



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WARMUP	JUMP ROPE :60 ARM CIRCLES x10 EA DIRECTION HIGH KNEES x20 2 ROUNDS	JUMP ROPE :60 ARM CIRCLES x10 EA DIRECTION HIGH KNEES x20 2 ROUNDS	JUMP ROPE :60 ARM CIRCLES x10 EA DIRECTION HIGH KNEES x20 2 ROUNDS	JUMP ROPE :60 ARM CIRCLES x10 EA DIRECTION HIGH KNEES x20 2 ROUNDS	JUMP ROPE :60 ARM CIRCLES x10 EA DIRECTION HIGH KNEES x20 2 ROUNDS	NONE	NONE
WORKOUT	BODY WEIGHTS SQUATS x10 PUSH UPS (3 SEC LOWER) x10 REVERSE LUNGES x10 EA PLANK HOLD x:30 GLUTE BRIDGES x10 RUSSIAN TWISTS x20 3 ROUNDS-:60 SECOND REST (WEEK 1) 3 ROUNDS-:30 SECOND REST (WEEK 2) 4 ROUNDS-:60 SECOND REST (WEEK 3) 2 ROUNDS-:60 SECOND REST (WEEK 4)	JUMP ROPE x:30 BODYWEIGHT SQUAT x20 JUMP ROPE x:30 PUSH UP x10 JUMP ROPE x:30 WALKING LUNGES x10 EA JUMP ROPE x:30 SUPERMANS x10 JUMP ROPE x:30 LATERAL SQUAT x10 EA 3 ROUNDS- 2 MIN REST (WEEK 1) 3 ROUNDS- :60 SECOND REST (WEEK 2) 4 ROUNDS- :60 SECOND REST (WEEK 3) 2 ROUNDS- 2 MIN REST (WEEK 4)	SPLIT SQUAT x10 EA STAGGERED PUSH UP x5 EA DEADBUGS x5 EA SINGLE LEG GLUTE BRIDGE x10 EA TRICEP DIPS x20 SIDE PLANK :30 SEC EA SIDE LATERAL SQUAT x10 EA PLANK SHOULDER TAPS x10 EA 3 ROUNDS-:60 SECOND REST (WEEK 1) 3 ROUNDS-:30 SECOND REST (WEEK 2) 4 ROUNDS-:60 SECOND REST (WEEK 3) 2 ROUNDS-:60 SECOND REST (WEEK 4)	THREAD THE NEEDLE x5 EA 90/90 HIP ROTATIONS x5 EA HAMSTRING SCOOPS x5 EA QUAD PULL x5 EA CROSS BODY ARM SWINGS x10 (x2) BURPEES x10 MOUNTAIN CLIMBERS x10 EA BURPEES x10 JUMPING JACKS x10 EA BURPEES x10 SQUAT JUMPS x10 EA BURPEES x10 WALL SIT x10 EA BURPEES x10 RUSSIAN TWIST x10 EA 3 ROUNDS-:60 SECOND REST (WEEK 1) 3 ROUNDS-:30 SECOND REST (WEEK 2) 4 ROUNDS-:60 SECOND REST (WEEK 3) 2 ROUNDS-:60 SECOND REST (WEEK 4)	BODYWEIGHT SQUAT (6 SEC LOWER) x10 SQUAT JUMPS x10 PUSHUPS (6 SEC LOWER) x10 TOE TOUCHES x30 HIP HINGE x10 ALTERNATING LUNGES x10 EA SKATER JUMPS x5 EA PLANK W/ REACH x5 EA 3 ROUNDS-:60 SECOND REST (WEEK 1) 3 ROUNDS-:30 SECOND REST (WEEK 2) 4 ROUNDS-:60 SECOND REST (WEEK 3) 2 ROUNDS-:60 SECOND REST (WEEK 4)	WALK OR JOG OR HIKE OR BIKE 60+ MINUTES	OFF



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WARMUP	JUMP ROPE :60 ARM CIRCLES x10 EA DIRECTION HIGH KNEES x20 2 ROUNDS	JUMP ROPE :60 ARM CIRCLES x10 EA DIRECTION HIGH KNEES x20 2 ROUNDS	JUMP ROPE :60 ARM CIRCLES x10 EA DIRECTION HIGH KNEES x20 2 ROUNDS	JUMP ROPE :60 ARM CIRCLES x10 EA DIRECTION HIGH KNEES x20 2 ROUNDS	JUMP ROPE :60 ARM CIRCLES x10 EA DIRECTION HIGH KNEES x20 2 ROUNDS	NONE	NONE
WORKOUT	GOBLET SQUATS x10 EA CHEST SUPPORTED DB ROW x10 2 DB REVERSE LUNGES x10 EA PUSH UP (3 SEC LOWER) x10 PLANK HOLD x:30 GLUTE BRIDGES x10 RUSSIAN TWIST x20 3 ROUNDS--60 SECOND REST (WEEK 1) 3 ROUNDS--30 SECOND REST (WEEK 2) 4 ROUNDS--60 SECOND REST (WEEK 3) 2 ROUNDS--60 SECOND REST (WEEK 4)	THREAD THE NEEDLE x5 EA 90/90 HIP ROTATIONS x5 EA HAMSTRING SCOOPS x5 EA QUAD PULL x5 EA CROSS BODY ARM SWINGS x10 (x2) ROWER/BIKE/RUN 1 MIN ON/1 MIN OFF x6 (WEEK 1) 1 MIN ON/1 MIN OFF x6 (WEEK 2) 2 MIN ON /1 MIN OFF x6 (WEEK 3) 1 MIN ON/1 MIN OFF x4 (WEEK 4)	2 DB SPLIT SQUAT x10 EA SEATED DB OVERHEAD PRESS x10 EA DEADBUGS x5 EA SINGLE LEG GLUTE BRIDGE x10 EA BANDED FACE PULL x10 SIDE PLANK :30 SEC EA SIDE GOBLET LATERAL SQUAT x10 EA PLANK SHOULDER TAPS x10 EA 3 ROUNDS--60 SECOND REST (WEEK 1) 3 ROUNDS--30 SECOND REST (WEEK 2) 4 ROUNDS--60 SECOND REST (WEEK 3) 2 ROUNDS--60 SECOND REST (WEEK 4)	THREAD THE NEEDLE x5 EA 90/90 HIP ROTATIONS x5 EA HAMSTRING SCOOPS x5 EA QUAD PULL x5 EA CROSS BODY ARM SWINGS x10 (x2) MB OVERHEAD SLAM x10 MOUNTAIN CLIMBERS x10 EA MB OVERHEAD SLAM x10 JUMPING JACKS x10 EA MB OVERHEAD SLAM x10 SQUAT JUMPS x10 EA MB OVERHEAD SLAM x10 WALL SIT x10 EA MB OVERHEAD SLAM x10 RUSSIAN TWIST x10 EA 3 ROUNDS--60 SECOND REST (WEEK 1) 3 ROUNDS--30 SECOND REST (WEEK 2) 4 ROUNDS--60 SECOND REST (WEEK 3) 2 ROUNDS--60 SECOND REST (WEEK 4)	GOBLET SQUAT (6 SEC LOWER) x10 SQUAT JUMPS x10 PUSHUPS (6 SEC LOWER) x10 MB TOE TOUCHES x30 HIP HINGE x10 2 DB ALTERNATING LUNGES x10 EA SKATER JUMPS x5 EA PLANK W/ REACH x5 EA 3 ROUNDS--60 SECOND REST (WEEK 1) 3 ROUNDS--30 SECOND REST (WEEK 2) 4 ROUNDS--60 SECOND REST (WEEK 3) 2 ROUNDS--60 SECOND REST (WEEK 4)	WALK OR JOG OR HIKE OR BIKE 60+ MINUTES	OFF