

MATT'S HOME GYM WORKOUT

BACK & LEGS

EQUIPMENT REQUIRED – 2 CHAIRS, BROOM HANDLE, WEIGHT (BAG WITH WEIGHT/DUMBBELLS...), BANDS.

- **PULL UP AND PRESS UP – 30 SEC**
- **INCLINE PULL UPS – 30 SEC**
- **LAT FLOOR DRAG – 30 SEC**
- **UPRIGHT ROW – 30 SEC**
- **GOOD MORNINGS – 30 SEC**
- **BAND FACE PULLS – 30 SEC**

REST

- **WEIGHTED SQUATS – 30 SEC**
- **(JUMP) LUNGES – 30 SEC**
- **THRUSTERS – 30 SEC**
- **NARROW LEG SQUATS – 30 SEC**
- **(WEIGHTED) BULGARIAN SQUATS – 30 SEC**
- **HAMSTRING FLOOR DRAGS – 30 SEC**

REST

!!!REPEAT FROM THE TOP X2 MORE!!!