

Workout #1:

Warm Up: 3 Rounds

Burpees x 10
Split Jumps x 10 total
Forward Lunge w/ a Reach x 3 each
Inch Worms x 5
Thoracic 90/90 x 6 each

Lower Body:

Body Weight Squat AMRAP x 5:00 (As many reps as possible in 5:00 record the amount!)
 Superset w/ Alternating Lunges AMRAP x 4:00
 Superset w/ Towel Leg Curl AMRAP x 3:00
 Superset w/ Sit Ups AMRAP x 5:00

- 1 set of each exercise
- 2:00 rest after each exercise

Upper Body:

Push Up AMRAP x 5:00 (As many reps as possible in 5:00 record the amount!)
 Superset w/ Door Frame Row AMRAP x 5:00
 Superset w/ Prone T's x the same amount of reps you did w/ pushups
 Superset w/ Russian Twist AMRAP x 5:00

- 1 set of each exercise
- 2:00 rest after each exercise

On The Minute Circuit:

Burpees x 5 reps
Squat Jumps x 10 reps

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

~20 yard sprint x 1
Jumping Jacks x 30
High Knees x 30 total
Hip Flow x 5 each
Thoracic Windmill x 6 each
Split Squat x 15 each

Lower Body:

Iso Split Squat Hold x 1:00 each
 Superset w/ Single Leg Glute Bridge Iso Hold x 1:00 each
 Superset w/ Single Leg Explosive Glute Bridge Cycle x 4 each
 Superset w/ Hollow Hold x 1:00

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

Upper Body:

Push Up Iso Hold x Work to 1:00

- Hold at bottom of push up for 1:00 total time taking as little break time as possible

 Superset w/ Backpack Side Raise Iso Hold x :45 each
 Superset w/ Scarecrows x 10
 Superset w/ Front Plank w/ Alternating Knee Tuck x 10 each

- 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 = 12 rounds of EMOM (every minute on the minute)
- Week 2 = 14 rounds of EMOM

Workout #3:

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

Warm Up: 3 Rounds

Burpees x 15

World's Greatest Stretch x 4 each

Deep Squat w/ Hip Internal + External Rotation x 10 total

Side Plank x :30 each

Kneeling Thoracic x 6 each

Lower Body:

Tempo RFE Split Squat (:5 down :5 hold :5 up) x 5 each

Superset w/ Tempo Single Leg Squat (Lower to couch) (:5 count down) x 6 each

Superset w/ Single Leg Wall Sit x :40 each

Superset w/ Tempo Sit ups (:5 down fast up) x 10

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

Upper Body:

Tempo Pushup (:3 down, :2 hold, :1 up) x 8-12 reps

Superset w/ Tempo Duffle Bag Front Raise (:3 up :3 hold :3 down) x 10

Superset w/ Tempo Duffle Bag Single Arm Row (:3 up :3 hold :3 down) x 6 each

Superset w/ Tempo Body Saws (:3 back :3 hold :3 forward) x 6

- 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 = 12 rounds EMOM (every minute on the minute)
- Week 2 = 14 rounds EMOM