

Workout #1:

- You will need a towel/rag for this workout

Warm Up: 3 Rounds

Jumping Jacks x 30

High Knees (In Place) x 40 total

Inch Worms x 5

Lateral Lunge w/ a Shift x 3 each

Lower Body:

Split Squat + Lunge Combo x 10 – 10 second – 10 – 10 second

- Do 10 reps of split squat immediately followed by a 10 second split squat hold @ bottom
- After hold immediately do 10 lunges followed by another :10 hold (do all R leg then L)
 - Superset w/ Single Leg Towel Leg Curl x 8 each
 - Superset w/ Single Leg Wall Sit x :30 each
 - Superset w/ Body Saws x 10
- 4 sets of each exercise
- 1:00 rest after each round

Upper Body:

Spiderman Pushups x 10 total

Superset w/ Tall Plank Single Arm Hold x :30 each

Superset w/ Dips (slow 4 second count on the way down) x 12

Superset w/ Superman Hold x 1:00

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

On the Minute Circuit:

Plank Jacks w/ Knee Tuck x 8 reps (out-in-in-out = 1)

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

Split Jumps x 10 total
Line hops front/bank & side/side x 15 each
Thoracic Windmill x 5 each
Scap Pushups x 8

Lower Body:

Tempo Body Weight Squat :5-:5-:5 x 8

- :5 count down, :5 hold at bottom, :5 count up = 1 rep
Superset w/ Lateral Lunge x 8 each
Superset w/ Side Plank w/ Adduction hold x :30 each
Superset w/ Tempo Sit up (:3 count down) x 10
- 4 sets of each exercise
- 1:00 rest after each set

Upper Body:

Pushup AMRAP (as many reps as possible) (Set 1 1:00) (Set 2 :45) (Set 3 :30) (Set 4 :15)

- Superset w/ Backpack/Dumbbell Single Arm Upright Row x 12 each
- Superset w/ Backpack/Dumbbell Single Arm Front Raise x 12 each
- Superset w/ Front Plank w/ Alternating Knee Tuck x 16 total

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

On the Minute Circuit:

Speed Skater Jumps x 10 total
Pike Ups x 10
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:

5:00 light jog

Walking Ankle Pull x 6 each

Saigon Squats w/ Thoracic Rotation x 5

Walking Quad Pull x 6 each

Lower Body:

Clapping Pushups x 6

Superset w/ Feet Elevated Pushups x 10

Superset w/ Bent Over Backpack/Dumbbell Row x 20

Superset w/ Side Plank w/ Reach Through x 10 each

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

Lower Body:

Tempo RFE Split Squat (:3 down, :3 hold, :3 up) x 8 each

Superset w/ Split Jumps x 10 total jumps

Superset w/ Step Ups x 10 each side (use couch/chair or stairs)

Superset w/ Glute Bridge Walk Outs x 9

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

On The Minute Circuit:

Burpees (chest to ground) x 5 reps

Tuck Jumps x 10 total reps

Sit ups x 5 reps

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