

**YELLOW ROSE FITNESS**

***15 AT HOME  
WORKOUTS***

**The solution to your busy schedule.**

# ***BEFORE YOU GET STARTED...***

**Firstly, let us start with saying a HUGE **THANK YOU** for downloading these workouts. We hope that these workouts will help you stay accountable, motivated, and disciplined to achieve your goals!**

***Make sure you are cleared by a medical professional before doing any sort of exercise.***

**All movements are scalable. Be sure you make any modifications that you need to do to ensure that you have a successful workout.**

# ***HOW OFTEN SHOULD I WORKOUT?***

**Working out should be an important weekly habit for you, but it does not need to be a daily habit. Making sure your body gets plenty of REST is just as important as getting in your workouts.**

**If you are just starting out, try this schedule:**

- Monday**
- Wednesday**
- Friday**

**When you begin to feel stronger and are recovering faster, try this schedule:**

- Monday**
- Tuesday**
- \*Rest Wednesday\***
- Thursday**
- Friday**
- \*Optional Workout Saturday\***
- \*Rest Sunday\***

# ***KEY WORDS/PHRASES TO KNOW***

## **"AMRAP"**

This stands for "As Many Rounds As Possible."

So if you see AMRAP 12, that means As Many Rounds As Possible for 12 minutes.

## **"EMOM"**

This stands for "Every Minute On The Minute." If you see an EMOM 9, that means you will perform the movements at the top of each minute for 9 minutes.

## **"Rounds For Time"**

This means you will be completing the workout as quickly as you can (while still maintaining perfect technique!)

## **"21-15-9"**

This is a lot like the rounds for time workout, but you will complete 21 reps of all movements listed, then 15 of all movements, then 9. You will see other numbers in this guide as well!

## **"RPE"**

This stands for "Rate of Perceived Exertion." This will be on a 1-10 scale, 1 being not intense at all, and 10 being all out max effort.

## **"Scale" or "Modify"**

A scale or modification will be provided to help with any particularly difficult movements. Always check the workout for these!

# ***WORKOUT NO. 1***

## **AMRAP 12**

**-15 air squats**

**-10 push ups**

**-10 tuck jumps**

## **MODIFIED OPTION**

### **AMRAP 12**

**-10 squats to a chair**

**-10 knee push ups**

**-10 single leg knee raises per  
leg**

# ***WORKOUT NO. 2***

**21-15-9**

**-Chair Dips**

**-Split Squats per leg**

**-Straight leg sit ups**

**MODIFIED OPTION**

**15-12-9**

**-Wall Push Ups**

**-Air Squats**

**-Crunches**

# ***WORKOUT NO. 3***

**AMRAP 18**

**-100m jog**

**-15 air squats**

**-100m jog**

**-10 push ups**

**MODIFIED OPTION**

**AMRAP 12**

**-50m jog**

**-10 squats to a chair**

**-50m jog**

**-10 knee push ups**

# ***WORKOUT NO. 4***

**EMOM 10**  
**-7 Burpees**

**MODIFIED OPTION**

**EMOM 10**

**-3-5 burpees**

**Try and have the burpees done by the :30 mark. If you are not achieving that, bring the reps down.**

# ***WORKOUT NO. 5***

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

**-Jumping Jacks**

**-Sit Ups**

**-Squat Jumps**

**MODIFIED OPTION**

**8-7-6-5-4-3-2-1**

**-Jumping Jacks**

**-Crunches**

**-Air Squats**

# ***WORKOUT NO. 6***

**3 Rounds For Time**

**-800m run**

**-50 air squats**

**MODIFIED OPTION**

**3 rounds for time**

**-400m run**

**-30 air squats**

**If running is not possible,  
jog in place for 1:30.**

# ***WORKOUT NO. 7***

**Accumulate 5  
minutes of each  
movement:**

- plank hold**
- bottom of squat hold**
- handstand hold or wall  
walk hold**

## **MODIFIED OPTION**

**Accumulate 3 minutes of  
each movement:**

- low plank hold**
- bottom of squat hold**
- high plank hold**

# ***WORKOUT NO. 8***

## **AMRAP 9**

- 10 pistol squats (5R/5L)**
- 10 single leg toe touch**
- 10 push ups**
- 20 mountain climbers**

## **MODIFIED OPTION**

### **AMRAP 9**

- 10 single leg squat to chair (5R/5L)**
- 10 staggered stance toe touch (5R/5L)**
- 10 knee push ups**
- 10 mountain climbers**

# ***WORKOUT NO. 9***

## **AMRAP 15**

**:30 pigeon pose right**

**:30 pigeon pose left**

**:30 child's pose**

**:30 door frame chest**

**stretch right**

**:30 door fram chest**

**stretch left**

**No Modified Option.**

**The goal here is to stretch and breathe for :30 at a time, then calmly switch to the next movement. This is a great workout to keep in your back pocket whenever you're feeling sore and just need to stretch it out!**

# ***WORKOUT NO. 10***

**5 Rounds For Time**

**-400m run**

**-25 sit ups**

**-10 broad jumps**

**Modified Option**

**4 Rounds For Time**

**-200m run**

**-20 crunches**

**-10 standing jumps**

# ***WORKOUT NO. 11***

**For time**

**-100 jumping jacks**

**-75 air squats**

**-50 push ups**

**-25 burpees**

**-2 minutes jog in  
place**

**Modified Option**

**-75 jumping jacks**

**-50 air squats**

**-25 push ups**

**-10 burpees**

**-1 minute jog in place**

# ***WORKOUT NO. 12***

**Every 3 minutes for 6  
rounds**

**-200m run**

**-15 squat jumps**

**-10 burpees**

**Rest with remaining time each round**

**Every 3 minutes for 4  
rounds**

**-100m run**

**-10 air squats**

**-10 no-push up burpees**

**Rest with remaining time  
each round**

# ***WORKOUT NO. 13***

## **AMRAP 20**

**-20 reverse lunge  
steps**

**-20 toe touches**

**-20 Russian twists**

**-20 jumping jacks**

## **AMRAP 15**

**-12 reverse lunge steps**

**-12 toe touches**

**-12 Russian twists**

**-12 jumping jacks**

# ***WORKOUT NO. 14***

## **AMRAP 30**

**Jog for max distance.**

**We can all benefit from targeted cardio work. The pace doesn't matter here. What matters is that you try and move for 30 minutes. You can run, jog, walk, but you can't quit.**

# ***WORKOUT NO. 15***

## **10 Rounds**

**-1:00 plank hold**

**-1:00 rest**

**-1:00 air squats**

**-1:00 rest**

## **Modified Option**

### **7 Rounds**

**-1:00 high plank hold**

**-1:00 rest**

**-1:00 squat to chair**

**-1:00 rest**

# ***WANT MORE WORKOUTS?***

**We hope you've enjoyed these workouts.**

**If you're looking for more, we would love to have you join us at Yellow Rose Fitness. At YRF, we offer 3 levels of programming 6 days a week.**

**We also have a remote programming membership for \$29 a month. This will get you access to all of the programming our members receive, as well as access to exclusive content in our members only group, and priority email content. If you're interested, please email [info@yellowrosefitness.com](mailto:info@yellowrosefitness.com).**

# **YELLOW ROSE**

## **FITNESS**

**3514 W T.C. Jester Blvd**

**Houston, Tx**

**77018**

**[www.yellowrosefitness.com](http://www.yellowrosefitness.com)**