

NO EQUIPMENT

HOME WORKOUT

BY SAIBOV

**2 WEEKS PLAN + EXERCISE
PATTERNS**

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GUIDE

THIS PLAN IS CREATED FOR THOSE WHO CANT GO TO THE GYM FOR SPECIFIC REASONS.

FEEL FREE TO SHARE IT WITH YOUR FRIEND WHO IS STUCK AT HOME OR JUST DON'T HAVE TIME TO GO TO THE GYM.

- NUMBERS, REST TIME AND ABSOLUTELY EVERYTHING IN THIS PLAN CAN BE MODIFIED AND ADOPTED TO YOUR LEVEL.

- MAKE SURE TO DO SOME LIGHT WARM UP BEFORE EVERY TRAINING.

- EMOM - EVERY MINUTE ON THE MINUTE.

- YOU DON'T HAVE TO STICK TO THE SPECIFIC TRAINING DAYS FROM THE PLAN. MONDAY'S WORKOUT CAN BE DONE ON TUESDAY AND SO ON.

EXERCISE PATTERNS ARE ON THE
LAST PAGES OF THE PLAN.

IF YOU DON'T KNOW HOW THE
EXERCISE LOOKS LIKE PLEASE
SCROLL DOWN AND CHECK THE
PICTURES.

WEEK 1

MONDAY:

1st routine:

2 push ups + 2 jump
squats

4 + 4

6 + 6

All the way to 20 + 20

And down to 2 + 2

2nd routine:

Plank hold 30 seconds

Hollow body hold 30
seconds

Rest 2 minutes

Repeat 10 times

3rd routine:

1 min wall sit + 10
burpees

Rest 2 minutes

Repeat 10 times

TUESDAY: Rest

WEDNESDAY:

1st :

10 push ups

30sec rest

20 push ups

30sec

30 push ups

30sec

40 push ups

30sec

50 push ups

30sec

40 push ups

30sec

30 push ups

30sec

20 push ups

30sec

10 push ups

2nd:

10 v-ups

10 lunges (each leg)

5 shrimp squats (each leg)

10 jump squats

Rest 2 minutes

Repeat 10 times

3rd: As many rounds as possible in 10 minutes.

5 push-ups

5 sissy squats

5 squats

THURSDAY:

1st routine:

Hollow body scissors -
30 seconds

Climbers 30 seconds

Crawl 30 seconds

Rest 2 minutes

Repeat 10 times

2nd routine:

5 MINUTES DRILL –
complete as many
push ups a you can in
5 minutes

Rest 2 minutes

5 MINUTES DRILL –
complete as many
pistol squats as you
can in 5 minutes

Rest 2 minutes

5 MINUTES DRILL –
complete as many
Burpee push ups as
you can in 5 minutes

3rd routine:

50 plank side kicks

50 reversed plank
down-ups

100 side walk steps
(50 each side)

Rest 5 minutes

Repeat 2 times

FRIDAY: Rest

SATURDAY:

1st routine

Isometric holds:
30 seconds 90 degree
arms bend push ups
position.

30 seconds wall sit.

Rest 1 minute.

Repeat 10 times

2nd routine:

EMOM x20
10 push ups every
minute

3rd routine:

Cross ups 100 (50 each
side)

Triceps push up 100
100 jumping jacks

Rest 5 minutes

Repeat 3 times

WEEK 2

MONDAY:

1st routine:

DIAMOND PUSH UPS + REGULAR PUSH UPS

2 diamonds – 2 regular

4 – 4

6 – 6

8 – 8

10 – 10

10 – 10

8 – 8

6 – 6

4 – 4

2 – 2

Rest 5 minutes

Repeat 3 times

2nd routine:

2 push ups - 2 v-ups -
2 jump squats - 2
shrimp squats.

4-4-4-4

6-6-6-6

Up to 10-10-10-10

Down to 2-2-2-2

Rest 5 minutes and
repeat

3rd routine:

Hollow body hold 10
seconds - 2 v-ups

10sec - 4

10sec - 6

10sec - 8

10sec - 10

This is to be done
without break.

Rest 3 minutes

Repeat 3 times.

TUESDAY: Rest

WEDNESDAY:

1st : MIX

10 burpees

20 jumping lunges (10 each leg)

30 seconds hold wall sit

Rest 3 minutes

Repeat 5 times.

2nd routine:

Crawl 1 minute

Plank 1 minute

Rest 2 minutes

Repeat 5 times

3rd:

EMOM x20

Triceps push ups - 15

THURSDAY: Rest

FRIDAY:

1st routine:

1 pistol squat

2 push ups

3 burpees

4 jump squats

5 triceps push ups.

Rest 1 minute

Repeat 10 times.

2nd routine:

Side walks 100 steps (100 each side)

Plank side kicks 100 (50 each leg)

Rest 5 minutes.

Repeat 3 times

3rd routine:

30 seconds hollow body scissors.

30 seconds hollow body riding a bike

30 seconds hollow body.

Rest 3 minutes

Repeat 3 times.

SATURDAY: Rest

SUNDAY:

1st routine:

Max reps in 10 minutes

Push ups

2nd routine:

Max jump squats in 10
minutes

3rd routine:

Max burpees in 10
minutes

EXERCISE PATTERNS

PUSH UPS

START FROM THE LOCK OUT

GO ALL THE WAY DOWN
AND GET BACK UP

MAKE SURE TO KEEP YOUR BODY AS STRAIGHT AS POSSIBLE



V-UPS

START FROM THE LAY DOWN POSITION

GO UP WITH YOUR UPPER BODY AND LOWER BODY
AND GET BACK DOWN

MAKE SURE THAT YOUR BUTT STAYS ON THE GROUND ALL THE TIME



JUMP SQUATS

MAKE SURE TO GO DOWN TO AT LEAST 90 DEGREE LEVEL BEFORE YOU JUMP

JUMP AS HIGH AS YOU CAN

KEEP YOUR KNEES IN ONE LINE WITH YOUR TOES.



SISSY SQUATS

KEEP YOUR UPPER BODY STRAIGHT UP ALL THE TIME

WHEN GOING DOWN MAKE SURE THAT YOUR BUTT IS NOT MOVING FORWARD OR BACKWARD, IT IS SUPPOSED TO GO DOWN TOWARDS YOUR HEEL

LIFT YOUR HEEL AS YOU GO DOWN



WALL-SIT

LEAN ONTO THE WALL WITH YOUR BACK.

KEEP YOUR LEGS IN 90 DEGREE LEVER

POINT YOUR TOES AND KNEES TO THE FRONT



PLANK

LEGS TOGETHER

SCAPULA IS PROTRACTED

BELLY IS SUCKED IN

PELVIS IS TILTED

KEEP YOUR BODY AS STRAIGHT AS POSSIBLE.

HOLLOW BODY

ONLY LOWERBACK TOUCHING THE GROUND

TILTED PELVIS

LIFT YOUR SHOULDER BLADES AND TOES



SHRIMP SQUAT

LEAN FORWARD AS YOU GO DOWN TO MAINTAIN THE BALANCE

KEEP YOUR WHOLE ACTIVE FOOT ON THE GROUND

MAKE SURE THAT YOUR KNEE IS MATCHING THE TOE



HOLLOW BODY SCISSORS

LIFT YOUR SHOULDER BLADES AND TOES

TILT YOUR PELVIS

LOWER BACK IS ON THE GROUND

IMITATE THE SCISSORS MOVE WITH YOUR LEGS



CLIMBERS

STRAIGHT ARMS POSITION

BRING YOUR KNEES TO THE CHEST ONE AFTER ANOTHER



CRAWL

LEGS ARE ALWAYS IN THE SAME POSITION

ONLY ARMS ARE MOVING

YOU CRAWL UPFRONT UNTIL YOU REACH THE POSITION DEMONSTRATED ON THE PICTURE AND COME BACK TO THE STARTING POSITION ON THE FIRST POSITION



PISTOL SQUAT

YOU WHOLE FOOT IS ON THE GROUND

WHEN GOING DOWN MAKE SURE TO LEAN SLIGHTLY FORWARD TO MAINTAIN THE BALANCE

DO IT SLOWLY AND CONTROLLED

KNEE MATCHES THE TOE ALL THE TIME





BURPEE PUSH UPS

GO DOWN LIKE IT SHOWS ON THE FIRST PICTURE

STAND UP TO THE POSITION SHOWED ON THE SECONDS PICTURE

JUMP

PLANK SIDE KICKS

MAKE SURE THAT YOUR SHOULDERS ARE STABLE AND NOT MOVING

TURN TO THE SIDE AND KICK WITH YOUR LEG LIKE IT SHOWS ON THE PICTURE

TURN YOUR HEAD TOO SO YOU CAN SEE WHAT YOU ARE ACTUALLY DOING



SIDE WALKS

ONE STEP TO THE RIGHT

COME BACK

ONE STEP TO THE LEFT



REVERSED PLANK DOWN-UPS

START FROM THE POSITION SHOWN ON THE FIRST PICTURE

YOUR HANDS ARE SUPPOSED TO MATCH THE LINE WITH YOUR SHOULDERS.

GO UP WITH YOUR UPPER BODY AND LOWER BODY
TO MAKE A STRAIGHT LINE

AND SLOWLY GO DOWN



PUSH UP ISOMETRICS

STRAIGHT BODY ALL THE TIME

ELBOWS ARE 45 DEGREE OFF THE BODY

KEEP THE 90 DEGREE ARMS LEVEL



TRICEPS PUSH UP

START FROM THE POSITION ON THE FIRST PICTURE

BEND YOUR ARMS AS YOU GO DOWN

WHEN YOU GO BACK UP MAKE SURE TO NOT MAKE THE HIP MOVE AND DON'T STRAIGHTEN YOUR BODY. ALWAYS COME BACK TO THE POSITION FROM THE FIRST PICTURE

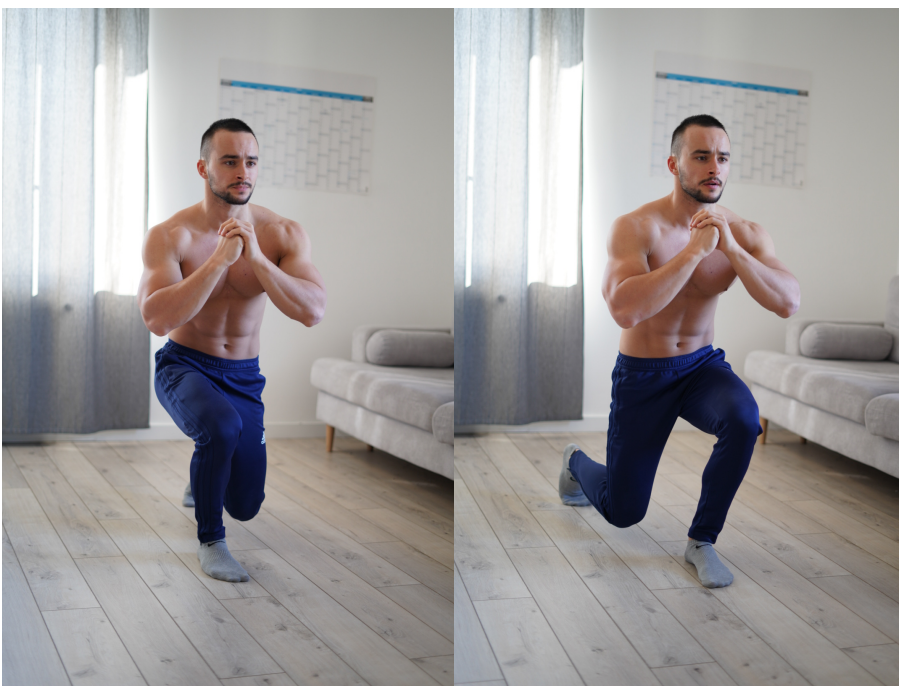


LUNGES/JUMP LUNGES

KNEE MATCHES THE TOE

CORE IS TIGHT TO KEEP THE BALANCE
ON THE WAY DOWN BOTH LEGS HAVE THE 90 DEGREE LEVEL

WHEN YOU DO JUMP LUNGE MAKE SURE TO JUMP AND SWITCH LEGS IN THE AIR



DIAMOND PIUSH UPS

POINT FINGERS AND THUMBS ARE CONNECTED

KEEP YOUR ELBOWS CLOSE TO YOUR BODY

BODY STRAIGHT ALL THE TIME



JUMPING JACK

JUST DO WHAT IS SHOWN ON THE PICTURE



CROSS-UPS

ARMS AND LEGS ARE STRAIGHT ALL THE TIME

DO THE CROSS LIFT (LEFT LEG WITH RIGHT ARM)

HOLD FOR 1 SECONDS AND GO BACK

DO THE SAME EXACT THING FOR THE OTHER SIDE



HOLLOW BODY BIKE

LOWER BACK ON THE GROUND

SHOULDER BLADES UP

TOES UP

RIDE A BIKE

