

MONDAY

Anterior & Lateral Chains

1A. PUSHUPS	4 x 8
B. KNEELING OVERHEAD PRESS	4 x 12
2A. PLANK TO PILLAR	3 x 6e.
B. SA KB OR DB SWING	3 x 8e.
3A. LATERAL LUNGE TO PRESS	3 x 6e.
B. SKATER JUMPS	3 x 10e
4A. BURPEE SHUFFLE	4 x 8
B. KNEEL TO SQUAT	4 x 6e
5A. MOUNTAIN CLIMBERS	3 x 30 sec.
B. SIDE PLANK LEG RAISE	3 x 15e.
6A. MB ALT. V-UP	3 x 6e.
B. PLANK T- RAISE	3 x 6 Rnds.

TUESDAY

Posterior and Anterior Chains

ENDURANCE	STRENGTH	POWER
JUMP ROPE 30s ON/ 15s OFF	DB DEADLIFT OR CHAIR ELEVATED GLUTE RAISE x 6	SINGLE LEG PIKE TO PLANK 4 x 10e TUCK JUMP 4 x 8
JUMP ROPE 30s ON/ 15s OFF	RENEGADE ROWS x 10e. ALT. LUNGE JUMP x 8e.	WALL SIT SINGLE ARM RAISE 3 x 15e PRONE I,Y,T 3 x 8e

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WEDNESDAY

Anterior & Lateral Chains

ENDURANCE	STRENGTH	POWER
JUMP ROPE 1 x 2min DB THRUSTERS 2 x 10 MB RUSSIAN TWIST 2 x 30	DB REVERSE LUNGE x 6e DB BURPEE HIGH PULL NO PUSHUP x 6 PLANK W/ HIP ROTATION x 30	SIDE PLANK HIP LIFT 4 x 10e SKIPPING A DRILL IN PLACE 4 x 30
JUMP ROPE 1x 2min SA OH SQUAT 2 x 6e SA DB SNATCH 2 x 6		DB SQUAT 4 x 15 SL RDL TO SL PLYO HOP 4 x 6e

THURSDAY

Posterior Chain

1A. DB SPLIT SQUAT	4 x 8e
B. MED BALL JACK	4 x 30
2A. DB LUNGE TAP	3 x 20e
B. BROAD JUMP	3 x 6
3A. SINGLE LEG DB LAT PULLOVER	3 x 10e
B. JUMP ROPE	3 x 50
4A. MANMAKERS	3 x 6
B. JUMP ROPE	3 x 50
5A. STRAIGHT ARM REVERSE FLY	4 x 15
B. DB OR BAND ROW	4 x 12
6A. SIT UPS	4 x 8
B. SPIDERMANS	4 x 30

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FRIDAY

Posterior, Anterior & Lateral Chains

ENDURANCE	STRENGTH	POWER
JUMP ROPE 1 x 2min REVERSE CRUNCH 2 x 15 SA OH OBLIQUE RAISE 2 x 6e	DB FRONT SQUAT x 8 DB SL RDL x 6e DONKEY KICKS x 20	OH MB WALKING LUNGE 4 x 8e MTN. CLIMBERS 4 x 30
JUMP ROPE 1 x 2min ALT. PLYO LUNGE 2 x 8e. GLUTE RAISE ON CHAIR 2 x 15		SQUAT SIDE LEG RAISE 4 x 8e. HIGH KNEES 4 x 50

SATURDAY

Anterior Chain

ENDURANCE	STRENGTH	POWER
JUMP ROPE 4:30	DB THRUSTER x 8 MB V-UP x 10 SPIDERMAN PUSHUP x 8	SINGLE LEG BURPEE 3 x 4e. PLANK STRAIGHT LEG RAISE 3 x 12e
JUMP ROPE 4:30		INCHWORMS 4 x 10 KB OR DB SWING 4 x 12

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