

## **Workout #1:**

- You will need a chair/couch for this workout

### **Warm Up: 3 Rounds**

Jumping Jacks x 30  
Thoracic 90-90 x 6 each  
Scorpions x 5 each  
Mountain Climber Stretch x 3 each

### **Upper Body:**

Pushups x 8 PERFECT REPS  
    Superset w/ dips (on chair/couch) x 12 reps  
    Superset w/ Shoulder Taps x 8 each (slow and controlled)

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

### **Lower Body:**

Step ups x 8 each  
    Superset w/ Single Leg Glute Bridge x 10 each (foot on the chair/couch)  
    Superset w/ Rear Foot Elevated Split Squat x 10 each  
    Superset w/ wall sit x 1:00

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

### **On the Minute Circuit:**

Burpees x 5 reps  
Squat Jumps x 10 reps

- Week 1 = 10 rounds EMOM (every minute on the minute)
- Week 2 = 12 rounds EMOM

## **Workout #2:**

- You will need a backpack (filled with heavy objects) or dumbbells for this workout

### **Warm Up: 3 Rounds**

Jumping Jacks x 30  
High Knees (in place) x 30 total  
Burpees x 6  
World's Greatest Stretch x 2 each side

### **Upper Body:**

Tempo Pushup x 6 reps (3 sec count down, 2 sec pause at bottom, fast up)  
Superset w/ Pullover x 12 reps (use backpack/dumbbells)  
Superset w/ Prone Y,T,W Hold x :20 each position  
Superset w/ Front Plank (switch from elbows to hands) x 10

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

### **Lower Body:**

Walking Lunges x 24 total steps (use backpack/dumbbells for weight)  
Superset w/ Glute Bridge Walk out x 6 (out and in = 1 rep)  
Superset w/ Single Leg Squat x 8 each (lower down to chair/couch)  
Superset w/ Side Plank w/ hip abduction x 10 each

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

### **On the Minute Circuit:**

Split Jumps x 10 total  
Sit Ups x 5  
Mountain Climbers x 30 total

- Week 1 = 10 rounds EMOM (every minute on the minute)
- Week 2 = 12 rounds EMOM

## **Workout #3:**

- You will need a heavy backpack (or dumbbells) for this workout

### **Warm Up: 3 Rounds**

Skater Jumps x 12 total  
Alternating Lunges x 30 total  
Front and Back Line Hops (for height) x 30 total jumps  
Saigon Squats x 6  
Mountain Climber Stretch x 3 each side

### **Upper Body:**

Pushups (ladies knees on ground) x :15 hold at bottom + 5 reps + :10 hold + 5 reps + :5 hold + 5 reps

Superset w/ Shoulder Press w/ backpack x 20 reps

Superset w/ Prone snow angels x 8 reps

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

### **Lower Body:**

Body weight squat x 10 reps (2 second count down each rep)

- After the 10<sup>th</sup> rep immediately do a :30 hold at the bottom
- Repeat 10 more reps w/ another :30 hold and set is finished

Superset w/ Split Squat x 6 each leg (10 second count down until knee touches ground)

Superset w/ Single leg Glute Bridge hold x :45 each leg

Superset w/ Wall Sit x 1:00

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

### **On The Minute Circuit:**

Tuck Jumps x 10 reps

Bicycles x 20 total reps

Burpees x 3 reps

- Week 1 = 10 rounds of EMOM (every minute on the minute)
- Week 2 = 12 rounds of EMOM