



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:

Crab Hip Thrust - X12 Reps
Single Leg Deadlift - X12 Reps / Each Side

Block 2:

Wall Sit March - X15 Reps / Each Side
Knee In Donkey Kick - X10 Reps / Each Side

Block 3:

Split Squat to High Knees - X12 Reps / Each Side
Butt Kicks - X25 Reps / Each Side

Block 4:

Sumo Squat with Pulse - X15 Reps
Lateral Toe Touch - X20 Reps / Each Side

Day Two: Full Body

Block 1:

Supine Snow Angels - X20 Reps
Ice Skaters - X15 Reps
Push Ups - X15 Reps
Clam Shells - X15 Reps

Block 2:

Full/half Squat Jump - X15 Reps
Down Dog Push Ups - X15 Reps
Thread The Needle - X15 Reps
Bear Crawl - X15 Reps - 4 Forward / 4 Backward

Day Three: Upper Body

Block 1:

Plank Pushbacks - X12 Reps
Superman W's - X15 Reps
Jumping Jacks - X15 Reps



Block 2:

Inverted Row - X12 Reps
Side Plank Pulses - X15 Reps / Each Side
Wide Grip Push up - X15 Reps

Block 3:

Alternating One Arm Plank Rows - X12 Reps / Each Side
Bicep Curls - X12 Reps / Each Side
Scapula Wall Pushbacks - X12 Reps

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:

In and Outs - X20 Reps / Each Side
Lateral Bear Crawl - X15 Reps / Each Side
Push Up Plus - X12 Reps
Kneeling Get Ups - X12 Reps / Each Side

Block 2:

Hollow Body Rock - X15 Reps
Mountain Climbers - X30 Reps / Each Side
Bicycle Crunch - X20 Reps / Each Side
Forward / Reverse Lunge - X10 Reps / Each Side / Each Direction