

Workout #1:

- You will need a heavy back pack or duffle bag for this workout

Warm Up: 3 Rounds

High Knees (in place) x 30 each
Tuck Jumps x 10
Line Hops (front and back fast) x 30 total jumps
Kneeling Thoracic x 6 each
Saigon Squats x 8

Lower Body:

RFE Split Squat w/ Iso holds x 10 reps - :15 hold – 10 reps - :15 hold (use bag for weight)
(all right leg then all left leg)

Superset w/ RFE Split Jumps x 4 each (reset after each jump)

Superset w/ Single Leg 3 position Glute Bridge x :15 each position
(Hold at 90 degrees, 135 degrees, 180 degrees)

Superset w/ Body Saws x 12

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

Upper Body:

Push up w/ iso holds x 10 reps - :15 hold – 10 reps - :15 - hold

Superset w/ single arm Backpack shoulder press x 15

Superset w/ single arm Backpack lateral raise x 12

Superset w/ Bicycles x 25 each

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

On The Minute Circuit:

Burpees x 5 (Chest to ground)

Squat Jumps x 10 reps

- Week 1 = 11 Rounds (EMOM)
- Week 2 = 13 Rounds (EMOM)

Workout #2:

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

Warm Up: 3 Rounds

20 yard Sprint

Straight Leg Kick x 10 total

Forward Lunge w/ a reach x 4 each

Scap Pushups x 10

Quad Pull x 5 each

Lower Body:

Body Weight Squats (As fast as possible, perfect reps!) x 50

Superset w/ Towel Leg Curl (curl up w/ 2 legs out w/ 1 leg) x 12 total

Superset w/ Forward Lunges x 20 each

Superset w/ Side Plank w/ Abduction x 10 each

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

Upper Body:

Hand Stand Push up (up against wall) x 6

- If you are unable to do this then regress back to the Pike Pushups x 10)

Superset w/ Backpack Single Arm Row x 15 each

Superset w/ Backpack Single arm Iso hold x :30 each

Superset w/ Leg lifts x 15

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

Circuit:

High Knees

Squat Jumps

Reverse Lunges

- :30 ON :15 OFF
- Week 1: 6 Rounds
- Week 2: 7 Rounds

Workout #3:

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

Warm Up:

Burpees x 12
World's Greatest Stretch x 3 each
Inch worms x 10 total
Bretzel Stretch x 5 breaths each side
Prone YTW x 8 each

Lower Body:

Goblet Squat w/ Reverse lunge x 10 squats + 10 lunges each
Superset w/ Single Leg Squat x 10 each (lower down to a chair)
Superset w/ Single Leg Wall Sit x :35 each
Superset w/ Front Plank w/ Hip Taps x 10 each

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

Upper Body:

Push Up Pyramid
Sets 1 & 2 = 12 reps feet elevated, 10 reps regular, 8 reps hands elevated
Sets 3 & 4 = 10 reps feet elevated, 8 reps regular, 6 reps hands elevated
Superset w/ Bent over Post Delt x 15 (use an object in each hand as weight)
Superset w/ Prone Snow Angels x 8 (Laying on stomach)
Superset w/ Tall Plank Knee Tucks x 15 (Use towel, ab wheel, slider etc)

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

Circuit:

Burpees
Toe Taps (tap toe to a stair)
Mountain Climbers
Jumping Jacks

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