

FREE GUIDE

4-Week At-Home Starter Plan

From the coaches at CrossFit OTL



Before you start

This plan is for anyone who wants to start moving again and doesn't know where to begin. You need a little floor space, a sturdy chair or couch, and a staircase or a single step.

How it works

- **3 workouts a week**, 20 to 25 minutes each, with a rest day between them.
- Each week adds a little. If a week felt hard, repeat it. That's still progress.

The 5-minute warm-up (every workout)

1. 1 minute marching in place, arms swinging
2. 10 arm circles each way
3. 10 slow air squats (sit back like there's a chair behind you)
4. 10 hip hinges: hands on hips, push your hips back, flat back
5. 30 seconds of jumping jacks, or step-jacks if jumping hurts

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The moves

Move	Easier	Harder
Air squat	Squat down to a chair and stand up	Pause 2 seconds at the bottom
Push-up	Hands on a counter or couch arm	Hands on the floor, knees or toes
Glute bridge	Both feet down, small lift	One leg at a time
Reverse lunge	Hold a wall or chair for balance	Step back slowly, knee kisses the floor
Step-up	The bottom stair, hold the rail	A higher step, no hands
Plank	Hands on a couch or knees down	Forearms on the floor, longer hold
Dead bug	Move only the legs	Opposite arm and leg together

What good looks like

- **Squat:** feet about shoulder width, weight in your heels, chest up, knees track over your toes.
- **Push-up:** one straight line from head to heels. Chest goes down, not just your head.
- **Lunge:** step back far enough that both knees bend to about 90 degrees.
- **Plank:** squeeze your glutes and pull your belly button in. No sagging hips.

The rules

- **Good reps beat fast reps.** If your form falls apart, slow down or pick the easier version.
- **You should be able to talk** in short sentences. Breathing hard is fine. Gasping isn't.
- **Sore is normal** the first week. Sharp pain is not: stop. New to exercise, pregnant, or managing a health condition? Check with your doctor first.

Weeks 1 and 2

Week 1: learn the moves

Day 1

3 rounds, rest 1 minute between rounds:

10 air squats · 8 push-ups · 10 glute bridges · 20-second plank

Day 2

Every minute for 10 minutes. Odd minutes: 8 reverse lunges (4 each leg). Even minutes: 20 seconds of dead bugs. Rest the rest of each minute.

Day 3

3 rounds, rest 1 minute:

10 step-ups (5 each leg) · 10 air squats · 8 push-ups · 30 seconds marching fast

Week 2: a little more

Day 1

4 rounds, rest 1 minute:

12 air squats · 8 push-ups · 12 glute bridges · 25-second plank

Day 2

Every minute for 12 minutes. Odd: 10 reverse lunges. Even: 25 seconds of dead bugs.

Day 3

As many rounds as you can in 12 minutes, at a steady pace:

10 step-ups · 10 air squats · 5 push-ups

Write down your rounds. You'll beat it in week 4.

Track it

Week 1 ☐ ☐ ☐ Week 2 ☐ ☐ ☐ Week 3 ☐ ☐ ☐ Week 4 ☐ ☐ ☐

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Weeks 3 and 4

Week 3: build

Day 1

4 rounds, rest 45 seconds:

15 air squats · 10 push-ups · 15 glute bridges · 30-second plank

Day 2

Every minute for 14 minutes. Odd: 12 reverse lunges. Even: 30 seconds of dead bugs.

Day 3

For time, at a pace you can hold:

50 air squats · 40 step-ups · 30 glute bridges · 20 push-ups

Break the reps up however you like.

Week 4: test yourself

Day 1

5 rounds, rest 45 seconds:

15 air squats · 10 push-ups · 15 glute bridges · 30-second plank

Day 2

Every minute for 16 minutes. Odd: 12 reverse lunges. Even: 30 seconds of dead bugs.

Day 3

Repeat week 2, day 3: as many rounds as you can in 12 minutes. Compare your score.

Done with week 4?

You've built the habit. The next step is a coach who can watch your form and add weight safely. That's what our free intro is for: sit down with a coach, talk about your goals, and see the gym. No workout, no cost.

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