

MONDAY

Posterior Chain

ENDURANCE	STRENGTH	POWER
HIGH KNEES 45s ON/ 15s OFF	DB THRUSTER x 10 DB ROW x 10	SL BROAD JUMP 3 x 4e SPIDERMAN PUSHUP 3 x 10
HIGH KNEES 45s ON/ 15s OFF	DB RDL x 10 DONKEY KICKS x 20	SQUAT JUMP 3 x 20 DB PLANK T-RAISE 3 x 8e

TUESDAY

Lateral Chain

1A. DB LATERAL LUNGE	3 x 8e
B. SINGLE LEG PLYO LUNGE	3 x 8e.
2A. SIDE PLANK W/ LEG RAISE	3 x 10e.
B. SINGLE LEG SQUAT	3 x 6e
3A. DB CURTSY LUNGE W/ CURL	3 x 6e.
B. SKATER JUMPS	3 x 8e
4A. KB FIGURE 8	3 x 12
B. MB STRAIGHT LEG SIT UP	3 x 12
5A. DECLINE SPIDERMAN	3 x 12e
B. PLANK WITH HIP ROTATION	3 x 30
6A. BURPEE LATERAL SHUFFLE	3 x 8
B. BULGARIAN SPLIT SQUAT	3 x 6e.

*ALL ROUNDS ARE 4.5 MINUTES LONG

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WEDNESDAY

Anterior and Posterior Chains

1A. DB FLOOR PRESS	3 x 12
B. PLANK TRICEP KICKBACK	3 x 8e
2A. JUMP ROPE	3 x 50
B. ATOMIC PUSHUP	3 x 8
3A. SA KETTLEBELL SWINGS	4 x 8e
B. BAND PULLAPART	4 x 20
4A. WALL SIT BICEP CURLS	3 x 12
B. MANMAKERS	3 x 6
5A. GLUTE BRIDGE LAT PULLOVER	3 x 12
B. PLANK WITH STRAIGHT LEG RAISE	3 x 12e
6A. DB RENEGADE ROW	3 x 10e
B. DB SL RDL	8e

THURSDAY

Posterior and Lateral Chains

ENDURANCE	STRENGTH	POWER
JUMP ROPE 45S ON/ 15S OFF	DB DEADLIFT x 8	BAND MONSTER WALKS 3 x 15e
JUMP ROPE 45S ON/ 15S OFF	ALT. QUAD SUPERMANS x 6e	AB WINDSHIELD WIPERS 3 x 6e
	SL ELEVATED GLUTE RAISE x 8e	KB SWING LATERAL LUNGE 3 x 6e
		KNEEL TO SQUAT 3 x 12

*ALL ROUNDS ARE 4.5 MINUTES LONG

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FRIDAY

Anterior and Lateral Chains

ENDURANCE	STRENGTH	POWER
HIGH KNEE 1 x 2min BICYCLE CRUNCH 2 x 30 COUNTERBALANCE SQUAT 2 x 12	DB RDL TO HIGH PULL x 6 REVERSE CRUNCH x 15 GLUTE BRIDGE CHEST FLY x 12	ROTATIONAL PLYO LUNGE 3 x 12e SIDE PLANK HIP LIFT 3 x 12e
JUMP ROPE 1 x 2min SA OH SQUAT 2 x 6e SQUAT TO SIDE LEG RAISE 2 x 6e		DB STANDING MILITARY PRESS 3 x 12 MB AB COMPLEX 3 x 10, 10, 10

SATURDAY

Posterior, Anterior and Lateral Chains

ENDURANCE	STRENGTH	POWER
JUMP ROPE 1 x 2min SA KB SWING 2 x 8e DIPS ON BOX 2 x 15	DB SUMO SQUAT x 6 DB REVERSE FLY x 15 LATERAL DONKEY KICKS x 20	SA DB SNATCH TO LUNGE 3 x 6e PLANK DB DRAG 3 x 8e
BUTT KICKS 1 x 2min SINGLE LEG PUSHUP 2 x 10 SUPINE SL HAMSTRING CURL 2 x 10e		MB LUNGE WITH ROTATION 3 x 10e MB RUSSIAN TWIST 3 x 30

*ALL ROUNDS ARE 4.5 MINUTES LONG

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