

## **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 12 – 20 second – 12 – 20 second

- Do 12 reps of split squat immediately followed by a 20 second split squat hold @ bottom
- After hold immediately do 12 lunges followed by another :20 hold (do all R leg then L)
  - Superset w/ Single Leg Towel Leg Curl x 10 each
  - Superset w/ Single Leg Wall Sit x :40 each
  - Superset w/ Body Saws x 12
- 4 sets of each exercise
- 1:00 rest after each round

### **Upper Body:**

Spiderman Pushups x 12 total

Superset w/ Tall Plank Single Arm Hold x :20 each

Superset w/ Dips (slow 4 second count on the way down) x 15

Superset w/ Superman Hold x 1:15

- 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 = 12 rounds EMOM (every minute on the minute)
- Week 2 = 14 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 10

- :5 count down, :5 hold at bottom, :5 count up = 1 rep  
Superset w/ Lateral Lunge x 10 each  
Superset w/ Side Plank w/ Adduction hold x :45 each  
Superset w/ Tempo Sit up (:3 count down) x 12
- 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 1:00) (Set 3 :45) (Set 4 :45)

- Superset w/ Backpack/Dumbbell Single Arm Upright Row x 15 each
- Superset w/ Backpack/Dumbbell Single Arm Front Raise x 15 each
- Superset w/ Front Plank w/ Alternating Knee Tuck x 20 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 = 12 rounds EMOM (every minute on the minute)
- Week 2 = 14 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

#### **Upper Body:**

Clapping Pushups x 10

Superset w/ Feet Elevated Pushups x 12

Superset w/ Bent Over Backpack/Dumbbell Row x 25

Superset w/ Side Plank w/ Reach Through x 12 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 12 each

Superset w/ Split Jumps x 12 total jumps

Superset w/ Step Ups x 12 each side (use couch/chair or stairs)

Superset w/ Glute Bridge Walk Outs x 10

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