

Workout #1:

Upper Body:

Push Up Pyramid:

Set 1 = 10 reps feet elevated, 8 reps regular, 6 reps hands elevated

Set 2 = 8 reps feet elevated, 6 reps regular, 4 reps hands elevated

Set 3 = 6 reps feet elevated, 4 reps regular, 2 reps hands elevated

- 1 minute rest after each set
- If needed pause in the middle to recover to make sure reps are PERFECT

Lower Body:

Tempo body weight squat (3 sec. down, 3 sec. pause at bottom, 3 sec. up) x 6 reps

Superset w/ a Towel Leg curl x 10 reps (Like the roller leg curl but w/ towel on ground)

Superset w/ a Wall Sit x 1:20

- 4 sets of each exercise
- 1:00 rest after each set

Circuit:

Squat Jumps

Bicycles

High Knees (in place)

Front Plank w/ alternating knee tuck

Alternating Lunges (in place)

- :30 seconds ON :15 seconds OFF
- 5 Rounds

Workout #2:

Circuit 1:

Burpees

Toe Taps (tap toe to a stair)

Crunches

Mountain Climbers

Jumping Jacks

Leg Lifts

- Round 1 = 1:00 ON :30 OFF
- Round 2 = :45 ON :20 OFF
- Round 3 = :30 ON :10 OFF

2:00 Rest

Circuit 2:

Split Jumps

Lane Slides (if not on a court use your imagination)

Sit Ups

Line Hops (Front/Back and Side/Side for height)

Suitcases

Body weight squats (as fast as possible)

- Round 1 = 1:00 ON :30 OFF
- Round 2 = :45 ON :20 OFF
- Round 3 = :30 ON :10 OFF

Workout#3:

Upper Body:

Push Ups: MAX SET

- Do as many PERFECT regular pushups as possible until failure
- If you cannot get at least 15 reps then do pushups w/ knees on the ground
- 2:00 rest

Push Ups 3 sets of half of the reps you achieved on your MAX set

- Example: If you did 20 reps for your max set then you will do 3 sets of 10 reps after
- 1:00 rest after each set

Dips (on chair or table) 3 sets of 12 reps

Lower Body:

Rear Foot Elevated Split Squat x 10 each

Superset w/ lateral lunge x 8 each

Superset w/ Single Leg Glute Bridge x 10 each

- 4 sets of each exercise
- 1:00 rest after each set

Circuit:

Wall Sit

Russian Twists

Tuck Jumps

Alternating Reverse Lunges

Toe Touches (ab exercise)

- :30 ON :15 OFF
- 5 Rounds

Workout #4:

Circuit 1:

Lane Slides

Pike Ups (ab exercise)

Vertical jumps (Jump as high as you can each rep)

Sit ups w /twist at the top

Squat jumps

Split jumps

- Round 1 = 1:00 ON :30 OFF
- Round 2 = :45 ON :20 OFF
- Round 3 = :30 ON :10 OFF

2:00 Rest

Circuit 2:

Burpees

Flutter Kicks (ab exercise)

Front Plank w/ side to side hip taps

Line Hops (Scissors and Criss Cross)

Superman hold

Split jumps

- Round 1 = 1:00 ON :30 OFF
- Round 2 = :45 ON :20 OFF
- Round 3 = :30 ON :10 OFF

Workout #5:

Upper Body:

Negative Pushups x 6 reps with a 6 second count down from the top

Superset w/ Prone Y, T, W holds x :20 each

Superset w/ Shoulder taps x 10 each

- 4 sets of each exercise
- 1:00 rest after each set

Lower Body:

Walking Lunges x 20 total steps

Superset w/ Body Weight Squats x 20 reps

Superset w/ Split Squat Hold x :20 each side

- 4 sets of each exercise
- 1:00 rest after each set

Circuit:

Sit up (half rep + full rep)

High Knees (in place)

Speed Skater Jumps

Hip Lift (ab exercise)

Mountain Climbers

- :30 ON :15 OFF
- 5 Rounds