

# 4 WEEK AT HOME EXERCISE PROGRAM

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# WEEK 1

## WORKOUT #1: UPPER BODY & CORE

**Rest 1 minute between sets, 2 minutes between groups of exercises**

### **Exercise 1: 4 sets**

- 10 pushups (knee or full)
- SUPERSET 1 minute plank

### **Exercise 2: 4 sets**

- 15 bicep curl with soup cans
- SUPERSET 30 seconds each side plank

### **Exercise 3: 4 sets**

- 15 overhead shoulder press with soup cans
- SUPERSET 20 total plank with hip bump

## WORKOUT #2: YOGA

### **33 minute balancing flow**

YouTube video that Sarah recommends by Adriene, [click here](#)

## WORKOUT #3: LOWER BODY & CORE

**Rest 1 minute between sets, 2 minutes between groups of exercises**

### **Exercise 1: 4 sets**

- 10 bodyweight glute bridges, 10 each leg single leg glute bridges
- SUPERSET 10 (per side) cross body mountain climbers

### **Exercise 2: 4 sets**

- 10 squat jumps
- SUPERSET 10 each side, straight arm plank with side step out

### **Exercise 3: 4 sets**

- Crabwalk, 5 steps each way, 3 times back and forth
- SUPERSET 10 each side, straight arm plank with toe tap

## WORKOUT #4: HIIT / TABATA

IGTV Live [@jv.movement](#) 5pm (Pacific Time) on Fridays. Or [Gold's On-Demand Workout](#) of your choice

# WEEK 2

## WORKOUT #1: UPPER BODY & CORE

**Rest 1 minute between sets, 2 minutes between groups of exercises**

### **Exercise 1: 4 sets**

- 15 each side, straight arm plank shoulder tap
- SUPERSET 10 standard sit up

### **Exercise 2: 4 sets**

- 10 each arm single row with soup can
- SUPERSET 15 straight leg crunches

### **Exercise 3: 4 sets**

- 15 body weight tricep (use couch or stable chair)
- SUPERSET 30 Russian twists

## WORKOUT #2: YOGA

### **35 minute Hip Hop Yoga (Flow)**

YouTube video that Sarah recommends by Hailey Perry, [click here](#)

## WORKOUT #3: LOWER BODY & CORE

**Rest 1 minute between sets, 2 minutes between groups of exercises**

### **Exercise 1: 4 sets**

- Reverse lunge ladder up to 5 (start at 1 each leg, then 2 each leg, all the way up to 5 each leg)
- SUPERSET 20 bird dogs

### **Exercise 2: 4 sets**

- 10 each leg lateral lunges
- SUPERSET 20 dead bugs

### **Exercise 3: 4 sets**

- 8 each leg single leg Romanian deadlift (no weight, focus on balance)
- SUPERSET 10 leg lowers + 10 alternating leg lowers

## WORKOUT #4: GOLD'S ON DEMAND

Heart Rate HIIT, 23 minute video, [click here](#)

# WEEK 3

## WORKOUT #1: UPPER BODY & CORE

**Rest 1 minute between sets, 2 minutes between groups of exercises**

### **Exercise 1: 4 sets**

- 15 in to out overhead shoulder press with soup cans
- SUPERSET 1 minute plank

### **Exercise 2: 4 sets**

- 15 lateral raises with soup cans
- SUPERSET 45 seconds each side plank

### **Exercise 3: 4 sets**

- 15 front raises with soup cans
- SUPERSET 10 each side, side plank with hip bump

## WORKOUT #2: YOGA

### **40 minute vinyasa flow**

YouTube video that Sarah recommends by Adriene, [click here](#)

## WORKOUT #3: LOWER BODY & CORE

**Rest 1 minute between sets, 2 minutes between groups of exercises**

### **Exercise 1: 4 sets**

- 10 each leg body weight split squats
- SUPERSET 10 straight arm plank shoulder tap to rotating plank

### **Exercise 2: 4 sets**

- 10 each leg fire hydrants
- SUPERSET 10 each side straight arm plank toe tap

### **Exercise 3: 4 sets**

- 10 each leg donkey kicks
- SUPERSET 10 up down planks

## WORKOUT #4: TABATA / HIIT

IGTV Live [@jv.movement](#) 5pm (Pacific Time) on Fridays. Or [Gold's On-Demand Workout](#) of your choice

# WEEK 4

## WORKOUT #1: UPPER BODY & CORE

**Rest 1 minute between sets, 2 minutes between groups of exercises**

### **Exercise 1: 4 sets**

- 10 pushups (knee or full)
- SUPERSET 50 scissor kicks

### **Exercise 2: 4 sets**

- 15 bicep curl to overhead press with soup cans
- SUPERSET 20 leg lowers

### **Exercise 3: 4 sets**

- 15 each side straight arm plank shoulder tap
- SUPERSET 50 bicycle crunches

## WORKOUT #2: YOGA

### **30 minute mobility sequence**

YouTube video that Sarah recommends by [Hailey Perry](#).

## WORKOUT #3: LOWER BODY & CORE

**Rest 1 minute between sets, 2 minutes between groups of exercises**

### **Exercise 1: 4 sets**

- 10 bodyweight glute bridges, 10 each leg single leg glute bridges
- SUPERSET 20 straight arm plank jacks (hop feet from together position to outside)

### **Exercise 2: 4 sets**

- 20 pulse squats
- SUPERSET 50 mountain climbers

### **Exercise 3: 4 sets**

- 10 each leg jump to switch split squats
- SUPERSET 10 each side straight arm plank with side step out

## WORKOUT #4: GOLD'S ON DEMAND

### **Let's HIIT it, 27 minute video**

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