



Parkour Journeys – Free Home Workout.

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Before we crack into this workout it's important to remember that it's designed so you can tailor it to your ability! Whilst we will be giving you a guide for how many reps and sets you should be doing as well as how much rest time you should be taking, it's important to adjust it for YOUR OWN LEVEL to prevent over training, or to make it harder if the workout is too easy for you. Be honest with yourself about your ability, and don't make it too easy!

Once you've completed the workout program all the way through, you'll have an idea of your ability. It's a good idea to record how many reps you manage for each set of each exercise, this way you can try to beat your previous score. This will show you the progress you're making with each round of the workout program, and help to keep you motivated!

You'll see below the 'rep ranges' given for each exercise. If you can't reach the given rep range for a particular exercise, you'll need to increase the recommended rest time. If you've managed to get to the top end of the rep range, then you'll need to decrease your rest time. As a rule we recommend trying to start with a 1 minute rest time between exercises if you're intermediate to advanced, and between 1.5 – 2 minutes of rest time if you're a beginner. If you've managed to get your rest time down to 30 seconds between each exercise, we recommend making it harder by taking more time to complete each rep, and attempting to execute the movement with the strictest form possible.

'Reps' – Repetitions, number of times an exercise is executed during a set.

'Sets' – Number of times each exercise is done during a workout.

'Rest time' – Amount of time taken between sets, in order to recover.

'Rep Range' – The difference between the lowest amount of reps aimed for, and the highest.

Now that's all covered, let's crack on!

Day 1 – Push

Exercise	Number Of Sets	Rep Range	Rest Time Recommendation
Handstand Pressups	3	5-7	60 seconds
High Incline Pressups	3	8-12	60 seconds
Low Incline Pressups	3	8-12	60 seconds
Pressups	3	8-12	30 seconds
Close Grip – Tricep Pressups	3	8-12	60 seconds
Kitchen Corner Dips	3	8-12	60 seconds
Sofa Extensions	3	8-12	60 seconds

Day 2 – Pull

Exercise	Number Of Sets	Rep Range	Rest Time Recommendation
Wide Grip Pull Up	3	8-12	60 seconds
Pull Up	3	8-12	60 seconds
Reverse grip Pull Up	3	8-12	60 seconds
Table Pull Up	3	8-12	30 seconds
Back Arch Press	3	15-20	60 seconds
Dorsal Raise	3	15-20	60 seconds

Day 3 – Legs

Exercise	Number Of Sets	Rep Range	Rest Time Recommendation
Pistol Squat	3	5-7	60 seconds (After Both legs are completed)
Bulgarian Split Squat	3	8-12	60 seconds
1 Leg Hip Thrust	3	8-12	60 seconds
Jumping Lunges	3	8-12	30 seconds
Jump Squats	3	8-12	60 seconds
Calf Raises	3	8-12	60 seconds

Abs

Exercise	Number Of Sets	Rep Range	Rest Time Recommendation
Crunch	1	12	
Flutter Kicks	1	12	
Leg Raise	1	12	
Bicycles	1	10	
Dish Crunch	1	10	
Leg Pull-ins	1	10	
Plank Punches	1	20 (10 each arm)	
Plank	1	30 second hold	
Plank Rocks	1	10	
Rest			30 Seconds
Repeat	4		

Congratulations!

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**Well done for completing the -
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If you have any questions, DM our
Instagram page @ParkourJourneys

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Remember to check out the weekly Vlog!

<https://www.youtube.com/channel/UCXOYdJWenwEi6NTDBDetYcw>

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For T-shirts and other merch Head to:

www.ParkourJourneys.com

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Thanks for checking us out! Stay Safe x