee caps behind toes



#### **Standard Pushups:**

: no bouncing/90° elbows

: fully extend elbows at top



#### **Seated Scap Depression:**



#### **Stndrd Lunges w/ Towel:**



#### **Seated Rows using KTC:**

: chest out / shldr back

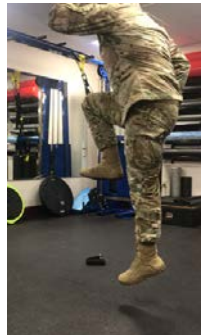
: maintain tight core



#### **Single Leg Reach and Jump:**

: SLRDL followed by SL jump

: opposite hand/leg

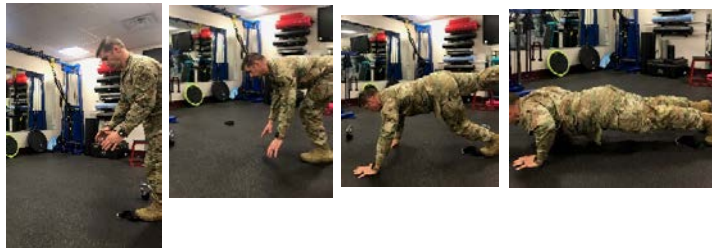


## MAIN EXERCISES

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### Single Leg Walkout to Pushup:

- : sequential to pushup
- : then reverse back up



### Squat w/ Reverse Backbend:

- : squat then to tall standing
- : pause at top w/ backbend



### Wall Sits:



### 3-Way Lunges:

- : standard lunge, but with lateral and across midline for 1 set
- : keep torso upright/chest out



### Diamond Pushups:





## SUPER SETS/CORE

### ATTACHMENT 3: Photos by Category

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#### Main Workout Exercises

##### Rear Foot Elevated Heel to sky:



##### Bicycle Crunch:



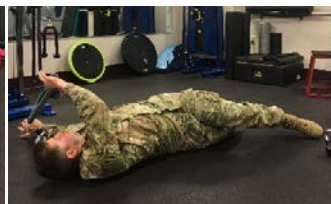
##### Skater Hops Side to Side:



##### Prone Spine Rotation w/towel:

: keep toes anchored

: towel doesn't touch ground



##### Pushup Plank w/ Rotation:



##### Forearm Side Plank Twists:



##### Lateral Plank Walks:

: pushup position w/ lateral walks (oppo hand/toes at same time) for 3 side steps



##### Leg Climbers:

: climb to ankle or foot w/ crunching type effort (core)





## SUPER SETS/CORE

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### Mountain Climbers:

: alternate knee to wrists ea  
side



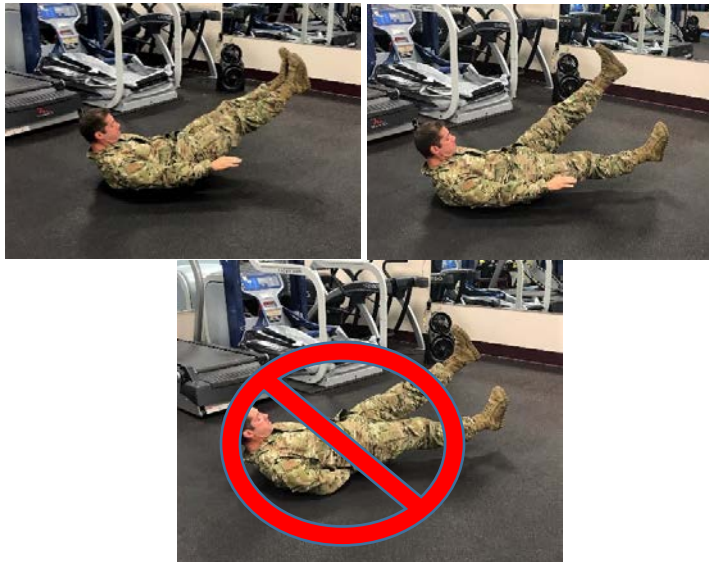
### 3-Way Leg Lowering Supine:



### Hollow Hold Flutter Kicks:

: NO HANDS

: if cannot perform, just do  
isometric Hollow Holds only



### V-Ups:



## POST WORKOUT STRETCH

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### ATTACHMENT 4:

#### *Post Workout Stretching Sequence:*

##### **1. Prone Pressups:**

x 10 reps - Deep breathe in/out  
ea rep at the top and let the  
hips relax on the ground ea rep



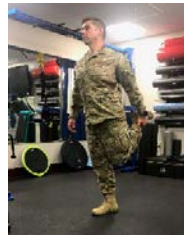
##### **2. Cat / Cows:**

x 10 reps



##### **3. Runner's Quad Stretch:**

: 5 x 15 sec hold static  
: knee bent knee aligned with  
opposite knee during stretch  
: chest out



##### **4. Star Sit Glute Stretch:**

5 x 15 sec static holds ea side



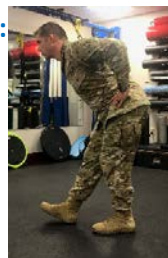
##### **5. Supine Static Archer Stretch:**

: 5 x 15 sec holds ea way  
: opposite knee/shldr to floor



##### **6. Rear Step Hamstring Stretch:**

: 5 x 15 sec holds ea way  
: chest out/shldrs back



**\*Recommend Now Repeating Same Foam Roll Routine as performed prior to workout\***  
(Optional)