

# CARDIO 1

	Reps	Sets	Rest time
<b>Warm-up</b>			
Arm Circles Forward	10	1	
Arm Circles Reverse	10	1	
Jumping Jacks	15	1	
Butt Kickers	50	1	
High Knees	50	1	
Mt. Climbers	30	1	
Push-ups	10	1	
Squats	10	1	

## AMRAP 20 MINUTES

40 Squat

20 Pushup

40 Jump rope/Line hops

\*AMRAP=As Many Rounds As Possible

## Flexibility

Shoulder stretch	20 sec	1	
Triceps stretch	20 sec	1	
Chest Opener stretch	20 sec	1	
Quad stretch	20 sec	1	
Hamstring stretch	20 sec	1	
Hip Flexor Stretch	20 sec	1	
Pidgeon Stretch	20 sec	1	
Calf Stretch	20 sec	1	

## Nutrition Tip

Eat a rainbow of fresh fruit and vegetable daily.

# STRENGTH & POWER 1

	Reps	Sets	Rest time
<b>Warm-up</b>			
Arm Circles Forward	10	1	
Arm Circles Reverse	10	1	
Jumping Jacks	15	1	
Butt Kickers	50	1	
High Knees	50	1	
Mt. Climbers	30	1	
Push-ups	10	1	
Squats	10	1	
<b>Strength and Power Superset</b>			
*A superset is doing two exercises back to back with no rest in between.			
Pushup Squat	10ea	3	60 sec
Forward Lunges Plank Walks	10ea	3	60 sec
Burpees Tuck Jumps	10ea	3	60 sec
Lying down Hip Thrust Side Lunges	10ea	3	60 sec
<b>Flexibility</b>			
Shoulder stretch	20 sec	1	
Triceps stretch	20 sec	1	
Chest Opener stretch	20 sec	1	
Quad stretch	20 sec	1	
Hamstring stretch	20 sec	1	
Hip Flexor Stretch	20 sec	1	
Pidgeon Stretch	20 sec	1	
Calf Stretch	20 sec	1	
<b>Nutrition Tip</b>			
Stay hydrated and don't forget about electrolytes.			

\*A superset is doing two exercises back to back with no rest in between.

\*Please use google to search any exercise properly if you are unsure.

# CORE

	Reps	Sets	Rest time
<b>Warm-up</b>			
Arm Circles Forward	10	1	
Arm Circles Reverse	10	1	
Jumping Jacks	15	1	
Butt Kickers	50	1	
High Knees	50	1	
Mt. Climbers	30	1	
Push-ups	10	1	
Squats	10	1	

## AS MANY AS REPS POSSIBLE 3 MIN

Push-ups  
Sit-ups

## AB BLASTER

20sec/10sec x 2rounds

\*Download an interval timer app and set it to 20seconds of work with 10 second rest.  
Complete 1 full round before moving on to the second.

Russian Twist  
Plank Hold  
Lying heel touches  
IN/OUTS  
Scissor Kicks  
Plank up/down  
Plank Walk Out  
Cross Crunch  
Bicycles

## Flexibility

Shoulder stretch	20 sec	1	
Triceps stretch	20 sec	1	
Chest Opener stretch	20 sec	1	
Quad stretch	20 sec	1	
Hamstring stretch	20 sec	1	
Hip Flexor Stretch	20 sec	1	
Pidgeon Stretch	20 sec	1	
Calf Stretch	20 sec	1	

## Nutrition Tip

Limit the amount of sugar in your diet.

# CARDIO 2

	Reps	Sets	Rest time
<b>Warm-up</b>			
Arm Circles Forward	10	1	
Arm Circles Reverse	10	1	
Jumping Jacks	15	1	
Butt Kickers	50	1	
High Knees	50	1	
Mt. Climbers	30	1	
Push-ups	10	1	
Squats	10	1	
<b>REVERSE PYRAMID SUPERSET</b>			
*Start with 10 reps for both exercises. Next round will be 9 reps. Next will be 8, etc. *Take breaks when needed, but no breaks are scheduled.			
1 mile run or High knees in place for 5 minutes			
Push up Burpee	10, 9, 8, 7, 6, 5, 4, 3, 2, 1		
1 Mile Run or High Knees in place for 5 minutes			
<b>Flexibility</b>			
Shoulder stretch	20 sec	1	
Triceps stretch	20 sec	1	
Chest Opener stretch	20 sec	1	
Quad stretch	20 sec	1	
Hamstring stretch	20 sec	1	
Hip Flexor Stretch	20 sec	1	
Pidgeon Stretch	20 sec	1	
Calf Stretch	20 sec	1	
<b>Nutrition Tip</b>			
Eat a variety of lean meats, including fish.			

## REVERSE PYRAMID

\*Start with 10 reps for both exercises. Next round will be 9 reps. Next will be 8, etc.

\*Take breaks when needed, but no breaks are scheduled.

# STRENGTH & POWER 2

	Reps	Sets	Rest time
<b>Warm-up</b>			
Arm Circles Forward	10	1	
Arm Circles Reverse	10	1	
Jumping Jacks	15	1	
Butt Kickers	50	1	
High Knees	50	1	
Mt. Climbers	30	1	
Push-ups	10	1	
Squats	10	1	
<b>Strength and Power Superset</b>			
*A superset is doing two exercises back to back with no rest in between.			
*For more of a challenge, increase reps by 5 and add 10 seconds to each exercise.			
Squat Pulse	10ea	5	60 sec
Squat hold	10sec		
Lunge Pulse (Left leg)	10ea	5	60 sec
Lunge Hold (Left leg)	10sec		
Plank Up/down	10ea	5	60 sec
Plank Hold	10sec.		
<b>Flexibility</b>			
Shoulder stretch	20 sec	1	
Triceps stretch	20 sec	1	
Chest Opener stretch	20 sec	1	
Quad stretch	20 sec	1	
Hamstring stretch	20 sec	1	
Hip Flexor Stretch	20 sec	1	
Pidgeon Stretch	20 sec	1	
Calf Stretch	20 sec	1	
<b>Nutrition Tip</b>			
Limit the amount of processed foods you consume.			