

## MONDAY

### Monday- Anterior and Lateral Chains

ENDURANCE	STRENGTH	POWER
<b>JUMP ROPE</b> 30 On/10 Off	<b>DB THRUSTERS</b> x 6	<b>MB RUSSIAN TWIST</b> 3 x 20 <b>DONKEY KICKS</b> 3 x 25
	<b>BAND MONSTER WALKS</b> x 12e	
<b>JUMP ROPE</b> 30 On/10 Off	<b>LATERAL LUNGE</b> x 6e	<b>SINGLE ARM KB SWING</b> 3 x 8e <b>SIDE PLANK LEG RAISE</b> <b>HIP LIFT</b> 3 x 8e

## TUESDAY

### Posterior Chain

1A. <b>DB DEADLIFTS</b>	4 x 6
B. <b>QUAD SUPERMAN</b>	4 x 8e
2A. <b>SQUAT JUMPS</b>	3 x 15
B. <b>MB V-UP</b>	3 x 12
3A. <b>DB FRONT SQUATS</b>	4 x 12
B. <b>PLANK WITH HIP ROTATION</b>	4 x 30
4A. <b>HIGH KNEES</b>	3 x 50
B. <b>SL HAMSTRING CURLS</b>	3 x 8e
5A. <b>DB BENT OVER ROW</b>	4 x 10
B. <b>DB LAT PULLOVER</b>	4 x 10
6A. <b>KB SWING</b>	3 x 15
B. <b>ROTATIONAL PLYO LUNGE</b>	3 x 8e

\*ALL ROUNDS ARE 4.5 MINUTES LONG

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## WEDNESDAY

### Posterior and Anterior Chains

ENDURANCE	STRENGTH	POWER
<b>BUTT KICKS</b> 4:30	<b>DB SPLIT LEG SQUAT</b> x 8e	<b>DB PLANK T- RAISE</b> 3 x 6e  <b>SPIDERMANS</b> 3 x 12e
<b>JUMP ROPE</b> 4:30	<b>LATERAL DONKEY KICKS</b> x 30  <b>BAND PULLAPARTS</b> x 20	<b>DB THRUSTERS</b> 4 x 12  <b>MB AB COMPLEX</b> 4 x 10,10,10

## THURSDAY

### Anterior and Posterior Chain

1A. <b>DB FLOOR PRESS</b>	4 x 8
B. <b>TRICEP DIPS</b>	4 x 12
2A. <b>DB SUMO SQUAT</b>	3 x 15
B. <b>SQUAT JUMP- DONKEY KICKS</b>	3 x 10-20
3A. <b>KB FIGURE 8'S</b>	3 x 12
B. <b>REVERSE CRUNCH</b>	3 x 12
4A. <b>REVERSE FLY</b>	4 x 10
B. <b>SPRINTER PUSHUP</b>	4 x 10
5A. <b>DB RDL TO HIGH PULL</b>	4 x 8
B. <b>MB JUMPING JACK</b>	4 x 30
6A. <b>SA DB SNATCH</b>	3 x 6e
B. <b>BURPEE TUCK JUMP</b>	3 x 6

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## FRIDAY

### Posterior and Anterior Chain

1A. <b>DB SQUATS</b>	4 x 8
B. <b>ALT. LUNGE JUMP</b>	4 x 8e
2A. <b>SA OH SQUAT</b>	3 x 6e
B. <b>PLANK TO PILLAR</b>	3 x 6e
3A. <b>MB OH WALKING LUNGE</b>	3 x 6e
B. <b>PLANK SL RAISE</b>	3 x 12e
4A. <b>DB ALTERNATING CHEST PRESS</b>	3 x 8e
B. <b>DB FRONT RAISE W/ ROTATION</b>	3 x 8e
5A. <b>DB SPLIT SQUAT</b>	3 x 8e
B. <b>AB WINDSHIELD WIPERS</b>	3 x 8e
6A. <b>SPIDERMAN PUSHUP</b>	3 x 8
B. <b>MB OH SIT UP</b>	3 x 12

## SATURDAY

### Lateral, Posterior, and Anterior Chains

ENDURANCE	STRENGTH	POWER
<b>HIGH KNEES</b> 1 x 2min <b>MTN. CLIMBERS</b> 2 x 30 <b>DB LUNGE TAP</b> 2 x 20e	<b>BURPEE SHUFFLE</b> x 8  <b>ALT. PLYO STEP UP</b> x 10e  <b>MANMAKERS</b> x 6	<b>DB SL RDL</b> 4 x 6e  <b>DB REVERSE LUNGE</b> 4 x 6e  <b>DB RENEGADE ROW</b> 4 x 10e  <b>PUSHUP</b> 4 x 8
<b>JUMP ROPE</b> 1 x 2min <b>SIDE PLANK LEG LIFT</b> 2 x 10e <b>SKATER JUMPS</b> 2 x 8e		

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