



Go for 2 or 3 rounds

Squat Pulse (20 sec Right)

Squat Pulse (20 sec Left)

Lunge Pulse, Hands over head (left)

Lunge Pulse, Hands over head (Right)

Lunge Pulse hop 2 inches (Right)

Lunge Pulse hop 2 inches (Left)

Lunge Pulse, side to side (Right)

Lunge Pulse, side to side (Left)

Lunge Pause, pulse, switch

Warm Up:

:30 Standing Single Leg Swings

:30 Elbow to Kne (Right & Left)

:30 Over head Finger tips to Toe Stretch

:30 Jump Sideways RT/LT High Knee

1:00 Jumping Jacks

Get timer and do 6 rounds changing each round 10 secs off per set (60 sec 1 round, 50 sec 1 round, 40 sec etc.) Rest 1 min between rounds. (I use a stop watch, set the timer at 60 secs. count to 10 and press go again on all 4 exercises below).

Full Round:

Squat into Jump Lunge (RT & LT)

High Kneess at Hip Height

Burpees (optional pushup)

Jumping Jacks

Squat Hold

One-Leg Fwd Push-up (Left)

Squat Hold

One-Leg Fwd Push-up (Right)

Jump Lunges

Back Bow hold

Jump Lunges

Back Bow hold

One Leg Fwd Switch Push-ups

Squat, Touch floor, hop up, Arms over head

One Leg Fwd Switch Push-ups

Squat, Touch floor, hop up, Arms over head

Rest 1 Minute

Push up, Right Leg Up, Push Up Left Leg Up

Lunge Right Leg Rotate Arms to Right

Lunge Left Leg Rotate Arms to Left

Plank Right Arm out

Left Leg out on Knee

Plank Left Arm out

Right Leg out on Knee

High Knees

Go for 2 or 3 rounds

Rest 1 min & Continue

Cont.

FOLD

A1 - Tabata Leg (20/10 Rest) 12 MIN ROUNDS **START**

Rest 1 min

Cont.

FOLD

A2 - Glutes Workout (20/10 Rest) 4:30 MIN ROUNDS

Rest 1 min. Go for 2 to 3 rounds

Cont.

FOLD

A3 - Anaerobic (20/10 Rest) 13 MIN ROUNDS **START**

Rest 1 min.

Cont.

FOLD

A4 - Full Body Lt. Weight Workout 7:30 MIN ROUNDS **START**

Bear Crawl Fwd & Back

Jump Lunges Left & Right

Bear Crawl Full Extention

Jump Lunges (Go Deep) Switch

Bear Crawl Jump, Walk Back

Lunge, Pause, Stand, Switch Legs

Bear Crawl Jump out, Push up, then, push jump back.

Split Jump Lunges

Glute Bridge

Glute Iso Hold

Single Leg Glute (Right)

Single Leg Glute (Left)

Glut Marching Hops (Switch)

Running in air

Plyo Glute Bridges

Single Plyo Hop in air (Right)

Single Plyo Hop in air (Left)

Glute Bridge Hamster Walk

Go for 3 or 5 rounds

High Knee's

Sit-up Toe Touches

High Knee's

Sit-up Toe Touches

Burpee (Right) Leg only

Push-up (Right) Arm out Push-up & Back

Burpee (Left) Leg only

Push-up (Left) Arm out Push-up & Back

Squat Tacks (Jumping Jack squat position)

Side Plank Hip Raises (Right side)

Squat Tacks (Jumping Jack squat position)

Side Plank Hip Raises (Left side)

Jumping Jacks w/ Lite Dumbbells

Skier Swings w/ Dumbbells

Thrusters

Rotational Punch w/ Dumbbells

Diagnal Chop (Right)

Diagnal Chop (Left)

Discus Throw (Right)

Discus Throw (Left)

Ground & Pound w/ Dumbbells

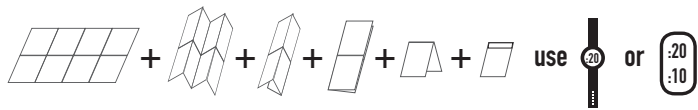
Speed Z Press Up Quickly

Rest 1 min next page...

Suggested Weight at your discretion



**20/10 Rest** 20 seconds on, 10 seconds off. Once you finish first set rest for one minute.





**B1 - Full Body (20/10 Rest)** 9 MIN ROUNDS **START**

FOLD

Rest 1 min & Continue (20/10 Rest) **Cont.**

Side Plank Side to Side  
One at a Time RT & LT  
Run in Place - High Knees  
Plank, Push Up, RT Arm up  
Plank, Push Up, LT Arm up  
RT Knee -> Side High Step RT 1,2,3  
LT Knee -> Side High Step LT 1,2,3  
Plank Hold on Elbows RT to LT  
Lung RT Leg Hold, Arms quickly  
move RT to LT (Fast)  
Hold Plank on Elbows,  
Push up, side to side  
Switch Lung Hold, Arms quickly  
move RT to LT (Fast)  
Go for 2 or 3 rounds

**B2 - Full Body Tabata (20/10 Rest)** 6 MIN ROUNDS **START**

FOLD

Rest 1 min & Continue **Cont.**

1 Leg at time on bench lift  
Switch Leg Run on Bench, Fast  
Backward Lunges RT/LT  
Jump Switch Lunges  
Full Deep Squats  
Air Squats into Jump  
Go for 3 or 5 rounds

**B3 - Abs & Core (20/10 Rest)** 10 MIN ROUNDS **START**

FOLD

Rest 1 min & Continue **Cont.**

Plank Tuck Knee, Leg Back,  
Push Up RT  
Plank Tuck Knee, Leg Back,  
Push Up LT  
Plank RT Side, Legs 90° Lift Up  
Plank RT Side, Legs 90° Lift Up  
Sit Up Toe Touches RT/LT  
Bicycle Abs, Elbow to Knees  
Ab Duction-Side Plank Leg Raise RT  
Ab Duction-Side Plank Leg Raise LT  
Go for 1 or 3 rounds

**B4 - Full Body (20/10 Rest)** 8:00 MIN ROUNDS **START**

FOLD

Rest 1 min  
Go for 2 to 4 Rounds **Cont.**

Deep Reverse Lunge RT Leg  
Swing RT Arm Up  
Deep Reverse Lunge LT Leg  
Swing LT Arm Up  
Reverse Lunge into LT Leg  
RT High Knee  
Reverse Lunge into LT Leg  
LT High Knee  
Toe Touch, opposite LT Foot  
into a High Knee  
Toe Touch, opposite RT Foot  
into a High Knee  
Toe Touch, opposite RT Foot  
into a High Knee  
Toe Touch, opposite RT Foot  
into a High Knee  
Toe Touch, opposite RT Foot  
into a High Knee, and Hop  
Go for 2 or 3 rounds

Plank 1 Leg at a time both RT&LT  
Hop Side to Side  
Plank Leg Switch RT&LT Fast  
Hop Forward & Back  
Plank Leg Jumps Forward & Back  
Hop Side to Side 1 Leg for 10sec  
and Switch to other Leg 10sec  
Plank leg Jump Forward &  
Back into Push up  
Hop Fwd & Back 1 Leg for 10sec  
and Switch to other Leg 10sec

Plyo Push Ups  
Mountain Climbers  
Squat Pulse  
Sumo Deadlift Squat Jump  
Break Dance LT/RT + Donkey Kick  
Alternating Split Jump LT/RT  
into a Burpee

Butterfly Sit Ups  
Shin Hover Sit Ups (Touch Shins)  
Elbow to Fist Plank RT  
Elbow to Fist Plank LT  
Trench Crawls: Planks and Walk  
Elbows Fwd & Back 3-5 inches  
Alternate Superman Plank  
Touch Thighs  
Side Plank RT & Swing Leg Fwd/Back  
Side Plank LT & Swing Leg Fwd/Back

High Knee Run in Place 4 sec.  
Into Burpee  
Side to Side Ski to Burpee  
Lateral Burpees  
Jump and Clap  
Frog Jump Burpee Turnarounds  
-> Jump-Turn-around-  
fall into Burpee  
x 2 Rounds Above



**20/10 Rest** 20 seconds on, 10 seconds off. Once you finish first set rest for one minute.

