

GREX



#staygrexyathome

www.wearegregx.com

WEEK 1

MONDAY:

A. Warm-Up:

2 Rounds of:
:30s Plank Hold
:30s Rest
:30s Side Plank L
:30s Rest
:30s Side Plank R
:30s Rest
2:00min Wall Sit

B. #myageinpushups

C. Workout:

5 Rounds for time of:

5 Wall Walks or 20 Alternating Shoulder Taps
in Push-Up Top Position
30 Alternating Jumping Lunges or 30 Alternating
Stationary Lunges

D. Cool-Down

TUESDAY:

A. Warm-Up:

3 Rounds of :45s ON/:15s OFF:
Stationary Jogging
Mountain Climbers
Stationary Bear Crawl

B. #myageinpushups

C. Workout:

For time:

50-40-30-20-10

Jumping Jacks
Sit-Ups

D. Cool-Down

WEDNESDAY:

A. Warm-Up:

3 Sets of:

20 Alternating Dead Bugs
:30s Arch Hold

B. #myageinpushups

C. Workout:

For time:

200 Air squats

Starting at 00:30 on the clock perform
5 burpees every :30s.

D. Cool-Down

THURSDAY:

A. Warm-Up:

5 Rounds for quality:

3 Candlestick Rolls
10 Alternating Plank-to-Push-up
1/1 Odd Object TGU (any light object at
home you can handle - stay save)

B. #myageinpushups

C. Workout:

Accumulate:

2:00min of Noes-and-toes HS Hold
4:00min of Hanging
10:00min of Paleo Seat

D. Cool-Down:

WEEK 1

FRIDAY:

A. Warm-Up:

2 Rounds of:

20 Cossack Squats L
20 Cossack Squats R
1:00min Lateral Stationary Bear Crawl - alternate 2 Steps tot the left with 2 steps to the right

B. #myageinpushups

C. Workout:

5 Rounds for quality:

5 Press Handstand Glides*
20 Alternating Reverse Lunges(total)
:15s ME „Prowler Sprint“ against wall**

Rest as needed.

*Start in a Push-Up Top Position, feet on a towel on a smooth surface. Start pulling your straight legs towards your hands while bringing the upper body into a more vertical position, like a handstand.

** With straight arms lean against wall, the perform a stationary sprint while pressing against the wall. Mind your neighbors!

D. Cool-Down

SATURDAY:

A. Warm-Up:

3 Rounds of :30s ON/:30s OFF

Bear Crawl - 2 Steps fwd, 2 Steps bwd, 2 Steps L, 2 Steps R, repeat

B. Workout:

For time, accumulate 100 Push-Ups + 100 Air squats in any order.

D. Cool-Down

SUNDAY:

A. Warm-Up:

20x Stand up from the floor, every time come up differently

B. #myageinpushups

C. Workout:

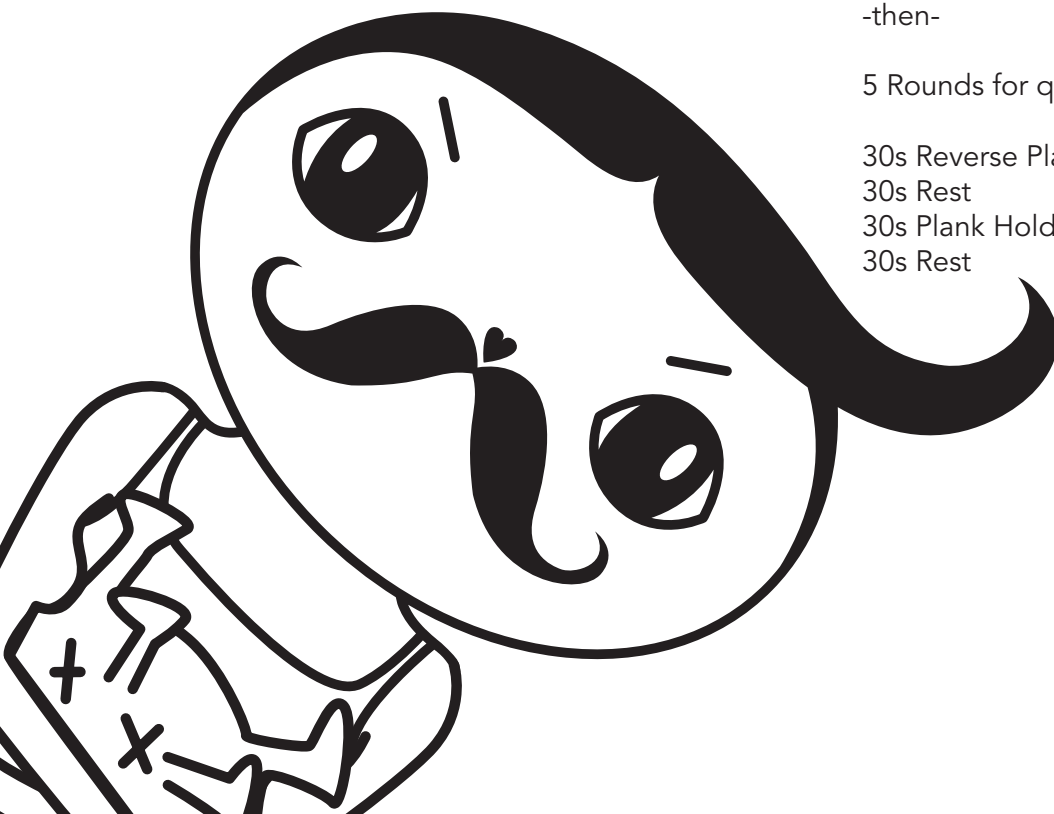
3 Rounds for quality of:

10 Table-Ups
10 Downward Dogs

-then-

5 Rounds for quality of:

30s Reverse Plank Hold
30s Rest
30s Plank Hold
30s Rest



WEEK 2

MONDAY:

A. Warm-Up:

5 Rounds of:

5 Inch Worms
10 V-Ups
5/5 FWD Stationary Lunges L/R
5/5 Lateral Stationary Lunges L/R

B. #myageinpushups

C. Workout:

5 Rounds for time of:

20 Couch Step-Ups
10 Chair Dips

TUESDAY::

A. Warm-Up:

50-40-30-20-10

Mountain Climbers(total)
Anchored Sit-Ups

B. #myageinpushups

C. Workout:

Tabata Jumping Lunges L
-then-
Tabata Jumping Lunges R
-then-
Tabata Burpees

WEDNESDAY:

A. Warm-Up:

20 Leg Swings L
20 Leg Swings R
20 Lateral Leg Swings L
20 Lateral Leg Swings R

-then_

20x Go down into Paleo Seat, hands on the floor, walk fwd into Push-Up Top Position, perform a shoulder tap on each side, walk back into Paleo Seat, stand up.

B. Workout:

With a bottle of water:

20 Front Delt Raises L
20 Front Delt Raises R

20 Side Delt Raises L
20 Side Delt Raises R

20 Rear Delt Raises L
20 Rear Delt Raises R

20 Biceps Curls L
20 Biceps Curls R

20 Triceps Kick-backs L
20 Triceps Kick-backs R

20 Bent-over Straight Arm Raises L + 20
Bent-over Rows L
20 Bent-over Straight Arm Raises R + 20
Bent-over Rows R

50 Chest Flys L
50 Chest Flys R

C. #myageinpushups

D. AMRAP 2:

Air Squats

WEEK 2

THURSDAY:

A. Warm-Up:

3 Sets of:

30s Rolling a water bottle with your fingertips back- and forward(lean over in a hinge position)

10/10 Leg lowering Oblique Opener

B. #myageinpushups

C. Workout:

AMRAP 10:

15 Water Bottle Muscle Snatch L

10 Water Bottle OH FWD Stationary Lunge L

5 Water Bottle OHS L

15 Water Bottle Muscle Snatch R

10 Water Bottle OH FWD Stationary Lunge R

5 Water Bottle OHS R

FRIDAY:

A. Warm-Up:

3 Sets of:

20 Calf Raises

10-20 Leg Extensions with Bottle between feet

10-20 Hamstring Glide from your back

B. #myageinpushups

C. Workout:

For time:

100 Burpees

Time Cap: 10:00min

SATURDAY:

A. Warm-Up:

2 Rounds of:

10 Arm Circles FWD

10 Arm Circles BWD

10 Arm Circles FWD while doing high knee skips

10 Arm Circles BWD while doing high knee skips

2 Rounds of:

60s Jogging in place

30s Knees up jogging in place

30s Heels up jogging in place

B. Workout:

10 Rounds for time of:

10 2xWaterbottle Thrusters

10 Push-Ups

SUNDAY:

A. Warm-Up:

3 Sets of:

10 Inch Worm Push-Ups

10x 1 Lunge L + 1 Lunge R + 1 Air Squat

B. #myageinpushups

C. Workout:

Tabata:

In a Push-Up Top Position, alternating arms, push a book from one side to the other.

-then-

In a Push-Up Top Position, tuck your knees to your chest and move them back into starting position(feet on a towel).

WEEK 3

MONDAY:

A. Warm-Up:

10x From a standing position go down into a paleo seat and perform 1/1 Sky Reach L/R + left leg steps fwd into lunge position then Sky Reach R + right leg steps fwd into lunge position then Sky Reach L

B. #myageinpushups

C. Workout:

2 Rounds for time of:

50 Bent-over Rows L
50 OA OHS L
50 Bent-over Rows R
50 OA OHS R
100 Flutter Kicks

Note: Use any external object available(water bottle), DB/KB preferred.

TUESDAY:

A. Warm-Up:

3 Rounds for quality of:

20/20 Leg Swings
50 Heels Up while running in place(total)
20 Steps Ostrich Walk(total)

B. Workout:

EMOM. 16:

Even: 15 KBS*
Odd: 10 V-Ups

*Note: Use any external object available, DB/KB preferred. If available weight feels very light perform 4 out of 8 sets 15 Hinges and alternate this with 4 sets of Swings.

C. #myageinpushups

WEDNESDAY:

A. Warm-Up:

3 Sets of:

:30s Wall Sit
:30s Wall Sit Calf Raises
:30s Wall Sit March(alternating Calf Raises)
:30s Rest

B. #myageinpushups

C. Workout:

For time:

30 Manmakers

Note: Use any external object available(water bottle), DB/KB preferred.

THURSDAY:

A. Warm-Up:

Tabata:
Shoulder Taps

B. Workout:

4 Rounds for time of:

5 HSPU
10 Egg Rolls
15 Push-Ups
10 Arch Rocks
25 Double-Unders*

*If you don't have Double-Unders perform 50 Single Unders. If you don't have a jump rope perform 25 Jumping Arm Circles.

WEEK 3

FRIDAY:

A. Warm-Up:

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

Jumping Jacks
Alternating Jumping Lunges(total)

B. #myageinpushups

C. Workout:

Pull-Ups/Inverted Rows*:

5-5-5-5-5

After each Set of Pull-Ups perform a 15s OA Plank Hold on each side.

*Note: If you have a pull-up bar perform 5 hard but manageable repetitions - if necessary switch to negative/ jumping pull-ups.
If you don't have a bar use a table for inverted rows. Lie down on your back underneath the table, grab the edge of the table with both hands and pull yourself towards it. STAY SAFE - if the table is not stable enough we perform OA Bent-over Rows instead.



SATURDAY:

A. Warm-Up:

1 Round of last (wo)man planking:

Whole class performs a plank hold. Winner is the last person holding the position.

Everyone who stops planking holds a Air Squat Bottom Position until there is a winner.

B. #myageinpushups

C. Workout:

Teams of 2, accumulate for time:

300 Air Squats
200 Push-Ups
100 Burpees

Only one Partner working at a given task while the other partner holds a plank hold. Switch any time.

D. Again, 1 Round of last (wo)man planking:

Whole class performs a plank hold. Winner is the last person holding the position.

Everyone who stops planking holds a Air Squat Bottom Position until there is a winner.

SUNDAY:

A. Warm-Up:

3 S3 Rounds of:

1:00min Ipsilateral Bear Crawl
1:00min Walking Lunges, left leg lunges, right leg just steps fwd
1:00min Walking Lunges, right leg lunges, left leg just steps fwd
1:00min Rest

B. #myageinpushups

C. Workout:

AMRAP 5:

2 Broad Jumps + Bear Crawl back to starting position

D. Homework(optional), choose one of the 3 options:

A. 1x1600m Run + 80 Burpees
B. 2x800m Run + 40 Burpees
C. 4x400m Run + 20 Burpees

WEEK 4

MONDAY:

A. Warm-Up:

AMRAP 5:

Crawl underneath your table + 1 Burpees + step over your couch + 1 Burpee

B. #myageinpushups

C. Workout:

For time:

100 DB Thrusters*

Starting at 1:00min, perform 3-5 Burpees EMOM.

*Note: Use 2xDB/KB/Waterbottles...

TUESDAY:

A. Warm-Up:

3 Sets of:

10 Ab Wheel Roll-Outs*

10 Hamstring Glides from a Flute-Ham-Bridge Position

*Use a towel on a smooth surface

B. #myageinpushups

C. Workout:

For time:

10-15-20-25-20-15-10

KBS*

V-Ups

*Note: Use a DB/KB/Waterbottle...

WEDNESDAY:

A. Warm-Up:

3 Rounds of :30s ON/:30s OFF(17:30min)

1. Plank Hold
2. Side Plank L
3. Side Plank R
4. Noes-and-toes HS Hold
5. Wall Sit L foot off the floor
6. Wall Sit R foot off the floor

B. #myageinpushups

C. Workout:

2:00min Challenge -AMRAP:

Jumping Air Squats

THURSDAY:

A. Warm-Up:

10/10/10 T/I/Y-Raises

10 Alternating Bent-over Rows with Triceps Kick-backs

10 Biceps Curls into Arnold Presses

Note: Use 2xDB/KB/Waterbottles...

B. #myageinpushups

C. Workout:

For time:

21-15-9

Pull-Ups/Table Inverted Rows

No Push-Up Burpees

WEEK 4

FRIDAY:

A. Warm-Up:

Bodybuilding Poses for Pec and Lat Activation.

B. Workout:

„J.T.“, for time:

21-15-9

HSPU
(Chair)Dips
Push-Ups

SUNDAY:

A. Warm-Up:

2 Rounds of:

50 Mountain Climbers(total)
50 Jumping Jacks
50 Single Unders

B. #myageinpushups

C. Workout:

2-4 Rounds for time of:

#myageinpushups
#myageinpullups
#myageinsitups
#myageinairsquats

Note: Depeding on your age/fitness level choose upfront how many rounds you want to do. Then go as fast as possible.

D. Homework(optional):

4x400m Sprint

Rest as needed.

SATURDAY:

A. Warm-Up:

2 Rounds of:

10/10 Neck Circles
10/10 Shoulder Circles FWD/BWD
10/10 Elbow Circles
10/10 Wrist Circles
10/10 Hip Circles
10/10 Leg Swings
10/10 Lateral Leg Swings
10/10 Knee Circles
10/10 Ankle Circles

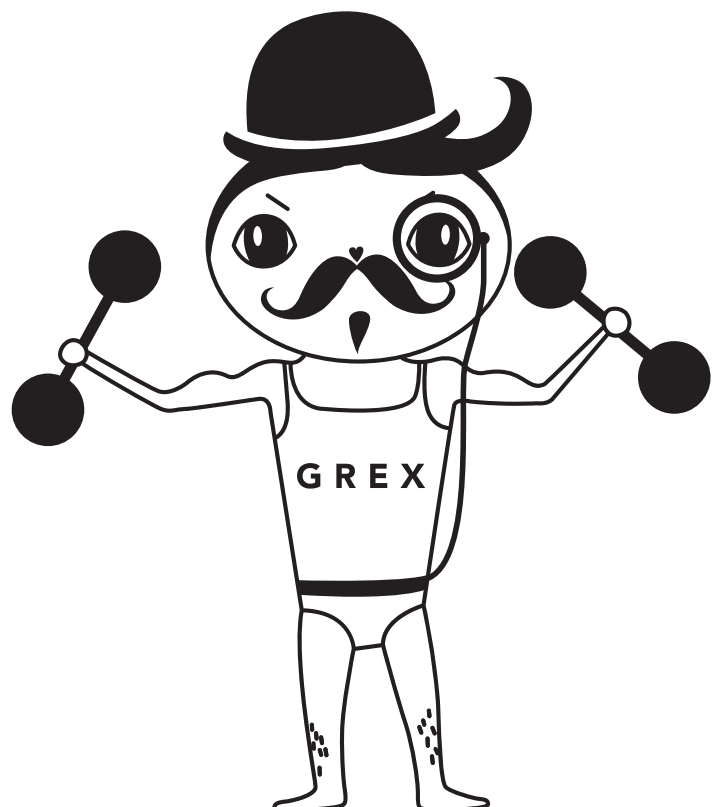
B. #myageinpushups

C. Workout:

AMRAP 12:

12 Squats w/ SB on L Shoulder
6 Burpees
12 Squats w/ SB on R Shoulder
6 Burpees

Note: If no SB is available use a Backpack full of books.



WEEK 5

MONDAY:

A. Warm-Up:

AMRAP 5:

50 Russian Twists
5 Inch Worm Push-Up

B. Workout:

5 Rounds for time:

12 Squats w/ weight on L shoulder
6 Lateral Burpees over equipment
12 Squats w/ weight on R shoulder
6 Lateral Burpees over equipment

Note: Ideally use a SB. If you don't have a SB use a backpack full of books.

WEDNESDAY:

A. Warm-Up:

4 Rounds of:
:15s Biceps Curls
:15s Hold Middle Position of Biceps Curls

-then-

4 Rounds of:
:15s Skull Crushers
:15s Hold Middle Position of Skull Crushers

B. #myageinpushups

C. Workout:

Tabata SB Floor Presses*

-then-

Tabata No Push-Up Burpees

*Note: Ideally use a SB. If you don't have a SB use a backpack full of books.

TUESDAY:

A. Warm-Up:

4 Rounds of:
:15s Seated OH Presses
:15s Seated OH Hold

-then-

4 Rounds of:
:15s Bent-over Rows
:15s Bent-over Row Top Position Hold

B. #myageinpushups

C. Workout:

AMRAP 15:

10 Dimmel Deadlifts*
20 Anchored Sit-Ups(feet under equipment*)
40/80/40 Double-Unders/Single Unders/
JUMPing JACKs

*Note: Ideally use a SB. If you don't have a SB use a backpack full of books.

THURSDAY:

A. Warm-Up:

4 Rounds of:
:15s Side Delt Raises
:15s Hold Side Delt Top Position

-then-

4 Rounds of:
:15s Front Delt Raises
:15s Hold Front Delt Top Position

B. #myageinpushups

C. Workout:

AMRAP 12:

9 Inverted/Table Rows
6 Couch Step-Ups
3 Wall Walk

WEEK 5

FRIDAY:

A. Warm-Up:

4 Rounds of:
:15s Rear Delt Raises
:15s Hold Rear Delt Top Position

Note: Keep shoulder blades retracted/hold tension in the trap 2

-then-

4 Rounds of:
:15s Upright Rows
:15s Hold Upright Row Top Position

B. #myageinpushups

C. Workout:

3 Rounds of(9:00min)

1:00min Walking/Stationary Lunges
1:00min Walking/Stationary Bear Crawl
1:00min Shoulder Taps

SATURDAY:

A. Warm-Up:

Quality AMRAP 5:

Alternating Turkish Get-Ups

B. #myageinpushups

C. Workout:

1xME Bent-over Rows
1xME Presses + Push Presses
1xME Front Squats
1xME Dimmel Deadlifts
1xME Plank Hold

Note: Ideally use a SB. If you don't have a SB use a backpack full of books.

SUNDAY:

A. Warm-Up:

3 Rounds of:

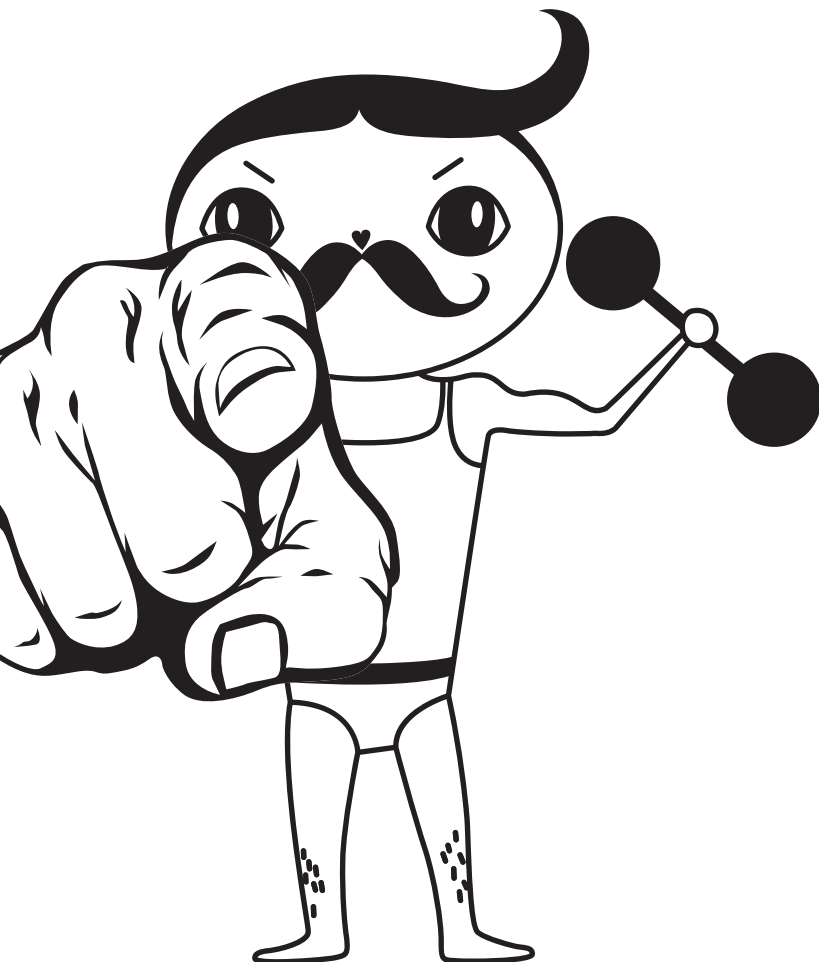
1:00min Butt-Burner
1:00min Mountain Climbers
1:00min Rest

B. #myageinpushups

C. Workout:

50-40-30-20-10

Double-Unders/Jumping Jacks
Sit-Ups



WEEK 6

MONDAY:

A. Warm-Up:

Tabata - 20s Move/10s Hold

SB Floor Presses

B. Workout:

3 Rounds for time of:

1x #myageinpushups

2x #myageinsitups

3x #my ageinairsquats

WEDNESDAY:

A. Warm-Up:

Hold SB in front rack position and either walk or keep standing.

Group listens to „Happy“ by Pharrell Williams. Every time you hear „happy“ perform a SB Thrusters.

B. #myageinpushups

C. Workout:

AMRAP 14:

3 DB Manmakers

3 Wall Walks

30 Jumping Jacks

TUESDAY:

A. Warm-Up:

4 Rounds of:

15s Move/ 15s Hold Top Position

Inverted Table Rows(or SB bent-over rows)

B. #myageinpushups

C. Workout:

AMRAP 10:

20 Alternating SB Stationary Lunges w/ SB on L shoulder*

10 Candlestick Rolls

*Note: Every round alternate shoulder supporting the SB

THURSDAY:

A. Warm-Up:

3 Rounds of:

30s Move/30s Hold

20s Move/20s Hold

10s Move/10s Hold

SB Carry

B. #myageinpushups

C. Workout:

For time:

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

Russian Twists(each side)

Anchored (weighted) Sit-Ups

KBS

WEEK 6

FRIDAY:

A. Warm-Up:

1 ME Set on each side of:

5 OA DB Side Delt Raises + 5 OA DB Arnold Shoulder Press + 5 OA DB OH Press

Repeat pattern until failure. Then repeat on other side.

B. #myageinpushups

C. Workout:

3 Rounds of:

45s Jumping Split Squats L leg in front

15s Rest

45s Alternating Shoulder Taps

15s Rest

45s Jumping Split Squats R leg in front

15s Rest

45s Alternating Stationary Bear Crawl Twists

15s Rest

SUNDAY:

A. Warm-Up:

4 Rounds of:

15s Move/ 15s Hold Top Position

Alternating DB Bent-over Row* with DB Bent-over Straight Arm Raise

*Top Position Hold of this exercise

B. #myageinpushups

C. Workout:

12 EMOM:

Even: 15 SB Front Squats

Odd: 20/40/20 Double-Unders/Single-Unders/Jumping Jacks

SATURDAY:

A. Warm-Up:

For quality:

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

DB Front Delt Raises

DB Side Delt Raises

DB Rear Delt Raises

DB Supinated Biceps Curls

DB Triceps Kick-backs

B. #myageinpushups

C. Workout:

60s Move/60s Rest

45s Move/45s Rest

30s Move/30s Rest

15s Move/15s Rest

Burpees

