



Repeat 4 Rounds of each of the following blocks of exercises. Allow no more than 20 seconds rest in between blocks, and 60 seconds after completing one entire set.

Day One: Lower Body

Block 1:

Long split stance pulses x15ea
Clam shells 2.0 x12ea
Bicycle crunches x12ea

Block 2:

90/90 hip ext x12ea
Goblet squats x12
Deadlift scoop x12ea

Block 3:

Plank leg lift x10ea
Heel up sissy squat x10
Hamstring walkouts x8ea

Day Two: Full Body

Block 1:

Deadlift alternating snatch x12 ea
Curtsy lunge + curl x12 ea
Bent over alt row x15 ea

Block 2:

Burpee push ups x20
Olympic deadlifts x15
Around the worlds x12 ea

Block 3:

Plank alternating reach x12 ea
Scissor kicks x30 ea

Day Three: Upper Body

Block 1:

Pushup knee toe tap x6
Stretch out V up x10
Superman snow angel x10



Block 2:

Knee to elbow x15ea
Alternating bent over row x12ea
Tricep plank dip x10

Block 3:

Side plank back ext x20 sec hold
Bench dips x15
Plank W's x8ea

Day Four: Full Body

Block 1:

Staggered goblet squat x12ea
Lying DB pullover x15
RDL's x15
Bird dog row x15ea

Block 2:

Side shuffle x20ea
Lying knee tucks x15ea
DB calf raises x20
Reverse flys x15-20

Day Five: Core & HIIT

Block 1:

Air jump ropes x1min
Russian twist x12ea
Kneeling chops
Plank lateral jumps x12ea

Block 2:

Push up toe touch x12
Walking lunges x12ea
Squat + press x15
Star crunch x15ea