

## **Workout #1:**

- You will need sweat pants and a door frame for this workout

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

Jump Rope x 1:00 (If you don't have a jump rope... pretend)

Squat Jumps x 10

Straight Leg Kick x 5 each

90/90 Hip Flow x 5 each

Bretzel Stretch x 5 breaths each

### **Lower Body:**

Lunge to Step Up Combo x 5 each

Superset w/ Single Leg Step Up Jumps x 5 each

Superset w/ Single Leg Squat x 10 each (Use sweat pants in door frame)

Superset w/ Sit ups x 10 (1/2 + Full = 1 Rep)

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

### **Upper Body:**

Assisted Single Arm Push Up x 8 each

Superset w/ Inverted Row x 20 (Use sweat pants in door frame)

Superset w/ Iso Chair Dips x 8 (:5 hold at the bottom each rep)

Superset w/ Hollow Hold x :30

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

### **Circuit:**

Burpees x 5 (Chest to ground)

Reverse Lunge x 10 each

Mountain Climbers x 30 total

- Week 1 = 10 Rounds (Finish As Fast As Possible)
- Week 2 = 12 Rounds (Finish As Fast As Possible)

## **Workout #2:**

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

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

Jumping Jacks x 30  
Alternating Lunges x 16 total  
Lateral Lunge w/ a shift x 3 each  
Torso Twists x 10 each  
Inch Worms x 5

### **Lower Body:**

BW Squat AMRAP (As many Reps as Possible) (Set1: 2:00) (Set2: 1:30) (Set 3&4: 1:00)

Superset w/ Duffle Bag Single Leg RDL x 10 each

Superset w/ Heel Tap Squats Standing on Chair x 8 each

Superset w/ Suitcase w/ a Twist x 12

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

### **Upper Body:**

Pike Pushup x 10

- Put feet up on stair or couch in pike position to make more of a shoulder press

Superset w/ Face Pull x 20 (put sweat pants in door frame)

Superset w/ Duffle Bag Front Raise x 15

Superset w/ Alternating Pike Ups x 12 total

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

### **Circuit:**

:30 on :15 off x 5 Rounds

High Knees x 10 total

Split Jumps x 4 total

:30 on :15 off x 5 Rounds

Toe Touches x 5

Suitcases x 5

:30 on :15 off x 5 Rounds

Mountain Climbers x 10 total

Lateral Crawl x 2

- Alternate between the two exercises until the time is up
- Do all 5 rounds of each pair before moving onto next
- Week 1 = 5 rounds of each pair of exercises
- Week 2 = 6 rounds of each pair of exercises

## **Workout #3:**

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

### **Warm Up:**

High Knees (in Place) x 50 total  
World's Greatest Stretch x 3 each  
Scorpions x 10 total  
Knees Side to Side x 10 total

### **Lower Body:**

Tempo Front Foot Elevated Split Squat x 5 each (:5 down :5 hold :5 up)  
Superset w/ Single Leg Squat x 8 each (lower down to a chair)  
Superset w/ Split Squat Iso Hold x :45 each  
Superset w/ Side Plank w/ Hip Tap x 10 each

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

### **Upper Body:**

Push Up Iso Hold 3x:20 (Do 3 reps of :20 holds each round)  
Superset w/ Duffle Bag Front raise x 20  
Superset w/ Prone Y, T, W Hold x :25 each  
Superset w/ Ab Rollouts x 10 (Use towel, ab wheel, slider etc)

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

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

Front Plank w/ Alternating Knee Tuck x 10 total  
Squat Jumps x 10  
Body Weight Squats x 10

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