
MONDAY

CIRCUIT 1 12MIN.

12 Neutral Grip Shoulder Press

10/Leg Lateral Step Up

12 Bent Over Row

CIRCUIT 2

8 Walkout push-up

12 Side Squat

12 Glute Bridge (3 Sec. Hold)

CARDIO/CORE 9 MIN

CIRCUIT 1

25 Kettlebell swings

12 Woodchoppers

Switch sides for Wood Choppers

CIRCUIT 2

Lateral Toe Taps 30

16 Stability Ball Stir the Pot

20 Squat Jab

TUESDAY

FIERCE CORE AND CARDIO BURN TABATA

8 ROUNDS PER EXERCISE SWITCHING EXERCISES EACH ROUND 16 MIN. TOTAL

CIRCUIT 1

1. Leg Raises
2. High knee up Downs
3. Stability Ball Plank Extension
4. Drop Squats

CIRCUIT 2

1. Two Way Jumping Jacks
2. Reverse Crunch
3. Cross Country Skiers
3. Side Plank with Hip Drop

CIRCUIT 3

1. Cross Body Mountain Climbers (quick pace)
2. V-sit twist
3. Burpees
4. High to low boat or V-Sit

WEDNESDAY

CORE + CARDIO BURN - 8 MIN.

CIRCUIT 1

20 Fast Feet, Explosive Jump Forward, 20 Fast Feet, Jump back

12 Y Superman

20 Skater Squats (Fast Pace)

CIRCUIT 2

15 Power Jacks, 15 Predator Jacks

16 Plank with Knee Touch

STRENGTH 10 MIN.

CIRCUIT 1

12 Deadlift

12/Arm Preacher Curl

CIRCUIT 2

12 Hip Thrusts

12 Skull Crushers

CIRCUIT 3

10/Leg Donkey Kick

12 Chest Press

THURSDAY

FIERCE HALF AND HALF 1 1 MIN.

CIRCUIT 1

6 Knee up to Squat Jump (Squat Jump on the top of each Knee Up)

12 Plank Core Twist

12 Burpees

CIRCUIT 2

12 Hammer to Bicep Curl

12 Chest Fly

12 Hamstring Curl

CIRCUIT 3

12 Low Jacks, 12 Pulse Squats

120 High Knees

3 Army Crawl, 12 High Plank with Shoulder Tap

CIRCUIT 4

12 Lateral to Front Raise

10/Leg Reverse Lunge

12 Seated Band Row

FRIDAY

HIIT 45 SECONDS OF WORK, 15 SEC. REST STAYING IN EXERCISE FOR 3 ROUNDS

CIRCUIT 1

1. Rear Delt Fly with a Band
2. Sumo Squat to Calf Raise
3. OH Tricep Ext.
4. Chest Fly
5. Hamstring Curl to Hip Raise
6. Upright Row
7. Alt. Forward Lunge with Twist
8. Bicep Curl to Shoulder Press

CIRCUIT 2

1. 10 Bicycles, 10 Cross Body Toe Touches
2. 20 High Knee Toe Taps, 10 Squat Jumps
3. 10 Stability Ball Stir the Pot, 10 Stability Ball Plank Ext.
4. 8 Plank Jacks, 8 High Plank to Knee Touch
5. 10 Flutter Kicks, 6 Leg Raises
6. 20 Cross Country Skiers, 10 Speedskaters

SATURDAY

FIERCE STRENGTH 16 MIN.

CIRCUIT 1

10/Leg Side Lying Abductor Lifts

12 Bent Over Row to Tricep Kickback

12 Army Press

12 Push-Ups

CIRCUIT 2

8/Leg Curtsy Lunge

12 Banded Bicep Curls

12 Front Raise

12 Neutral Grip Seated Band Row

FIERCE CORE + CARDIO BURN - 10MIN

15 Speedskaters, 15 Slalom Skiers

8 Side to Side Crunches, 8 W Superman

20 Plank Jack In and Outs

12 Mountain Climber to Spiderman