

Workout #1:

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

Warm Up: 3 Rounds (only jog 3:00 once)

Jog 3:00

Squat Jumps x 10

Lateral Lunge w/ a shift x 3 each

Laying knees side to side x 5 each

Saigon Squats x 8

Lower Body:

Single Leg Squat x 10 each (Slow and controlled lowering down to a couch, stand up on 1 leg)

Superset w/ Broad Jumps x 4

Glute Bridge Walk Out x 10 (out and in = 1 rep)

Superset w/ Tempo sit ups x 10 (:3 count on the way down)

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

Upper Body:

Push ups work to 30 reps (do as many perfect reps as possible until you can't, stop at 30)

Superset w/ single arm upright row x 15

Superset w/ Prone Snow Angels x 8 each

Superset w/ Dragon Flags x 4 (Lower slowly down)

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

On The Minute Circuit:

Alternating Lunges x 12 total

BW Squats x 12

Split Jumps x 12 reps

- Week 1 = 12 Rounds (EMOM)
- Week 2 = 14 Rounds (EMOM)

Workout #2:

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

Warm Up: 3 Rounds

High Knees x 30
Straight Leg Kick x 10 total
BW SL RDL x 4 each
Thoracic 90/90 x 6 each
Hip Flexor Stretch x :30 each

Lower Body:

Split Squats x 15 – Split Squat Iso Hold x :20 – Split Squats x 10 – Split Squat Iso Hold x :15
Superset w/ Single Leg RDL x 8 each
Superset w/ Squat Jumps x 10
Superset w/ Alternating Pike Ups x 10 each

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

Upper Body:

Hand Stand Push up (up against wall) x 10
• If you are unable to do this then regress back to the Pike Pushups x 15)
Superset w/ Backpack Tempo Single Arm Row x 8 each (:3 down, Fast up, :3 pause)
Superset w/ Prone Iso I, T, M x :20 each
Superset w/ Hollow Hold x 1:00

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

Circuit:

Fast Body weight Squats
Russian Twists
Wall Sit

- :30 ON :15 OFF
- Week 1: 7 Rounds
- Week 2: 8 Rounds

Workout #3:

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

Warm Up:

Jumping jacks x 25
Mountain Climber Stretch x 4 each
Knee Hug x 10 total
Chest stretch x :30 each
Single Arm Scap Pushup x 6 each

Lower Body:

Tempo Alternating forward lunges (:5 hold at bottom each rep) x 10 each
Superset BW squats x 10 – Split Jumps x 5 each – BW Squats x 10 – Split Jumps x 5
Superset w/ Single Leg Glute Bridge Hold x 1:00 each
Superset w/ Leg Lift w/ a Hip Lift x 12

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

Upper Body:

Single arm pushup w/ assisted arm rollout x 10 each
Superset w/ Door Frame Row x 15 (use bed sheet/pants in a door frame)
Superset w/ Thoracic Windmill x 6 each
Superset w/ Tall Plank w/ rotational knee tuck x 10 each

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

Circuit:

Burpees
Pogo Jumps on to stair and off
Mountain Climbers
Plank Jacks

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