

MONDAY

Anterior, Posterior and Lateral Chains

| | |
|--------------------------------|---------|
| 1A. MOUNTAIN CLIMBERS | 3 x 30 |
| B. OH WALKING LUNGE | 3 x 8e. |
| 2A. SPRINTER PUSHUP | 3 x 8 |
| B. DB I, Y, T | 3 x 6e |
| 3A. DB RDL | 4 x 8 |
| B. ALT. SUPERMAN | 4 x 8e. |
| 4A. ALT. MB V-UP | 3 x 8e. |
| B. BROAD JUMPS | 3 x 8 |
| 5A. MB RUSSIAN TWIST | 3 x 30 |
| B. SIDE PLANK LEG RAISE | 3 x 12e |
| 6A. BURPEE | 4 x 8 |
| B. SPIDERMAN | 4 x 12e |

TUESDAY

Posterior Chain

| ENDURANCE | STRENGTH | POWER |
|--|---|--|
| JUMP ROPE 1 x 2min MB ALT. LUNGE JUMP 2 x 6e GLUTE RAISE ON BOX 2 x 12 | SL LAT PULLOVER x 8e WALL SIT BICEP CURL x 12 DB REVERSE FLY x 12 | RENEGADE ROW 3 x 10e IN/OUT SQUAT JUMPS 3 x 12e |
| JUMP ROPE 1 x 2min KB FIGURE 8 2 x 12 DB LUNGE TAP 2 x 6 | | MB SIT UP 3 x 10 DONKEY KICKS 3 x 25 |

*ALL ROUNDS ARE 4.5 MINUTES LONG

#scorchnation

WEDNESDAY

Anterior and Posterior Chains

| ENDURANCE | STRENGTH | POWER |
|---|--|--|
| HIGH KNEES 1 x 2min PLANK TO PILLAR 2 x 6e. BURPEE 2 x 8 | DB RDL TO HIGH PULL x 8 | DB SUITCASE SQUAT 3 x 10 PLANK WITH HIP ROTATION 3 x 30 |
| SKIPPING A DRILL 1 x 2min DB ROW 2 x 10 SL RDL W/ FLY 2 x 6e. | DB THRUSTERS x 8 DECLINE PUSHUP x 8 | SA KB SWING 3 x 8e SL PLYO LUNGE 3 x 6e |

THURSDAY

Anterior and Lateral Chains

| ENDURANCE | STRENGTH | POWER |
|---|---|---|
| JUMP ROPE 1 x 2min SPRINTER PUSHUP 2 x 10 SQUAT SIDE LEG RAISE 2 x 8e | DB FRONT SQUAT x 8 DB STEP UP x 6e | LATERAL LUNGE KB SWING 3 x 8e MOUNTAIN CLIMBERS 3 x 30 |
| JUMP ROPE 1 x 2min BURPEE TUCK JUMP 2 x 8 WALL SIT W/ BICEP CURL 2 x 15 | REVERSE LUNGE TO CURL x 8e | SKATER JUMPS 4 x 8e COUNTERBALANCE SQUAT 4 x 10 |

*ALL ROUNDS ARE 4.5 MINUTES LONG

#scorchnation



FRIDAY

Posterior Chain

| | |
|-------------------------------------|---------|
| 1A. DB REVERSE LUNGE | 3 x 6e |
| B. KB SWING | 3 x 20 |
| 2A. SA OH SQUAT | 3 x 6e |
| B. REVERSE CRUNCH | 3 x 15 |
| 3A. BAND MONSTER WALK | 3 x 15e |
| B. LATERAL LUNGE AND PRESS | 3 x 8e |
| 4A. PLANK STRAIGHT LEG RAISE | 3 x 15e |
| B. SQUAT JUMP | 3 x 15 |
| 5A. MANMAKERS | 3 x 6 |
| B. QUAD SUPERMANS | 3 x 6e |
| 6A. ALT. LUNGE JUMP | 3 x 8e. |
| B. SINGLE LEG HAMSTRING CURL | 3 x 8e |

SATURDAY

Posterior Chain

| ENDURANCE | STRENGTH | POWER |
|------------------|-----------------------|-------------------------------|
| JUMP ROPE | | SL SQUAT |
| 45s ON/ 15s OFF | DB RDL | 2 x 6e. |
| | x 8 | MB JACK |
| | LATERAL DONKEY | 2 x 30 |
| | KICKS | PLANK TRICEP KICKBACKS |
| | x 30 | 2 x 8 |
| JUMP ROPE | DB SUMO SQUAT | DB SPLIT SQUAT |
| 45s ON/ 15s OFF | x 10 | 2 x 10e |
| | | DB PLANK T-RAISE |
| | | 2 x 6e |
| | | TUCK JUMPS |
| | | 2 x 6 |

*ALL ROUNDS ARE 4.5 MINUTES LONG

#scorchnation