

MONDAY

Anterior, Posterior & Lateral Chains

1A. <i>DB Floor Press</i>	3 x 8
B. <i>Kneeling Front Raise</i>	3 x 10
2A. <i>Skipping A Drill</i>	3 x 30
B. <i>DB Plank T-Raise</i>	3 x 6e
3A. <i>DB SL RDL</i>	3 x 6e
B. <i>Box Jumps/Squat Jumps</i>	3 x 6
4A. <i>DB Upright Row</i>	3 x 8
B. <i>DB I,Y,T</i>	3 x 6 rds
5A. <i>Bicycle Crunches</i>	4 x 30
B. <i>Lateral Donkey Kicks</i>	4 x 30
6A. <i>MB Reverse Lunge + Rotation</i>	3 x 6e
B. <i>KB Swing</i>	3 x 15

TUESDAY

Posterior and Anterior Chains

ENDURANCE	STRENGTH	POWER
<i>Butt Kicks</i> 4:30 min	<i>DB Squat Jump</i> x 12	<i>DB Thrusters</i> 3 x 8 <i>DB Alt. Chest Press</i> 3 x 10E
<i>Jump Rope</i> 4:30 min	<i>Spiderman Pushup</i> x 10 <i>DB Front Raise w/ Rot</i> x 8e	<i>DB SL Lat Pullover</i> 3 x 8e <i>DB Curl to Press</i> 3 x 8

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*ALL ROUNDS ARE 4.5 MINUTES LONG

WEDNESDAY

Posterior & Lateral Chains

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|--------------------------------------|--------|
| 1A. <i>DB Reverse Lunge</i> | 3 x 6e |
| B. <i>MB Russian Twist</i> | 3 x 30 |
| 2A. <i>Lateral Lunge to KB Swing</i> | 3 x 6e |
| B. <i>DB Curtsy Lunge + Curl</i> | 3 x 6e |
| 3A. <i>Mountain Climber</i> | 4 x 30 |
| B. <i>Alt. Plyo Lunge</i> | 4 x 8e |
| 4A. <i>DB Reverse Fly</i> | 3 x 12 |
| B. <i>Plank SL Raise</i> | 3 x 8e |
| 5A. <i>High Knees</i> | 3 x 50 |
| B. <i>KB Figure 8</i> | 3 x 12 |
| 6A. <i>DB Step Up and Press</i> | 3 x 6e |
| B. <i>SA OH Oblique Raise</i> | 3 x 6e |

THURSDAY

Posterior Chain

ENDURANCE	STRENGTH	POWER
<i>High Knees</i> 4:30 min	<i>DB Squat</i> x 8	<i>DB Row</i> 3 x 15 <i>Manmakers</i> 3 x 6
<i>Jump Rope</i> 4:30 min	<i>DB RDL</i> x 8 <i>Donkey Kicks</i> x 20	<i>Plank Series</i> 3 x 10e <i>SL Hamstring Curls</i> 3 x 8e

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FRIDAY

Anterior & Lateral Chains

ENDURANCE	STRENGTH	POWER
Jump Rope 1 x 2min DB Lateral Raise 2 x 10 SA OH Squat 2 x 6e	DB Thrusters x 6 Skater Jumps x 10e SA DB Snatch x 6e	DB Lat. Lunge and Press 3 x 6e Band Monster Walks 3 x 15e
Jump Rope 1 x 2min Tricep Dips 2 x 12 MB V- Up 2 x 12		Side Plank-Leg Lift 3 x 10e Rotational Plyo Lunge 3 x 8e

SATURDAY

Anterior & Posterior Chains

1A. DB Deadlift	4 x 8
B. Band Pullapart	4x20
2A. SA KB Swing	4 x 10e
B. Tuck Jumps	4 x 8
3A. High Knees	3 x 50
B. Weighted Sit Up	3 x 12
4A. Reverse Crunch	3 x 10
B. Wall Sit w/ Bicep Curl	3 x 15
5A. MB OH Lunge Tap	4 x 20e
B. Plank to Pillar	4 x 8e
6A. Decline Mountain Climber	4 x 20
B. Plank with Hip Rotation	4 x 30

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