



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:

Sumo Squats 15X  
Calf raises 30 reps  
Glute bridge hold 1 min  
High knees 1 min

Block 2:

Single RDL 15X each leg  
Sumo squat hold 1 min  
1 leg glute bridge 15X each leg  
High knees 1 min

### **Day Two: Full Body**

Round 1:

Lateral Shuffle - X10 Reps / Each Side  
Single Leg Deadlift w/ Lateral Raise - X15 Reps / Each Side  
Plank Walk Ups w/ Push Ups - X12 Reps  
Forward / Shrimp Lunge - X15 Reps

Round 2:

Air Jump Rope - X60 Seconds  
Prone Kick Through - X15 Reps / Each Side  
Glute Bridge / Single Leg March - X20 Reps / Each Side  
Side Plank Leg Abduction - X20 Reps / Each Side

### **Day Three: Upper Body**

Block 1:

Shoulder press toe tap 15 each side  
Knees to squat 15 each leg  
Wall sit 1 min  
Overhead tricep extension 15

Block 2:

Bent over row (rotational) 15  
Single leg bicep curl 12 each leg  
Plank + abductions 15 each side  
Floor press 15



### **Day Four: Full Body**

#### Block 1:

DB Clean Time Squat - X15 Reps  
Wood Chops - X15 Each Side  
Reverse Lunge with Curl - X10 Each Side

#### Block 2:

Renegade Rows - X10 Reps Each Side  
DB Hip Thrust - X20  
Alternating Shoulder Press - X10 Reps Each Side

#### Block 3:

Floor Chest Press (Hips Elevated) - X15 Reps  
Isometric Side Lunge - X10 Reps Each

### **Day Five: Core & HIIT**

#### Block 1:

Punch Jacks - 1 min  
Bear crawl - 15X each leg  
High knees - 1 min  
Lying knee tucks - 20X each leg

#### Block 2:

Punch jacks - 1 min  
Supermans - 20X  
Full squat jack - 20X  
Plank - until failure