

All workouts in the workout list are meant to be completed in sequential order starting from the top bullet point to the bottom bullet point. Any workout with a **goal time** should be completed within the specified time frame to truly gain a feel of what to expect during rookie training. All workout movements have a reference number to an attached link at the bottom of this form.

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| Sunday                                                                              | Monday<br><b>AM:</b> <i>PT Test</i><br><br><b>PM:</b> <i>3 mi. run</i><br><i>(<sup>&lt;28 min.</sup>)</i><br><i>-25 <sup>(1)</sup>pull ups</i><br><i>-50 <sup>(2)</sup>Push ups</i><br><i>-100 <sup>(3)</sup>Air Squats</i> | Tuesday<br><br><i><b>*Workout 1</b></i>                                                                                                              | Wednesday<br><b>AM:</b> <i>***Weighted</i><br><i>Hike / Stair Climber</i><br><br><b>PM:</b> <i>*Workout 2</i>                                      | Thursday<br><br><i><b>*Workout 3</b></i>                                       | Friday<br><br><i><b>5 mile circuit run</b></i><br><i>-Complete a 30</i><br><i>second circuit</i><br><i>workout, every 4</i><br><i>minutes until 5</i><br><i>miles is reached</i> | Saturday<br><br><i>Rest Day</i> |
| Sunday<br><br><i>Rest Day</i><br><br><i>Week 2&gt;&gt;&gt;&gt;&gt;</i>              | Monday<br><b>AM:</b> <i>35 minute trail</i><br><i>run / treadmill with</i><br><i>incline &amp; decline</i><br><br><b>PM:</b> <i>*Workout 4</i>                                                                              | Tuesday<br><br><i><b>*Workout 5</b></i>                                                                                                              | Wednesday<br><b>AM:</b> <i>4 Mile run</i><br><i>(<sup>&lt;38 min.</sup>)</i><br><br><b>PM:</b> <i>*Workout 6</i>                                   | Thursday<br><br><i><b>*Workout 7</b></i>                                       | Friday<br><b>AM:</b> <i>5 Mile run</i><br><i>(<sup>&lt;47 min.</sup>)</i><br><br><b>PM:</b> <i>*Workout 8</i>                                                                    | Saturday<br><br><i>Rest Day</i> |
| Sunday<br><br><i>Rest Day</i><br><br><i>Week 3&gt;&gt;&gt;&gt;&gt;</i>              | Monday<br><b>AM:</b> <i>100</i><br><i>(<sup>8</sup>)Burpees for</i><br><i>time – 4 Mile run</i><br><br><b>PM:</b> <i>*Workout 9</i>                                                                                         | Tuesday<br><br><i><b>*Workout 10</b></i>                                                                                                             | Wednesday<br><b>AM:</b> <i>4 Mile run</i><br><i>(<sup>&lt;36:30 min.</sup>)</i><br><br><b>PM:</b> <i>*Workout 11</i>                               | Thursday<br><br><i><b>*Workout 12</b></i>                                      | Friday<br><b>AM:</b> <i>60 Minute run</i><br><br><b>PM:</b> <i>*Workout 13</i>                                                                                                   | Saturday<br><br><i>Rest Day</i> |
| Sunday<br><br><i>Rest Day</i><br><br><i>Week 4&gt;&gt;&gt;&gt;&gt;</i>              | Monday<br><b>AM:</b> <i>*** Weighted</i><br><i>Hike / Stair climber</i><br><br><b>PM:</b> <i>*Workout 14</i>                                                                                                                | Tuesday<br><br><i><b>*Workout 15</b></i>                                                                                                             | Wednesday<br><b>AM:</b> <i>40 minute trail</i><br><i>run / treadmill with</i><br><i>incline &amp; decline</i><br><br><b>PM:</b> <i>*Workout 16</i> | Thursday<br><br><i><b>*Workout 17</b></i>                                      | Friday<br><b>AM:</b> <i>*Workout 18</i><br><br><b>PM:</b> <i>*Workout 19</i>                                                                                                     | Saturday<br><br><i>Rest Day</i> |
| Sunday<br><br><i>Rest Day</i><br><br><i>Week 5&gt;&gt;&gt;&gt;&gt;</i>              | Monday<br><b>AM:</b> <i>Murph</i><br><i>Workout for time</i><br><br><b>PM:</b> <i>*Workout 20</i>                                                                                                                           | Tuesday<br><br><b>AM:</b> <i>45 Minute trail</i><br><i>run / Treadmill with</i><br><i>incline &amp; decline</i><br><br><b>PM:</b> <i>*Workout 21</i> | Wednesday<br><b>AM:</b> <i>*Workout 12</i><br><br><b>PM:</b> <i>*Workout 22</i>                                                                    | Thursday<br><b>AM:</b> <i>*Workout 23</i><br><br><b>PM:</b> <i>*Workout 24</i> | Friday<br><b>AM:</b> <i>*Workout 25</i><br><br><b>PM:</b> <i>*Workout 26</i>                                                                                                     | Saturday<br><br><i>Rest Day</i> |
| Sunday<br><br><i>*Workout</i><br><i>27</i><br><br><i>Week 6&gt;&gt;&gt;&gt;&gt;</i> | Monday<br><b>AM:</b> <i>*Workout 28</i><br><br><b>PM:</b> <i>*Workout 29</i>                                                                                                                                                | Tuesday<br><br><b>AM:</b> <i>*** Weighted</i><br><i>Hike / Stair climber</i><br><br><b>PM:</b> <i>*Workout 30</i>                                    | Wednesday<br><b>AM:</b> <i>*Workout 31</i><br><br><b>PM:</b> <i>*Workout 32</i>                                                                    | Thursday<br><b>AM:</b> <i>*Workout 33</i><br><br><b>PM:</b> <i>*Workout 34</i> | Friday<br><b>AM:</b> <i>*Workout 35</i><br><br><b>PM:</b> <i>*Workout 36</i>                                                                                                     | Saturday<br><br><i>Rest Day</i> |

## Workout List

\*\*For weight required workouts, be sure to use appropriate weight based on individual strength level to challenge yourself without compromising form or risking injury.

\*\*\*Weighted hike should be done with a minimum of 45lbs, 1 mile distance, elevation gain of 600 ft+.

For Stair master about 30 – 40 minutes

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| <p><b>*Workout 1:</b></p> <ul style="list-style-type: none"><li>• <b>0.5 Mile run</b></li><li>• <b>30</b> <sup>(4)</sup>Alternating Reverse Lunges</li><li>• <b>30 second</b> <sup>(5)</sup>Low Plank - <b>30 second</b> <sup>(5)</sup>High Plank</li><li>• <b>15 (4 count)</b> <sup>(6)</sup>Mountain Climber Pushups</li><li>• <b>5</b> <sup>(1)</sup>Pull Ups</li></ul> <p>6 rounds total      Goal Time: &lt;50 Minutes</p>                                                                                                                                                                                                                                                             | <p><b>*Workout 2:</b></p> <ul style="list-style-type: none"><li>• <b>0.5 Mile run</b></li><li>• <b>7</b> <sup>(1)</sup>Pull ups</li><li>• <b>25</b> <sup>(3)</sup>Air squats</li><li>• <b>1 min.</b> <sup>(2)</sup>low plank</li><li>• <b>25</b> <sup>(7)</sup>Sit Ups</li><li>• <b>15</b> <sup>(2)</sup>Pushups</li></ul> <p>4 rounds total      Goal Time: &lt;40 Minutes</p>                                                                                                                                            |
| <p><b>*Workout 3:</b></p> <ul style="list-style-type: none"><li>• <b>20</b> <sup>(8)</sup>Burpees</li><li>• <b>**12</b> <sup>(9)</sup>Dumbbell Romanian Deadlifts</li><li>• <b>**10</b> <sup>(10)</sup>Dumbbell Overhead Press</li><li>• <b>Max</b> <sup>(1)</sup>Pull ups</li></ul> <p>5 rounds total</p>                                                                                                                                                                                                                                                                                                                                                                                  | <p><b>*Workout 4:</b></p> <p>Warm up – 25 <sup>(1)</sup>Pull ups – 50 <sup>(2)</sup>Push Ups – 100 <sup>(3)</sup>Air Squats</p> <ul style="list-style-type: none"><li>• <b>15</b> <sup>(8)</sup>Burpees</li><li>• <b>**15</b> <sup>(11)</sup>Goblet Squats</li><li>• <b>200m</b> <sup>(12)</sup>Row</li><li>• <b>20</b> <sup>(7)</sup>Sit Ups</li><li>• <b>20</b> <sup>(13)</sup>Hello Dollies(4 count)</li><li>• <b>20</b> <sup>(14)</sup>Lying Leg Raises</li></ul> <p>4 rounds total      Goal Time: &lt;24 Minutes</p> |
| <p><b>*Workout 5:</b></p> <p><u>Pull up Pyramid – Sets 1,2,3,4,5,6,7,7,6,5,4,3,2,1</u></p> <ul style="list-style-type: none"><li>• <b>Set 1:</b> 1 Pull up, 10 Hello Dollies(4 count)</li><li>• <b>Set 2:</b> 2 Pull ups, 10 Hello Dollies(4 count)</li><li>• <b>Set 3:</b> 3 Pull ups, 10 Hello Dollies(4 count)</li><li>• <b>Set 4:</b> 4 Pull ups, 10 Hello Dollies(4 count)</li><li>• <b>Set 5:</b> 5 Pull ups, 10 Hello Dollies(4 count)</li><li>• <b>Set 6:</b> 6 Pull ups, 10 Hello Dollies(4 count)</li><li>• <b>Set 7:</b> 7 Pullups, 10 Hello Dollies(4 count)</li></ul> <p>-Repeat in reverse order</p> <p>-<b>10 (4 count)</b> <sup>(13)</sup>Hello Dollies in between sets</p> | <p><b>*Workout 6:</b></p> <ul style="list-style-type: none"><li>• <b>0.5 Mile run</b></li><li>• <b>15</b> <sup>(15)</sup>Hand Release Pushups</li><li>• <b>1 Minute</b> <sup>(16)</sup>Wall Sit</li><li>• <b>5</b> <sup>(1)</sup>Pull ups</li><li>• <b>10</b> <sup>(8)</sup>Burpees</li><li>• <b>20</b> <sup>(17)</sup>Crunchy Frogs(4 count)</li><li>• <b>25</b> <sup>(7)</sup>Sit ups</li></ul> <p>4 rounds total      Goal Time: &lt;38 Minutes</p>                                                                     |

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| <p><b>*Workout 7:</b></p> <ul style="list-style-type: none"> <li>• <b>60 yard</b> <sup>(18)</sup>Walking Lunges</li> <li>• <b>60 yard</b> Run</li> <li>• <b>60 yard</b> <sup>(18)</sup>Walking Lunges</li> <li>• <b>60 yard</b> <sup>(19)</sup>Bear Crawl</li> <li>• <b>60 yard</b> <sup>(18)</sup>Walking Lunges</li> <li>• <b>60 yard</b> <sup>(20)</sup>Broad Jump Pushup</li> </ul> <p><u>5 Sit ups, 1 Pull up – repeat 20 times</u><br/> <u>Repeat 60 yard Lunge workout a second time</u></p> <p><b>Goal Time: &lt;40 Minutes</b></p> | <p><b>*Workout 8:</b></p> <ul style="list-style-type: none"> <li>• <b>7</b> <sup>(1)</sup>Pull ups</li> <li>• <b>20</b> <sup>(7)</sup>Sit ups</li> <li>• <b>15</b> <sup>(21)</sup>Flutter kicks(4 count)</li> <li>• <b>10</b> <sup>(13)</sup>Hello Dollies</li> <li>• <b>15</b> <sup>(2)</sup>Pushups</li> </ul> <p><u>1 minute break in between rounds</u></p> <p><b>10 rounds total</b>      <b>Goal Time: &lt;33 Minutes</b></p>                                                                                                                                                                                                                          |
| <p><b>*Workout 9:</b></p> <p><u>Pyramid Workout: Sets 1,2,3,4,5,6,7,7,6,5,4,3,2,1</u></p> <ul style="list-style-type: none"> <li>• <sup>(1)</sup>Pullup</li> <li>• <sup>(2)</sup>Pushup</li> <li>• <sup>(22)</sup>Hanging Leg Lift</li> <li>• <sup>**</sup>(11)Goblet Squat</li> <li>• <sup>**</sup>(23)Kettle Bell Swing</li> </ul> <p><u>500m</u> <sup>(12)</sup>Row before and after workout</p> <p><b>Goal Time: &lt;23 Minutes</b></p>                                                                                                 | <p><b>*Workout 10:</b></p> <p><u>30 Minute AMRAP (As Many Rounds As Possible)</u></p> <ul style="list-style-type: none"> <li>• <b>20</b> <sup>(3)</sup>Air Squats</li> <li>• <b>1 minute</b> <sup>(7)</sup>Low Plank</li> <li>• <b>20</b> <sup>(24)</sup>Knee to Elbow</li> <li>• <b>7</b> <sup>(1)</sup>Pull ups</li> <li>• <b>20</b> <sup>(7)</sup>Sit ups</li> </ul> <p><b>Goal: 5-6 rounds</b></p>                                                                                                                                                                                                                                                       |
| <p><b>*Workout 11:</b></p> <p><u>Pyramid Workout: Sets 3,6,9,12,12,9,6,3</u></p> <ul style="list-style-type: none"> <li>• <sup>(1)</sup>Pull ups</li> <li>• <sup>(2)</sup>Pushups</li> <li>• <sup>(25)</sup>Russian Twist(4 count)</li> <li>• <sup>**</sup>(26)Dumbbell Squat</li> <li>• <sup>**</sup>40 yard <sup>(27)</sup>Farmers Carry</li> </ul>                                                                                                                                                                                       | <p><b>*Workout 12: (5-55 workout)</b></p> <p>-1 mile warm up run</p> <p><u>Descending Pyramid Workout: Sets 10,9,8,7,6,5,4,3,2,1</u></p> <ul style="list-style-type: none"> <li>• <sup>**</sup> <sup>(28)</sup>Back Squat</li> <li>• <sup>**</sup>(29)Bench Press</li> <li>• <sup>**</sup>(30)Deadlift</li> <li>• <sup>(1)</sup>Pull up</li> <li>• <sup>(2)</sup>Pushup</li> </ul>                                                                                                                                                                                                                                                                           |
| <p><b>*Workout 13:</b></p> <ul style="list-style-type: none"> <li>• <b>5</b> <sup>(1)</sup>Pull ups</li> <li>• <b>1 minute</b> <sup>(5)</sup>Low Plank to High Plank</li> <li>• <b>1 minute</b> <sup>(31)</sup>Rolling Plank</li> <li>• <b>20</b> <sup>(8)</sup>Burpees</li> <li>• <b>10</b> <sup>(2)</sup>Pushups</li> <li>• <b>20</b> <sup>(25)</sup>Russian Twist(4 count)</li> </ul> <p><b>6 rounds total</b></p>                                                                                                                       | <p><b>*Workout 14:</b></p> <ul style="list-style-type: none"> <li>• <b>0.5</b> Mile run</li> <li>• <b>3</b> <sup>(1)</sup>Pull ups</li> <li>• <b>5 Repetitions each</b> – <sup>(8)</sup>Burpees – <sup>(2)</sup>Pushups – <sup>(32)</sup>V-Ups – <sup>(33)</sup>Bicycle Kicks(4 count) – <sup>(17)</sup>Crunchy Frogs(4 Count)</li> <li>• <b>4</b> <sup>(1)</sup>Pull ups</li> <li>• <b>Repeat repetitions</b></li> <li>• <b>5</b> <sup>(1)</sup>Pull ups</li> <li>• <b>Repeat repetitions</b></li> <li>• <b>6</b> <sup>(1)</sup>Pull ups</li> <li>• <b>Repeat repetitions</b></li> </ul> <p><b>4 rounds total</b>      <b>Goal Time: &lt;46 Minutes</b></p> |

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| <p><b>*Workout 15:</b><br/> <u>Warm up: 20<sup>(36)</sup> Burpee Pull ups – 20 Alternating Lunges.</u><br/> <u>Repeat for 5 rounds</u></p> <p><b>4 mile Tempo Run</b> – Run at your PT test run pace for 30 seconds every 4 minutes until 4 miles is complete.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | <p><b>*Workout 16:</b><br/> <b><u>30 Second Sets, 10 second break in between</u></b></p> <ul style="list-style-type: none"> <li>• <u>**<sup>(34)</sup> Dumbbell Squat Thrust</u></li> <li>• <u><sup>(24)</sup> Knee to Elbow</u></li> <li>• <u>**<sup>(35)</sup> Dumbbell Split Squat (30 seconds each leg)</u></li> <li>• <u><sup>(6)</sup> Mountain Climber Pushups(4 count)</u></li> <li>• <u>**<sup>(11)</sup> Goblet Squat</u></li> <li>• <u><sup>(7)</sup> Sit ups</u></li> </ul> <p><u>1 minute break</u><br/> <u>6 rounds total</u></p> |
| <p><b>*Workout 17:</b></p> <ul style="list-style-type: none"> <li>• <u>1 Mile run</u></li> <li>• <u>5<sup>(1)</sup> Pull ups, 5<sup>(2)</sup> Pushups</u></li> <li>• <u>15<sup>(21)</sup> Flutter kicks(4 count) – 15<sup>(13)</sup> Hello Dollies - 15<sup>(14)</sup> Lying Leg Raises</u></li> <li>• <u>5<sup>(1)</sup> Pull ups, 10<sup>(2)</sup> Pushups</u></li> <li>• <u>15<sup>(21)</sup> Flutter kicks(4 count) – 15<sup>(13)</sup> Hello Dollies - 15<sup>(14)</sup> Lying Leg Raises</u></li> <li>• <u>5<sup>(1)</sup> Pull ups, 15<sup>(2)</sup> Pushups</u></li> <li>• <u>15<sup>(21)</sup> Flutter kicks(4 count) – 15<sup>(13)</sup> Hello Dollies, 15<sup>(14)</sup> Lying Leg Raises</u></li> </ul> <p><u>Repeat for 4 rounds total</u>      <u>Goal Time: &lt;65 Minutes</u></p> | <p><b>*Workout 18:</b><br/> -1 mile run</p> <p><u>30 Minute AMRAP (As Many Rounds As Possible)</u><br/> <b><u>5 repetitions each</u></b></p> <ul style="list-style-type: none"> <li>• <u><sup>(1)</sup> Pullups</u></li> <li>• <u><sup>(23)</sup> Kettle Swing</u></li> <li>• <u><sup>(8)</sup> Burpees</u></li> <li>• <u><sup>(38)</sup> Single Arm Snatch</u></li> </ul> <p><u>-1 mile run</u><br/> <u>Goal: 15+ rounds</u></p>                                                                                                               |
| <p><b>*Workout 19:</b><br/> <u>-1 Mile run</u></p> <ul style="list-style-type: none"> <li>• <u>20<sup>(38)</sup> Bird Dogs</u></li> <li>• <u>20<sup>(15)</sup> Hand Release Pushups</u></li> <li>• <u>30 second<sup>(5)</sup> Low Plank</u></li> <li>• <u>30 second<sup>(5)</sup> High Plank</u></li> <li>• <u>30 second<sup>(39)</sup> Side Plank (each side)</u></li> <li>• <u>20<sup>(40)</sup> Twisting Lunge</u></li> </ul> <p><u>5 rounds total</u><br/> <u>-1 Mile run</u></p>                                                                                                                                                                                                                                                                                                             | <p><b>*Murph Workout:</b><br/> <u>-1 Mile Run</u></p> <ul style="list-style-type: none"> <li>• <u>100<sup>(1)</sup> Pull ups</u></li> <li>• <u>200<sup>(2)</sup> Pushups</u></li> <li>• <u>300<sup>(3)</sup> Air Squats</u></li> </ul> <p><u>-1 Mile Run</u><br/> <u>Goal Time: &lt;43 Minutes</u></p>                                                                                                                                                                                                                                          |
| <p><b>*Workout 20:</b><br/> <u>-2 Mile run</u></p> <p><b>8 – 12 reps each, x4 sets</b></p> <ul style="list-style-type: none"> <li>• <u>**<sup>(40)</sup> Dumbbell Row</u></li> <li>• <u>**<sup>(41)</sup> Dumbbell Overhead Press</u></li> <li>• <u>**<sup>(42)</sup> Dumbbell Plie Squat</u></li> <li>• <u>**<sup>(43)</sup> Dumbbell Incline Bench Press</u></li> <li>• <u>**<sup>(34)</sup> Dumbbell Squat Thrust</u></li> </ul>                                                                                                                                                                                                                                                                                                                                                               | <p><b>*Workout 21:</b></p> <ul style="list-style-type: none"> <li>• <u>**10<sup>(23)</sup> Kettlebell Swings</u></li> <li>• <u>20<sup>(44)</sup> Jump Squat</u></li> <li>• <u>20<sup>(45)</sup> Side to Side Pushups</u></li> <li>• <u>**10<sup>(46)</sup> Wall Balls</u></li> <li>• <u>20 Alternating Lunges</u></li> <li>• <u>10<sup>(36)</sup> Burpee Pull ups</u></li> </ul> <p><u>1 Minute Rest</u><br/> <u>5 Rounds Total</u>      <u>Goal Time: &lt;50 Minutes</u></p> <p><u>1000m<sup>(12)</sup> Row before and after workout</u></p>   |

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| <p><b>*Workout 12:</b> (5-55 workout)<br/>-1 mile warm up run</p> <p>Descending Pyramid Workout: Sets 10,9,8,7,6,5,4,3,2,1</p> <ul style="list-style-type: none"> <li>• <u>**<sup>(28)</sup>Back Squat</u></li> <li>• <u>**<sup>(29)</sup>Bench Press</u></li> <li>• <u>**<sup>(30)</sup>Deadlift</u></li> <li>• <u><sup>(1)</sup>Pull up</u></li> <li>• <u><sup>(2)</sup>Pushup</u></li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | <p><b>*Workout 22:</b><br/><u>-1 Mile run</u></p> <ul style="list-style-type: none"> <li>• <u>1<sup>(1)</sup>Pull up, 2<sup>(2)</sup>Pushups, 3<sup>(7)</sup>Sit Ups</u></li> <li>• <u>2<sup>(1)</sup>Pull up, 4<sup>(2)</sup>Pushups, 5<sup>(7)</sup>Sit Ups</u></li> <li>• <u>3<sup>(1)</sup>Pull up, 6<sup>(2)</sup>Pushups, 7<sup>(7)</sup>Sit Ups</u></li> <li>• <u>4<sup>(1)</sup>Pull up, 8<sup>(2)</sup>Pushups, 9<sup>(7)</sup>Sit Ups</u></li> <li>• <u>5<sup>(1)</sup>Pull up, 10<sup>(2)</sup>Pushups, 11<sup>(7)</sup>Sit Ups</u></li> <li>• <u>6<sup>(1)</sup>Pull up, 12<sup>(2)</sup>Pushups, 13<sup>(7)</sup>Sit Ups</u></li> <li>• <u>7<sup>(1)</sup>Pull up, 14<sup>(2)</sup>Pushups, 15<sup>(7)</sup>Sit Ups</u></li> <li>• <u>8<sup>(1)</sup>Pull up, 16<sup>(2)</sup>Pushups, 17<sup>(7)</sup>Sit Ups</u></li> <li>• <u>9<sup>(1)</sup>Pull up, 18<sup>(2)</sup>Pushups, 19<sup>(7)</sup>Sit Ups</u></li> <li>• <u>10<sup>(1)</sup>Pull up, 20<sup>(2)</sup>Pushups, 21<sup>(7)</sup>Sit Ups</u></li> </ul> <p><u>-1 Mile Run</u></p> |
| <p><b>*Workout 23:</b></p> <p><b>5 mile Tempo Run</b> – Run at your PT test run pace for 30 seconds every 4 minutes until 5 miles is complete.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | <p><b>*Workout 24:</b><br/><u>-1 Mile warm up run</u></p> <ul style="list-style-type: none"> <li>• <u>20<sup>(15)</sup>Hand Release Pushups</u></li> <li>• <u>15<sup>(21)</sup>Flutter kicks(4 count)</u></li> <li>• <u>15<sup>(47)</sup>Laying Windshield Wipers</u></li> <li>• <u>15<sup>(48)</sup>Plank March (15 each side)</u></li> <li>• <u>15<sup>(49)</sup>Dead Bugs (15 each side)</u></li> </ul> <p>5 rounds total</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| <p><b>*Workout 25:</b></p> <p><b>5 Reps each</b></p> <ul style="list-style-type: none"> <li>• <u><sup>(1)</sup>Pull ups, <sup>(6)</sup>Mountain Climber Pushups – <sup>(50)</sup>Plank Toe Tap – <sup>(24)</sup>Knee to Elbow – <sup>(32)</sup>V-Ups – <sup>(17)</sup>Crunchy Frogs</u></li> </ul> <p><b>4 Reps Each</b></p> <ul style="list-style-type: none"> <li>• <u><sup>(1)</sup>Pull ups, <sup>(6)</sup>Mountain Climber Pushups – <sup>(50)</sup>Plank Toe Tap – <sup>(24)</sup>Knee to Elbow – <sup>(32)</sup>V-Ups – <sup>(17)</sup>Crunchy Frogs</u></li> </ul> <p><b>3 Reps each</b></p> <ul style="list-style-type: none"> <li>• <u><sup>(1)</sup>Pull ups – <sup>(6)</sup>Mountain Climber Pushups – <sup>(50)</sup>Plank Toe Tap – <sup>(24)</sup>Knee to Elbow – <sup>(32)</sup>V-Ups – <sup>(17)</sup>Crunchy Frogs</u></li> </ul> <p><b>2 Reps Each</b></p> <ul style="list-style-type: none"> <li>• <u><sup>(1)</sup>Pull ups – <sup>(6)</sup>Mountain Climber Pushups – <sup>(50)</sup>Plank Toe Tap – <sup>(24)</sup>Knee to Elbow -- <sup>(32)</sup>V-Ups – <sup>(17)</sup>Crunchy Frogs</u></li> </ul> <p><b>1 Rep Each</b></p> <ul style="list-style-type: none"> <li>• <u><sup>(1)</sup>Pull ups – <sup>(6)</sup>Mountain Climber Pushups – <sup>(50)</sup>Plank Toe Tap – <sup>(24)</sup>Knee to Elbow – <sup>(32)</sup>V-Ups – <sup>(17)</sup>Crunchy Frogs</u></li> </ul> <p>1 minute break      Repeat for 5 rounds total</p> | <p><b>*Workout 26:</b></p> <ul style="list-style-type: none"> <li>• <u>20<sup>(51)</sup>Side to Side Lunges (10 each side)</u></li> <li>• <u>10<sup>(52)</sup>Box Jumps</u></li> <li>• <u>20<sup>(38)</sup>Bird Dogs</u></li> <li>• <u>20<sup>(49)</sup>Dead Bugs (20 each side)</u></li> <li>• <u>20<sup>(53)</sup>Toe Touch Crunch</u></li> <li>• <u>20<sup>(54)</sup>Standing Crossover Toe Touch (20 each side)</u></li> <li>• <u>0.5 Mile run</u></li> </ul> <p>Repeat for 3 rounds total</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |

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| <p><b>*Workout 27:</b></p> <ul style="list-style-type: none"> <li>• <b>100 yard</b> <sup>(18)</sup>Walking Lunges</li> <li>• <b>100 yard</b> Run</li> <li>• <b>100 yard</b> <sup>(18)</sup>Walking Lunges</li> <li>• <b>100 yard</b> <sup>(19)</sup>Bear Crawl</li> <li>• <b>100 yard</b> <sup>(18)</sup>Walking Lunges</li> <li>• <b>100 yard</b> <sup>(20)</sup>Broad Jump Pushup</li> <li>• <b>5 Sit ups, 1 Pull up</b> – repeat 20 times</li> </ul> <p>Repeat 100 yard Lunge workout a second time</p>      | <p><b>*Workout 28:</b></p> <ul style="list-style-type: none"> <li>• <b>1 Mile</b> run</li> <li>• <b>20</b> <sup>(55)</sup>Quad Stretch Hip Hinge (10 each side)</li> <li>• <b>10</b> <sup>(56)</sup>Inchworms</li> <li>• <b>20</b> <sup>(57)</sup>Runner Stretch Rotation (10 each side)</li> <li>• <b>10</b> <sup>(58)</sup>Sumo Squat Stretch</li> <li>• <b>10</b> <sup>(59)</sup>Pushup to Downward Dog</li> </ul> <p>Repeat for 4 rounds total</p>              |
| <p><b>*Workout 29:</b></p> <p>Pyramid Workout:</p> <p>Sets 1,2,3,4,5,6,7,8,9,10, 9,8,7,6,5,4,3,2,1</p> <ul style="list-style-type: none"> <li>• <sup>(1)</sup>Pullup</li> <li>• <sup>(22)</sup>Hanging Leg Lift</li> <li>• <sup>(7)</sup>Sit Up</li> <li>• <sup>(60)</sup>Shoulder Tap Pushup</li> <li>• <sup>★(34)</sup>Dumbbell Squat Thrust</li> <li>• <sup>(62)</sup>Reverse Table Top</li> </ul>                                                                                                           | <p><b>*Workout 30:</b></p> <ul style="list-style-type: none"> <li>• <b>0.5 Mile</b> run</li> <li>• <b>10</b> <sup>(63)</sup>Box Jump Pushups</li> <li>• <b>10</b> <sup>(61)</sup>Plank Toe Taps (each side)</li> <li>• <b>10</b> <sup>(2)</sup>Pushups</li> <li>• <b>10</b> <sup>(25)</sup>Russian Twist(4 count)</li> <li>• <b>10</b> <sup>(33)</sup>Bicycle Kicks(4 count)</li> <li>• <b>7</b> <sup>(1)</sup>Pull ups</li> </ul> <p>Repeat for 5 total rounds</p> |
| <p><b>*Workout 31:</b></p> <p>-2 mile run</p> <p>30 Minute AMRAP (As Many Rounds As Possible)</p> <p><b>5 repetitions each</b></p> <ul style="list-style-type: none"> <li>• <sup>(1)</sup>Pullups</li> <li>• <sup>(15)</sup>Hand Release Pushup</li> <li>• <sup>(2)</sup>Pushup</li> <li>• <sup>(63)</sup>Pushup Squat</li> <li>• Alternating Lunges (each side)</li> </ul> <p>-1 mile run</p>                                                                                                                  | <p><b>*Workout 32:</b></p> <p>-1.5 Mile run</p> <ul style="list-style-type: none"> <li>• <b>10</b> <sup>(59)</sup>Pushup to Down Dog</li> <li>• <b>10</b> <sup>(64)</sup>Overhead Dumbbell Lunge (5 each side)</li> <li>• <b>20</b> <sup>(57)</sup>Runner Stretch Rotation (10 each side)</li> <li>• <b>5</b> <sup>(5)</sup>Pull Ups</li> <li>• <b>5</b> <sup>(36)</sup>Burpee Pull Ups</li> </ul> <p>Repeat for 5 total rounds</p>                                 |
| <p><b>*Workout 33:</b></p> <p>-1.5 Mile run</p> <ul style="list-style-type: none"> <li>• <b>5</b> <sup>(1)</sup>Pull Ups</li> <li>• <b>5</b> <sup>(8)</sup>Burpees</li> <li>• <b>5</b> <sup>(36)</sup>Burpee Pull Ups</li> <li>• <b>5</b> <sup>(2)</sup>Pushups</li> <li>• <b>30 Second</b> <sup>(13)</sup>Hello Dollies(4 count)</li> <li>• <b>30 Second</b> <sup>(14)</sup>Lying Leg Raises</li> <li>• <b>30</b> <sup>(7)</sup>Sit Ups</li> </ul> <p>Repeat for 5 total rounds</p> <p><b>1.5 Mile Run</b></p> | <p><b>*Workout 34:</b></p> <ul style="list-style-type: none"> <li>• <b>5</b> <sup>(8)</sup>Burpees</li> <li>• <b>20</b> <sup>(45)</sup>Side to Side Pushups</li> <li>• <b>10</b> <sup>(61)</sup>Plank Toe Taps (each side)</li> <li>• <b>20</b> <sup>(24)</sup>Knee to Elbow</li> <li>• <b>5</b> <sup>(1)</sup>Pull ups</li> <li>• <b>20</b> <sup>(40)</sup>Twisting Lunge</li> </ul>                                                                               |

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| <p><b>*Workout 35:</b></p> <p>-1 mile warm up run</p> <p><u>35 Minute AMRAP (As Many Rounds As Possible)</u></p> <ul style="list-style-type: none"> <li>• <u><sup>(65)</sup> 80 yard Shuttle Run</u></li> <li>• <u><b>3</b> <sup>(1)</sup> Pull Ups</u></li> <li>• <u><b>3</b> <sup>(8)</sup> Burpees</u></li> <li>• <u><b>3</b> <sup>(2)</sup> Pushups</u></li> <li>• <u><b>30</b> <sup>(66)</sup> Heel Touches</u></li> <li>• <u><b>3</b> <sup>(32)</sup> V Ups</u></li> </ul> | <p><b>*Workout 36:</b></p> <p><b>6 mile Tempo Run</b> – Run at your PT test run pace for 30 seconds every 3 minutes until 6 miles is complete.</p> |
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#### **Workout Movements:**

- (1) Pull up – <https://youtu.be/aAggnpPyR6E>
- (2) Push Up – [https://youtu.be/\\_l3ySVKYVJ8](https://youtu.be/_l3ySVKYVJ8)
- (3) Air Squat – <https://youtu.be/rMvwVtlqjTE>
- (4) Alternating Reverse Lunges - [https://youtu.be/8w\\_iOpqjqNI?si=f1CBC1MXkiTm8e0Q](https://youtu.be/8w_iOpqjqNI?si=f1CBC1MXkiTm8e0Q)
- (5) Low Plank / High Plank - <https://youtu.be/vpH42F2V2ts?si=WPA1lfPoXeFGXN8l>
- (6) Mountain Climber Push ups - <https://youtu.be/n9tGKKSP2-4?si=NbdN6Pm2TXodi2yS>
- (7) Sit Ups - <https://youtu.be/swOyWKK7Oko?si=7NdWogGwYvz2WANp>
- (8) Burpees - <https://youtu.be/818SkLAPyKY?si=y769y6RmhWhtlfaX>
- (9) Dumbbell Romanian Deadlift - <https://youtu.be/hQgFixeXdZo?si=pUlloTjCCa3r7gxD>
- (10) Dumbbell Overhead Press - <https://youtu.be/Did01dFR3Lk?si=XdeP4JYCizeuypgs>
- (11) Goblet Squats - <https://youtu.be/3gpXflqRiEc?si=UqnJO7N4BxPniq1P>
- (12) Row – <https://youtu.be/L3DDYjUOUjg?si=p1acw-Ni2UNTp7Cl>
- (13) Hello Dollies – <https://youtu.be/ZXiJVYcAAj4?si=1q-3LFqKe8CATfea>
- (14) Lying Leg Raises – [https://youtu.be/xJJu-WiROM8?si=R6ZvDLx0rAc855\\_j](https://youtu.be/xJJu-WiROM8?si=R6ZvDLx0rAc855_j)
- (15) Hand Release Push up - <https://youtu.be/kfnMuP5Jglw?si=LnDy4KezLLqynWHL>
- (16) Wall Sit - [https://youtu.be/6Li55TURhVg?si=X5GnWX0l6NN\\_enX](https://youtu.be/6Li55TURhVg?si=X5GnWX0l6NN_enX)
- (17) Crunchy Frogs – <https://youtu.be/0AlV31sQ3co?si=x3kfuTY6Ywj5JVMj>
- (18) Walking Lunges – <https://youtu.be/L8fvypPrzsz?si=wQ7UnsW93IK7jBY9>
- (19) Bear Crawl - <https://youtu.be/cUxSCv8ecmc?si=OI1OpMwJ362uPGQy>
- (20) Broad Jump Pushup – [https://youtu.be/kdmNmRmlxVY?si=R9\\_xwCXFo76FYiXT](https://youtu.be/kdmNmRmlxVY?si=R9_xwCXFo76FYiXT)

- (21) Flutter Kicks - <https://youtu.be/95K7juOtgCU?si=Xlq3wAeQ1miBMBXe>
- (22) Hanging Leg Lift - <https://youtu.be/ttdkm6ESUjI?si=KtM5eFkVy35OoQS5>
- (23) Kettle Bell Swing - [https://youtu.be/mKDluUbH94Q?si=cloT6coyitimS\\_lt](https://youtu.be/mKDluUbH94Q?si=cloT6coyitimS_lt)
- (24) Knee to Elbow - <https://youtu.be/pl7uWJXcfPE?si=H2b9UFiBm7XO-Ydr>
- (25) Russian Twist - <https://youtu.be/al4C30qs5lY?si=XKBQnz7CqXRxqL3w>
- (26) Dumbbell Squat - <https://youtu.be/9ikT2Y4JfG0?si=A0ijZiiZldHCtDik>
- (27) Farmers Carry - <https://youtu.be/MH8id-EaoPA?si=R2tZU2ePCp53GX8p>
- (28) Back Squat - <https://youtu.be/QmZAiBqPvZw?si=yA88R-kEdCWXIFA7>
- (29) Bench Press - [https://youtu.be/SCVCLChPQFY?si=c4xaSarw-NDZW\\_RV](https://youtu.be/SCVCLChPQFY?si=c4xaSarw-NDZW_RV)
- (30) Deadlift - <https://youtu.be/AweC3UaM14o>
- (31) Rolling Plank - <https://youtu.be/dHKB9kCFEU8>
- (32) V-Ups - <https://youtu.be/5kvKmRGADlQ>
- (33) Bicycle Kicks - <https://youtu.be/1we3bh9uhqY>
- (34) Dumbbell Squat Thrust - <https://youtu.be/u3wKkZjE8QM>
- (35) Dumbbell Split Squat - <https://youtu.be/G0YtWCNf2Ms>
- (36) Burpee Pull ups - <https://youtu.be/jVzrLDIRqnE>
- (37) Single Arm Snatch - <https://www.youtube.com/shorts/5xAUYwBwteg?feature=share>
- (38) Bird Dogs - [https://youtu.be/ZdAHe9\\_HeEw](https://youtu.be/ZdAHe9_HeEw)
- (39) Side Plank - <https://youtu.be/2W96p2PloPg>
- (40) Dumbbell Row - <https://www.youtube.com/shorts/vFitBi3K7Ss?feature=share>
- (41) Dumbbell Overhead Press - <https://youtu.be/Did01dFR3Lk>
- (42) Dumbbell Plie Squat - <https://youtu.be/DlnYtOX5zlo>
- (43) Dumbbell Incline Bench Press - <https://youtu.be/8bfJ3sfUTos>
- (44) Jump Squat - <https://youtu.be/YGGq0AE5Uyc>
- (45) Side to Side Push ups - [https://youtu.be/52ilSD\\_SnhM](https://youtu.be/52ilSD_SnhM)
- (46) Wall Balls - [https://youtu.be/fpUD0mcFp\\_0](https://youtu.be/fpUD0mcFp_0)
- (47) Laying Windshield Wipers - <https://youtu.be/Fuccu9GFO6g>
- (48) Plank March - <https://youtu.be/Uw83y7v63W8>
- (49) Dead Bugs - <https://youtu.be/jbWmbhElf3Q>
- (50) Plank Toe Tap - [https://youtu.be/PUWdSuxW\\_\\_l](https://youtu.be/PUWdSuxW__l)
- (51) Side to Side Lunges - <https://youtu.be/FawguycpKMU>

- (52) Box Jump – <https://youtu.be/LeiLzSU3OxE>
- (53) Toe Touch Crunch - <https://youtu.be/NR4k8hJfs-8>
- (54) Standing Crossover Toe Touch – <https://youtu.be/m1pkRtnmHal>
- (55) Quad Stretch Hip Hinge – <https://youtu.be/lcb-ssrwbFU>
- (56) Inch Worm – [https://youtu.be/pv\\_8CdDPAAk](https://youtu.be/pv_8CdDPAAk)
- (57) Runner Stretch Rotation – <https://youtu.be/SGY1VaLrnGc>
- (58) Sumo Squat Stretch - <https://youtu.be/rKYejlXxHuA>
- (59) Push up to Downward Dog - <https://youtu.be/-Qlyk2ZDYtl>
- (60) Shoulder Tap Pushup - <https://youtu.be/8dBjRRki5lM>
- (61) Plank Toe Taps – [https://youtu.be/PUWdSuxW\\_I?si=PUE9trpoy7CZlqze](https://youtu.be/PUWdSuxW_I?si=PUE9trpoy7CZlqze)
- (62) Reverse Table top – <https://youtu.be/n4Fn8SGQ-zY?si=AJmFDiThzO3nKJVN>
- (63) Pushup Squat - <https://youtu.be/x-KAp4wT8ZU?si=oYlji0-EF0Y8W7IE>
- (64) Overhead Dumbbell Lunge - <https://youtu.be/TFH26fM07iw?si=2ZwgMZgf5eb2pv67>
- (65) Shuttle Run - [https://youtu.be/YA\\_ibeYC0go](https://youtu.be/YA_ibeYC0go)
- (66) Heel Touch - <https://youtu.be/9bR-elyolBQ>