

	Lower Body	Upper Body w. DB	Core/Conditionin	Lower Body-Body Wt.	
WarmUp	3x <ul style="list-style-type: none"> • 15 Jumping Jacks • 5/side Forward Lunges • 15 Seal Jacks 				
Stretch	<ul style="list-style-type: none"> • 30 sec hold / side HipFlexor Stretch w/ Reach • 30 sec hold Pigeon Stretch • 5/leg Lying Hamstring Stretch • 5/side Single Leg Glute Bridge • 5/side Scorpion • 5/side rev lunge w/ rotation • 5 walkouts • squat to stand 	<ul style="list-style-type: none"> • Cobra Stretch • Blackburns • Childs Pose (Reach to Both Sides) • Cat/Cow • Thumbs Up -Ineeling • T-Spine Rotation • Batwings On Knees (Elbows Back and Forward) • Arm Circles (Forward and Backward) • PVC Pipe Pec Stretch (Opposite Grip, shoulders square with wall in front, pushing arm back) • PVC Dislocates 	<ul style="list-style-type: none"> • Cobra • Childs Pose • Double Leg HamString Stretch • Double Leg Glute Bridge • Marching Glute Bridge • Cobra to Downward Dog • Walkouts • Rev Lunge w/ Overhead Reach • Lunge Complex 	<ul style="list-style-type: none"> • 30 sec holdCobra • 30 sec hold Childs Pose • Double Leg Hamstring • 8/leg Lying Hamstring Stretch • 8 Double Leg Glute Bridge • 8/leg Marching Gluet Bridge • 30 Sec/side Scorpion • 8 Walkouts • 8/leg Rev Lunge w/ OverHead Reach 	<ul style="list-style-type: none"> • 30 sec hold Cobra Stretch • 30 sec/side Pec Stretch in Childs Pose (Move one arm to the side) • 8 Cat/Cow • Batwings (Hands on small of Back) • 8 Scap Push Ups • 8 Thumbs Up (kneeling) • 5/side Scorpion • 5 Cobra to Downward Dog • 8 Walkouts • 8/directions Standing Arm Circles 2x • 10 PVC Pipe Shoulder Dislocates (use a broom handle)
re:CON	As Many Rounds As Possible in 8 min <ul style="list-style-type: none"> • 10 Jumping Air Squats (scale to Air Squats) • 15 Tuck-Ins • 20 Forward Lunges 	3x 1 min plank (raising one leg if possible, alt legs)	Craig AB Crusher Tabata of V-sit Hold & Tuck-Ins 4x <ul style="list-style-type: none"> • 20 sec of V-sit Hold • 10 sec rest • 20 sec of Tuck-Ins • 10 sec rest 	1-2x <ul style="list-style-type: none"> • 30 sec of High Knees • 15 sec rest • 30 sec Wideouts • 15 sec rest • 30 sec Jumping Lunges (scale to rev lunges) 	3 x 1 min plans on elbows
	3x 15 sec/side Static Hold at bottom of Lunge (Split Squat)	4x <ul style="list-style-type: none"> • 10 x Bent Over DB Row • 10 x Curl to Press w/ DB • 10/arm x Bent Over Triceps Kick Back • 10 x Pushups (slow and controlled) 	Every Min On the Min for 12 Min Odd Min - 12 Full Range of Motion Sit Ups (Advance do 12) Even Min - 5 Burpees (Advance do 7)	10 Min of as many Air Squats as possible <ul style="list-style-type: none"> • Keep on pace, be able to see timer and pace yourself every min. • Don't let your muscles dictate if you keep going or not, this is designed to stretch your mental limits. OR 3x 10/leg Walking Lunges	Choose One (Beginner to Advanced) 150 Pushups OR 250 Pushups OR 500 Pushups OR 750 Pushups OR 1000 Pushups
	Finish with Light Walk or Jog	Beginners do 10 Man-Makers Intermediate do 20 Man-Makers	Tabata of Flutter Kicks and Hollow Body Holds 4x <ul style="list-style-type: none"> • 20 sec of Flutter Kicks • 10 sec rest • 20 sec of Hollow Body Holds • 10 sec rest 	Cool Down w/ a slow walk and stretches	<ul style="list-style-type: none"> • Keep Good Form • As Fast As Possible • Rest when needed • This is physically and mentally challenging • When in Doubt on which to choose, pick the larger number • You should be completely fatigued at the end, if you get done and you think "that's it?" then you picked to low of a number
		Stretch w/ PVC Pipe (Pec Stretch and Dislocates)			