

WAVE FIT

Online Training Program

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Campus Recreation
TULANE UNIVERSITY



CALENDAR

- Includes suggested calendar for a 2-week guided program.
- Calendar = a guideline. This is your fitness journey!
- Feel empowered to move workouts around and even repeat them!
- Needing a challenge?
 - Reduce the rest breaks
 - Increase the exercise time
 - Increase the weight



VIDEOS

- All workouts have corresponding instructional videos on the [Tulane Campus Rec YouTube channel](#).
(videos will be available March 30, 2020)



EQUIPMENT

- Equipment suggestions include:
 - Jump rope
 - Firm chair
 - 2 Dumbbells (same weight) **OR** 2 Kettlebells (same weight)
 - Resistance Loop / Band
 - Lots of space for activities!
- No equipment? No problem! Household items make great substitutes.
 - Soup cans = Dumbbells
 - Bookbag with books = Kettlebell
 - Be as creative as you wish!



CONNECT

- Connect with Tulane Campus Rec on social media to show us *How You Rec* at-home, abroad, or outside!
- We're here to celebrate you, listen to suggestions, and answer questions!
- [Facebook](#)
- [Instagram](#)
- [YouTube](#)

2-WEEK JUMPSTART

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BODY WEIGHT	CIRCUIT TRAINING	RECOVERY DAY	LOWER BODY	UPPER BODY	HIIT	REST DAY
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
BODY WEIGHT	CIRCUIT TRAINING	RECOVERY DAY	LOWER BODY	UPPER BODY	HIIT	REST DAY

BODY WEIGHT #1

EQUIPMENT NEEDED: Sturdy wall space

INSTRUCTIONS:

As Many Rounds As Possible (AMRAP) – 12-minute AMRAP for each group, no rest between exercises within a group, 90-second rest between each 12-min AMRAP

WARM UP: Yoga Warm Flow

COOLDOWN: Stretch & Flow 1

WORKOUT:

Group 1 (12-minute AMRAP)

- 30-second Wall Sit
- 10 Runner's Skip (each leg)
- 15 High Knees (each leg)
- 5 reps – 2 lateral shuffles w/ burpee
- 5 Pushup to Side Plank (each side)
- 10 Squats

Group 2 (12-minute AMRAP)

- 5 reps:
4 Quick Shuffle + 2 Switch Lunges
- 10 Triceps Pushups
- 15 Butt Kicks
- 10 Curtsey Lunges (each leg)
- 10 Long Jumps + Backpedal

Core (8 Minute AMRAP)

- 10 Accordions
- 10 Tabletop Hover w/ Knee Taps
- 10 Tabletop Hover w/ Tick-Tock
- 10 Supermans

CIRCUIT TRAINING #1

EQUIPMENT NEEDED: Dumbbells (DB)

INSTRUCTIONS: Ladder Day! Complete 10 repetitions of each exercise, then 9 repetitions of each exercise, then 8 repetitions, etc. until you've reached 1 repetition of each exercise. Then work your way back up to 10 repetitions of each exercise. 30 seconds of rest after completing each full round of exercises.

WARM UP: #1

COOLDOWN: Stretch & Flow 2

WORKOUT: 10, 9, 8...1, 2, 3...10

- DB Lunge, Squat, Lunge
- DB Bent Over Row
- Alternating Lateral Lunge w/ Burpee
- DB Single Arm Lateral Raise (right arm)
- DB Single Arm Lateral Raise (left arm)
- Long Jump w/ Back Pedal

CORE: 15 reps each x 3 sets

- Plank w/ Knee Taps
- Reverse Curls
- Quadruped
- Supine Leg Lifts

RECOVERY DAY #1

Recovery days help to “shake out the soreness” by engaging in low-intensity exercise after completing a heavy workout or athletic event.

To help with recovery, choose any of the following activities, or make up your own!

1. 3 rounds: 20 body weight squats, 5 burpees, 30 second plank
2. 45 – 60 minutes of yoga
3. 30 minutes of myofascial release with a foam roller (if available)
4. A short 30 – 60-minute hike or continuous walk outside.
5. 10 sets of 20 stairs (200 stairs total) throughout the day anywhere you can find stairs to climb. Quick on the way up and slow on the walk back down.
6. 30 – 60 continuous minutes of biking either stationary or outdoors.

LOWER BODY #1

EQUIPMENT NEEDED: Dumbbells (DB) or Kettlebells (KB)

INSTRUCTIONS:

Complete 3 sets of each exercise, 15 seconds rest between exercises, 30 seconds rest between sets

WARM UP: #2

COOLDOWN: Stretch & Flow 3

WORKOUT:

CORE:

- 15 DB Goblet Squats
- 10 Burpees OR Mountain Climbers
- 10 KB Walking Lunges w/ Twist (each leg)
- 20 Jumping Jacks OR Skaters
- 15 KB Straight Leg Deadlifts
- 10 KB Curtsey Lunges (each leg)

- 10 Marching Bridge (each leg)
- 10 Figure 4 Crunch (each leg)
- 10 Single Leg Reach (each leg)
- 10 Double Leg Reach

UPPER BODY #1

EQUIPMENT NEEDED: Dumbbells (DB) & Jump Rope

INSTRUCTIONS:

- Complete 2 rounds of Group 1, then complete 2 rounds of Group 2, then complete 2 rounds of core.
- 45 seconds for each exercise, 15 seconds of rest between each exercise, 6 rounds total.

WARM UP:

#3

WORKOUT:

Group 1

- Pushups
- DB Single Arm Row (right arm)
- DB Biceps Curls
- Runner's Skip **OR** Pop-Downs
- DB Triceps Kick Backs
- DB Lateral Flies

Group 2

- Triceps Pushups
- DB Single Arm Row (right arm)
- DB Hammer Curls
- Jump Rope
- Chest Press
- DB Overhead Press

Core

- Crunch
- Bicycle Crunches
- Alternating Back Extensions
- Plank

COOLDOWN:

Stretch & Flow 4

HIIT #1

EQUIPMENT NEEDED: Sturdy Chair or Bench, Kettlebell (KB), Dumbbells (DB), Towel or Paper Plate

INSTRUCTIONS:

Complete 3 total sets:

- Set 1: 60 seconds work, 15 seconds rest between exercises, 30 seconds rest between sets
- Set 2: 45 seconds work, 15 seconds rest between exercises, 30 seconds rest between sets
- Set 3: 30 seconds work, 15 seconds rest between exercises

WARM UP: #4

COOLDOWN: Stretch & Flow 5

WORKOUT:

- | | |
|--------------------------------------|--------------------------------------|
| - Box Squat + DB Shoulder Press | - Alternating KB Single Leg Deadlift |
| - Chair Triceps Dips | - DB Biceps Curl + Hammer Curl |
| - Plank Walk Side to Side | - Sit-Up + V-Up |
| - KB Gliding Lateral Lunges w/ towel | - Reverse Curls |
| - Pushup + Plank Jump-Out | - Quadruped |

REST DAY #1

Rest is an equal part of the total process required to build strength, endurance, and muscle. On rest days, it's important to keep up activity, but refrain from resistance training.

Choose any of the following rest day activities or make up your own!

1. A 10-minute brisk walk following each meal you eat (breakfast/lunch/dinner) totaling more than 30 minutes in the day.
2. A short 30 – 60-minute hike or continuous walk outside.
3. 10,000 steps in a day if you have a tracker
4. 30 continuous minutes of any mindful and deliberate movement. This could be a sport, cleaning the house/apartment, walking, biking, or others.

BODY WEIGHT #2

EQUIPMENT NEEDED: Sturdy chair & lots of open floor space!

INSTRUCTIONS: Ladder Day! Complete 1 repetition of each exercise, then 2 repetitions of each exercise, then 3 repetitions, etc. until you've completed 10 repetitions of each exercise. Then work your way back down to 1 repetition of each exercise. 30 seconds of rest after completing each full round of exercises.

WARM UP: Yoga Warm Flow

COOLDOWN: Stretch & Flow 1

WORKOUT: 1, 2, 3...10, 9, 8...1

- Step Ups or Box Jumps
- I, Y, T, W Back Extensions
- Single Leg Squats (each leg)
- Push-Ups
- Plie Squats
- Line Runs
- Curtsey Lunges
- Figure 4 Crunches (each side)
- Plank Jacks
- Bicycle Crunches (each side)

CIRCUIT TRAINING #2

EQUIPMENT NEEDED: Dumbbell (DB) or Kettlebell (KB), Resistance Loop (R.Looped), Throw Pillow

INSTRUCTIONS: 30 seconds for each exercise, 10 seconds of rest between each exercise, complete 6 rounds total. Exercises with “/” indicate alternating exercises. Ex. Jump Rope/Mountain Climber/Toe Taps indicates Jump Rope for rounds 1 & 4, Mountain Climbers for rounds 2 & 5, Toe Taps for rounds 3 & 6.

WARM UP: #1

COOLDOWN:

Stretch & Flow 2

WORKOUT:

- KB Squat + Straight Leg Deadlift
- Pushup to Side Plank
- R. Loop Reverse Lunge + Rear Deltoid Pull
- Jump Rope/Mountain Climbers/ Toe Taps
- DB Crunch/Russian Twist
- KB Upright Row Jacks
- KB Bent Over Row
- Pillow Pass/Quadruped
- Jumping Jacks/Skaters/Lateral Shuffles
- Plank/Side Plank (right)/Side Plank (left)

RECOVERY DAY #2

Recovery days help to “shake out the soreness” by engaging in low-intensity exercise after completing a heavy workout or athletic event.

To help with recovery, choose any of the following activities, or make up your own!

1. 3 rounds: 20 body weight squats, 5 burpees, 30-second plank
2. 45 – 60 minutes of yoga
3. 30 minutes of myofascial release with a foam roller (if available)
4. A short 30 – 60-minute hike or continuous walk outside.
5. 10 sets of 20 stairs (200 stairs total) throughout the day anywhere you can find stairs to climb. Quick on the way up and slow on the walk back down.
6. 30 – 60 continuous minutes of biking either stationary or outdoors.

LOWER BODY #2

EQUIPMENT NEEDED: Sturdy chair, Resistance loop (R. Loop), Dumbbells (DB) or Kettlebells (KB)

INSTRUCTIONS: 45 seconds for each exercise, 15 seconds of rest between each exercise, complete 6 rounds total including core.

WARM UP: #2

COOLDOWN:

Stretch & Flow #3

WORKOUT:

4 Rounds – 45 sec work, 15 sec rest

- KB Heartbeat Squats
- 2 Lateral Shuffles + 1 Burpee
- R. Loop 1st position Plie Squats
- R. Loop 1st Position Leg Lifts (each leg)
- Single Leg Hip Raise (each leg)
- Jump Squats/Switch Lunges
- KB Single Leg Squats

CORE:

2 Rounds – 45 sec work, 15 sec rest

- 4-Touch Plank
- Roll-Ups
- Russian Twists
- Accordion Crunch
- Bird Dog

UPPER BODY #2

EQUIPMENT NEEDED: Dumbbells (DB), Kettlebells (KB), Resistance Band (R. Band)

INSTRUCTIONS:

As Many Rounds As Possible (AMRAP) – 15-minute AMRAP for each group, no rest between exercises within a group, 90-second rest between each 15-min AMRAP

WARM UP: #3

COOLDOWN: Stretch & Flow 4

WORKOUT:

Group 1 (15-Minute AMRAP)

- 10 DB Wood Chops (each side)
- 10 DB Chest Press
- 10 KB Skull Crushers
- 10 KB Bent Over Rows
- 10 DB Biceps Curls
- 20 Jumping Jacks

Group 2 (15-Minute AMRAP)

- 10 DB Single Arm Chest Press (each side)
- 10 DB Upright Row
- 10 R. Band Lat. Pull Downs
- 10 DB Wide Biceps Curls
- 10 KB Triceps Extensions
- 20 Jumping Jacks

Core (8-Minute AMRAP)

- 10 High-Low Plank
- 10 V-ups
- 10 Dead Bug
- 10 Supermans

HIIT #2

EQUIPMENT NEEDED: Sturdy chair (or couch), Dumbbells (DB), Kettlebells (KB)

INSTRUCTIONS: Do 1 set of each exercise in Group 1 before moving to the next set, no rest between exercises within a group. Once Group 1 is finished, move onto Group 2. Repeat each Group 3 times.

WARM UP: #4

COOLDOWN: Stretch & Flow 5

WORKOUT: x3 Sets Each Group

Group 1

- 12 Chair Split Squat + DB Right Arm Shoulder Press
- 10 DB Right Arm Renegade Rows
- 10 Squats + Alternating Front Kick (each leg)
- 10 Bear Crawls
- 10 KB Swings
- 10 Plank + Hip Drop (each side)

Group 2

- 12 Chair Split Squat + DB Left Arm Shoulder Press
- 10 DB Left Arm Renegade Rows
- 10 Walking Lunges + Twist (each leg)
- 10 Inch Worms
- 10 DB Biceps Curls
- 10 Sit-Up + V-Up

REST DAY #2

Rest is an equal part of the total process required to build strength, endurance, and muscle. On rest days, it's important to keep up activity, but refrain from resistance training.

Choose any of the following rest day activities or make up your own!

1. A 10-minute brisk walk following each meal you eat (breakfast/lunch/dinner) totaling more than 30 minutes in the day.
2. A short 30 – 60-minute hike or continuous walk outside.
3. 10,000 steps in a day if you have a tracker
4. 30 continuous minutes of any mindful and deliberate movement. This could be a sport, cleaning the house/apartment, walking, biking, or others.

THANK YOU!

Thank you for joining us, and we hope you enjoyed the 2-week jumpstart program for Wave Fit. If you would like more exercise guidance, follow Tulane Campus Recreation on [Facebook](#) & [Instagram](#) and subscribe to our [Wave Fit Movement Breaks!](#)