Lockdown - Push
32 min · Abs, Chest, Legs

Use either a pair of water bottles or dumbbells for today's burner! Take advantage of this home workout by completing it in comfy joggers, your PJs, or go all out and rock your birthday suit! This workout is part of a workout pack found at WorkoutLabs Fit!

Water Bottle Squat Clean and Presses

- Superset A1 · Allow the bottles to touch the floor with every rep, eyes forward at all times.
- 45 secs

Knee Push-ups

- Superset A2 · Aim to get your chest to the floor, and if you're feeling confident, go for full push ups!
- 15 secs

Water Bottle Squat Clean and Presses

- Superset A3 · Allow the bottles to touch the floor with every rep, eyes forward at all times.
- 45 secs

Knee Push-ups

- Superset A4 · One more quick set before a rewarding 1-minute break.
- 15 secs

Water Bottle Overhead Shoulder Presses

- Superset B1 · A bend in the knee is important in keeping the pressure off your spine.
- 45 secs

Air Squats

- Superset B2 · Aim to drop your booty below the knee line!
- 15 secs

Water Bottle Overhead Shoulder Presses

- Superset B3 · Try and complete this while singing the national anthem of Samoa. You can do it!
- 45 secs

Air Squats

- Superset B4 · Get nice and low, open those hips.
- 15 secs

Water Bottle Lunges

- Superset C1 · Alternate your legs with every rep.
- 45 secs
### Knee Push-ups
- **Superset C2**: Again, chest to the floor!
- **Duration**: 15 secs
- **Rest**: 0:45

### Water Bottle Lunges
- **Superset C3**: Keep those bottles at your sides.
- **Duration**: 45 secs
- **Rest**: no

### Knee Push-ups
- **Superset C4**: Aim for at least 5 reps!
- **Duration**: 15 secs
- **Rest**: 1:00

### Water Bottle Single-Arm Tricep Kickbacks/Kick Backs
- **Superset D1**: The key here is to have your arms travelling from a 90-degree angle at the elbow to a perfectly horizontal line.
- **Duration**: 45 secs
- **Rest**: no

### Air Squats
- **Superset D2**: Ready for some ab work?
- **Duration**: 15 secs
- **Rest**: 0:45

### Water Bottle Single-Arm Tricep Kickbacks/Kick Backs
- **Superset D3**: Stay focused, you’re almost there!
- **Duration**: 45 secs
- **Rest**: no

### Air Squats
- **Superset D4**: The last of the squats!
- **Duration**: 15 secs
- **Rest**: 1:00

### Flutter Kicks
- **Duration**: 2 sets
- **Rest**: 45 sec
- **Repeat**: 45 sec

### Mountain Climbers
- **Duration**: 2 sets
- **Rest**: 45 sec
- **Repeat**: 45 sec

The key here isn’t about speed, it’s about finding a perfect tempo that gives a solid burn and maintaining it!
Jumping Jacks

2 sets 45 secs 45 sec rest

You're so close. Ready so take a seat on the couch?

Burpees

1:00 rest

2 sets 45 secs 45 sec rest

How many reps can you do in 45 seconds?
**Water Bottle Squat Clean and Presses**

Primary muscle group(s):
Glutes & Hip Flexors, Quadriceps, Shoulders

Secondary:
Hamstrings, Lower Back

With water bottles at your sides, stand with your feet slightly wider than shoulder-width apart and feet pointing slightly outward. Look straight ahead.

Squat down until your upper legs are parallel with the floor by bending your knees, keep your back straight.

With an explosive but controlled movement, push up through your heels and press the water bottles above your head as you return to standing position.

Still standing, slowly lower the water bottles down to your chest and then down to your sides by extending your arms.

Repeat.

**Modified / Knee Push-ups / Pushups**

Primary muscle group(s):
Chest

Secondary:
Abs, Shoulders, Triceps

Come to the ground on your knees. Tighten your core and maintain a flat back.

Position your hands on the ground in front of you, directly below your shoulders. Cross your feet in the back.

Lower your chest towards the ground. Bend your elbows at a 60-degree angle until your chest is just above the ground. You should feel a stretch across your chest. Hold for a count of one.

Without locking your elbows, push yourself back to the starting position by straightening your arms.
**Water Bottle Squat Clean and Presses**

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Without locking your elbows, push yourself back to the starting position by straightening your arms.
**Water Bottle Overhead Shoulder Presses**

Primary muscle group(s):
- Chest, Shoulders

Secondary:
- Triceps

Holding a water bottle in each hand, stand straight, with your feet shoulder width apart. Raise the water bottles to head height by rotating your arms forward and up. Your triceps should be parallel to the floor and your elbows bent at 90 degrees. This is the start position.

Keeping your back straight and using only your arms, extend through your shoulders and elbows to drive the water bottles straight up, exhaling as you do so. As your arms reach the fully extended position, bring them in towards each other until the water bottles touch lightly together.

Hold for a count of one, while squeezing your shoulder muscles.

In a controlled movement, return to the starting position, inhaling as you do so. Repeat.

**Air Squats**

Primary muscle group(s):
- Quadriceps

Secondary:
- Abs, Hamstrings

Place your feet at shoulder width apart while keeping your chest up and your abdominals braced.

Begin the movement by swinging your arms up towards your shoulders. At the same time, bend at the knees and drive your hips back like you're sitting in a chair.

Once your upper thighs are parallel with the ground, pause, then drive your hips forward to return to the starting position.
Water Bottle Overhead Shoulder Presses

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Chest, Shoulders

Secondary:
Triceps

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Air Squats

Primary muscle group(s):
Quadriceps

Secondary:
Abs, Hamstrings

Place your feet at shoulder width apart while keeping your chest up and your abdominals braced. Begin the movement by swinging your arms up towards your shoulders. At the same time, bend at the knees and drive your hips back like you’re sitting in a chair. Once your upper thighs are parallel with the ground, pause, then drive your hips forward to return to the starting position.
**Water Bottle Lunges**

**Primary muscle group(s):**
Glutes & Hip Flexors, Quadriceps

**Secondary:**
Hamstrings

Holding a water bottle in each hand, stand with your feet shoulder width apart. Keep your shoulders back. And your back straight. Take a long stride forward with your right leg. Your right foot should be in a position, that when you bend your right knee, your upper and lower leg form a 90-degree angle. Slowly bend both your knees, to lower your hips until your left (rear) knee is just above the floor. Hold for a count of one. Return to the start position by slowly straightening your legs and raising your body back to a standing position. Complete all the repetitions for one set full set, then switch legs, or you can alternate between legs for each rep.

**Modified / Knee Push-ups / Pushups**

**Primary muscle group(s):**
Chest

**Secondary:**
Abs, Shoulders, Triceps

Come to the ground on your knees. Tighten your core and maintain a flat back. Position your hands on the ground in front of you, directly below your shoulders. Cross your feet in the back. Lower your chest towards the ground. Bend your elbows at a 60-degree angle until your chest is just above the ground. You should feel a stretch across your chest. Hold for a count of one. Without locking your elbows, push yourself back to the starting position by straightening your arms.
**Water Bottle Lunges**

Primary muscle group(s):
Glutes & Hip Flexors, Quadriceps

Secondary:
Hamstrings

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Keep your shoulders back. And your back straight.

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Slowly bend both your knees, to lower your hips until your left (rear) knee is just above the floor. Hold for a count of one.

Return to the start position by slowly straightening your legs and raising your body back to a standing position.

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Without locking your elbows, push yourself back to the starting position by straightening your arms.
**Water Bottle Single-Arm Tricep Kickbacks/Kick Backs**

Primary muscle group(s):
- Triceps

Secondary:
- Upper Back & Lower Traps

Holding a pair of water bottles with an overhand grip, stand tall with your chest up and core braced. Bend at the hips while keeping your back completely flat.

Once your upper body is parallel with the floor, bring your upper arms to your sides. Begin by pushing the water bottles back and behind you.

Pause at the top of the movement and feel the contraction in your triceps. Slowly lower the water bottles and begin again.

**Air Squats**

Primary muscle group(s):
- Quadriceps

Secondary:
- Abs, Hamstrings

Place your feet at shoulder width apart while keeping your chest up and your abdominals braced.

Begin the movement by swinging your arms up towards your shoulders. At the same time, bend at the knees and drive your hips back like you're sitting in a chair.

Once your upper thighs are parallel with the ground, pause, then drive your hips forward to return to the starting position.
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**Flutter Kicks**

Primary muscle group(s):
- Abs

Secondary:
- Glutes & Hip Flexors

Lie on a mat with your hands under your buttocks and raise your legs slightly, keeping knees straight and ankles together.

Keep abs engaged and perform short kicks in an alternating fashion.

Repeat as needed and then lower legs to the ground.
Mountain Climbers / Alternating Knee-ins

Primary muscle group(s):
Abs, Glutes & Hip Flexors

Secondary:
Chest, Shoulders

Place your hands flat on the floor, shoulder width apart.
Extend your torso and legs fully behind you with only your toes and balls of your feet touching the floor.
Your body should be in a straight line, with your weight supported on your hands and toes only.
Starting with either leg, flex your knee and hip at the same time to bring your knee up and under your hip. Your other leg should remain fully extended. This is the start position.
Using an explosive movement, reverse the position of your legs, by extending the bent leg back and simultaneously flexing the straight leg until it is in the start position.
Continue alternating in this manner for the desired amount of time.

Jumping Jacks / Star Jumps

Primary muscle group(s):
Glutes & Hip Flexors, Quadriceps

Secondary:
Abs, Calves, Hamstrings, Shoulders

Stand with your feet together, arms fully extended with your hands by your sides. This is the start position.
Bend your knees slightly then straighten and push through the balls of your feet while straightening your knees to jump up spreading your legs to wider than hip width apart.
As you do so, raise both arms out and up in a smooth arc until your hands meet above your head.
As you return to the ground, bring your feet together and your hands back to your sides with your arms fully extended.
Continue without pause for the desired amount of time or repetitions.

This exercise can be performed as a timed exercise, completing as many reps as possible in a set time or, in sets with a fixed number of repetitions per set. To increase intensity, bend your arms slightly as you raise them to engage your biceps and triceps and squeezing them during each rep.
**Burpees / Squat Thrusts**

**Primary muscle group(s):**  
Abs, Glutes & Hip Flexors  

**Secondary:**  
Chest, Shoulders

Stand straight with your feet shoulder width apart and hands by your sides. This is the start position.

In one smooth motion, squat down and place your hands palms down on the floor in front of your feet.

Lean forward, so your weight is on your hands, at the same time jumping your legs out behind you until they are fully extended. Your body should form a straight line with your weight supported on your toes and the balls of your feet and your arms fully extended. (In a push up position)

Jump your feet out by spreading your legs, so that they are wider than hip width apart, then immediately jump them back together.

Complete 1 full push up.

Jump your feet forward to just behind your hands.

Use an explosive motion to push through your heels and return to the start position.

Repeat.