



CANXL
HOME WORKOUT
SERIES

BY ZAK DRAKE

CANXL

HOME WORKOUTS

CHOOSE YOUR WORKOUT

FAST FOOTWORK BALL WORKOUT

CANXL BALL+CORE WORKOUT

CANXL BALL+LEG WORKOUT

CANXL BALL+UPPER WORKOUT

CANXL TOTAL BODY CIRCUIT - HARD

CANXL ACTIVATION SERIES WITH BAND

CANXL YOGA/STRETCH SERIES

CANXL STRENGTH MOBILITY SERIES

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HOME WORKOUT

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DETAILS

3-5 Rounds with focus
on Speed and Control
20 seconds on
20 seconds off

EQUIPMENT

- Just a ball

FAST FOOTWORK BALL WORKOUT

- * Toe Taps - Stationary
- * Bell Taps - Stationary
- * Toe Taps Forward and Backward
- * Bell Taps Forward and Backward
- * Push Pull Left Foot
- * Push Pull Right Foot
- * Step overs for speed!
- **Rest 1-2 minutes and repeat**

Cool down: Light lower body stretching

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DETAILS

3-5 Rounds
Each exercise
is 10 reps
(Left + right = 1 rep)

EQUIPMENT

- Just a ball

CANXL BALL+CORE WORKOUT

- * Low Leg Raises
 - Side to side over ball, feet together
- * Scissor kicks over ball
- * Russian twist with ball
- * Boat pose with ball
- * Ball between ankle in out
- * Ball between ankle leg raises
- **Rest 1-2 minute and repeat**

Cool down: Cobra/Sphinx pose (Ab stretch)

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DETAILS

3-5 rounds with focus on slow technique + muscle isolation

EQUIPMENT

- Ball
- Wall

CANXL BALL+LEG WORKOUT

- * Lunges + Spinal Rotation holding ball 20x
- * Single Leg Deadlift ball touches 10x each
- * Pistol Squat holding ball out 10x each
- * Wall Sit 30 seconds
 - Hold ball above head or out in front
- *Calf Raises 20x
- **Rest 1 minute and repeat**

Cool down: Light lower body stretching

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DETAILS

3-5 rounds with focus on quick movements and high reps to #FeelTheBurn

EQUIPMENT

- Ball
- Light weights or Water Bottles
or Band

CANXL BALL+UPPER WORKOUT

- * Pushups with ball Max effort
 - Single arm on ball and roll
 - * High Side Plank 15 reps each side
 - Switching Left and Right over ball
- Weights/Water bottle work
- * Small arm circles, 40 forward 40 backward
 - * Curl + press 40 reps both arms
 - **1 Minute rest and repeat**

Cool down: Light upper body stretching

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DETAILS

3-5 rounds
20-30 seconds each
for a real hit to the
cardio system

EQUIPMENT

- Nada

CANXL TOTAL BODY CIRCUIT - HARD

- * Burpees
- * Push ups
- * Plyo Squats
- * High Knees (fast!)
- * Mountain Climbers
- * Plyo Lunges
- * V-ups
- **2 minute rest**

Cool down: Light stretching

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DETAILS

3-5 rounds

EQUIPMENT

- Small Band
- Or done without band

CANXL ACTIVATION SERIES WITH BAND

- * Ankle Flexion Band Work 10x
- * Ankle Alphabet Both Feet 1x
- * Hip Clam Work 10x
- * Lay On Side Hip Work Band at Ankle 10x
- * Glute Bridge 5 Second Holds, 10x
- * Crab Walks with Band:
 - Squat Sideways steps 10 Steps
 - Zigzag Low Steps Front/Back 10 Steps
 - Split Stance Hop Switch 20x
 - - Squat Hop out-Hop in 20x

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DETAILS

1 round, 30-60
seconds of each

EQUIPMENT

- Yoga Mat
(Not required)

CANXL YOGA/STRETCH SERIES

- * Downward Dog (calf + hamstring)
- * Rag-doll (hamstring + low back)
- * Kneeling Quad Stretch Right + Left (quads)
- * Cat Cow (chest/back)
- * Spinal Rotation Right + Left (shoulders)
- * Child's Pose (hips/shoulders)
- * Low Lizard Pose Right + Left (hips)
- * Pigeon Pose Right + Left (hips)
- * Butterfly (groin)
- * Lying Cross Over Right + Left (glutes)
- * Corpse Pose (relaxation of body/mind)

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DETAILS

3-5 rounds
1 minute exercises
with minimal rest
in between

EQUIPMENT

- Nada

CANXL STRENGTH MOBILITY SERIES

- * Bird dogs (Switching Right + Left)
- * Dead bugs (Switching Right + Left)
- * Side Lying Leg Lifts
 - Left 30 seconds, Right 30 seconds
- * Low Isolation Lunge Hold
- * Low (Ab) Plank

1 minute rest and repeat