

MONDAY

Monday- Posterior and Lateral Chains

ENDURANCE	STRENGTH	POWER
BUTT KICKS 4:30 min	DB DEADLIFT x 8	MB LUNGE ROTATION 3 x 8e BURPEE SHUFFLE 3 x 8
JUMP ROPE 4:30 min	DB RENEGADE ROW x 8e DONKEY KICKS x 20	MB V-UP 3 x 12 BAND MONSTER WALKS 3 x 12e

TUESDAY

Anterior and Lateral Chains

1A. DB FLOOR PRESS	3 x 12
B. DB PLANK T- RAISE	3 x 6e
2A. DB FRONT RAISE W/ ROT.	3 x 6e.
B. ATOMIC PUSHUPS	3 x 8
3A. JUMP ROPE	3 x 50
B. MB AB COMPLEX	3 x 10,10,10
4A. SIDE PLANK HIP LIFT	3 x 12e
B. SKATER JUMPS	3 x 8e
5A. DB BULGARIAN	3 x 8e
B. MOUNTAIN CLIMBERS	3 x 40
6A. SA OH OBLIQUE RAISE	3 x 6e
B. SPIDERMANS	3 x 12e

*ALL ROUNDS ARE 4.5 MINUTES LONG

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WEDNESDAY

Anterior Chain

ENDURANCE	STRENGTH	POWER
HIGH KNEES 45s ON/ 15s OFF	DB SPLIT LEG SQUAT x 10e	DB THRUSTERS 3 x 12 PLANK W/ HIP ROT. 3 x 30 JUMP ROPE 3 x 40
HIGH KNEES 45s ON/ 15s OFF	AB WINDSHIELD WIPERS x 8e PLANK W/ SL RAISE x 10e	SA DB SNATCH 3 x 6e MB SIT UP 3 x 12 JUMP ROPE 3 x 40

THURSDAY

Anterior and Posterior Chains

1A. PLANK TO PILLAR	3 x 6e
B. DB BICEPS 21'S	3 x 7,7,7
2A. RENEGADE ROW W/ PUSHUP	3 x 8
B. BAND PULLAPART	3 x 20
3A. KNEEL TO SQUAT	3 x 8
B. LATERAL DONKEY KICKS	3 x 30
4A. DB BENT OVER ROW	3 x 10
B. DB LAT PULLOVER	3 x 10
5A. DB LUNGE TAP	3 x 20e
B. MB ALT. V-UP	3 x 12
6A. SL ELEVATED GLUTE RAISE	3 x 10e
B. IN/OUT SQUAT JUMP	3 x 10

*ALL ROUNDS ARE 4.5 MINUTES LONG

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FRIDAY

Lateral Chain

1A. HIGH KNEES	3 x 50
B. SIDE PLANK HIP LIFT-LEG RAISE	3 x 8e
2A. DB SQUAT TO ROTATIONAL PRESS	3 x 6e
B. JUMP ROPE	3 x 50
3A. DB LATERAL LUNGE	3 x 6e
B. SQUAT SIDE LEG RAISE	3 x 8e
4A. DB SA OH SQUAT	3 x 6e
B. BURPEE TUCK JUMP	3 x 8
5A. SL PUSHUP	4 x 8
B. TRICEP DIPS	4 x 12
6A. ALTERNATING LUNGE JUMPS	3 x 8e
B. SINGLE LEG RDL	3 x 6e

SATURDAY

Posterior and Anterior Chain

ENDURANCE	STRENGTH	POWER
BUTT KICKS 4:30 min	DB FRONT RAISE x 8	DB REVERSE FLY 3 x 10 DB GLUTE BRIDGE CHEST FLY 3 x 15
JUMP ROPE 4:30 min	MANMAKERS x 6 PLYO STEP UP x 8e	DB NARROW STANCE SQUAT 3 x 12 SA KB SWING 3 x 8e

*ALL ROUNDS ARE 4.5 MINUTES LONG

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