

## MONDAY

### Lateral and Anterior Chains

ENDURANCE	STRENGTH	POWER
<b>HIGH KNEES</b> 1 x 2min <b>MOUNTAIN CLIMBERS</b> 2 x 40 <b>PLANK SL RAISE</b> 2 x 10e	<b>KB LATERAL LUNGE AND SWING</b> x 6e	<b>DB FLOOR PRESS</b> 4 x 8 <b>SA OH OBLIQUE RAISE</b> 4 x 6e
<b>JUMP ROPE</b> 1 x 2min <b>SIDE PLANK W/ LEG LIFT</b> 2 x 10e <b>MB RUSSIAN TWIST</b> 2 x 30	<b>SL SQUAT</b> x 6e  <b>WEIGHTED SKATERS</b> x 12e	<b>DB LATERAL STEP UP AND PRESS</b> 3 x 6e <b>DB UPRIGHT ROW</b> 3 x 12

## TUESDAY

### Posterior and Anterior Chains

ENDURANCE	STRENGTH	POWER
<b>HIGH KNEE</b> 4:30	<b>DONKEY KICKS</b> x 20 <b>WEIGHTED SIT UP</b> x10 <b>MB ALT. V-UP</b> x 8e	<b>DB DEADLIFT</b> 3 x 8 <b>REVERSE CRUNCH</b> 3 x 12
<b>JUMP ROPE</b> 4:30		<b>DB BENT OVER ROW</b> 4 x 10 <b>PLANK W/ HIP ROTATION</b> 4 x 30

\*ALL ROUNDS ARE 4.5 MINUTES LONG

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## WEDNESDAY

### Anterior Chain

1A. <b>JUMP ROPE</b>	2 min
B. <b>HIGH KNEES</b>	2min
2A. <b>BURPEE</b>	3 x 8
B. <b>SPIDERMANS</b>	3 x 8e
3A. <b>DB THRUSTERS</b>	3 x 10
B. <b>SA KB SWING</b>	3 x 8e
4A. <b>JUMP ROPE</b>	2 min
B. <b>HIGH KNEES</b>	2 min
5A. <b>MB WOODCHOP</b>	3 x 6e
B. <b>SA DB SNATCH TO LUNGE</b>	3 x 6e
6A. <b>DB PLANK DRAG</b>	3 x 8e
B. <b>DB CLEAN AND PRESS</b>	3 x 8

## THURSDAY

### Posterior Chain

ENDURANCE	STRENGTH	POWER
<b>HIGH KNEES</b> 2min		<b>WALL SIT FRONT RAISE</b> 3 X 15
<b>JUMP ROPE</b> 2 min	<b>DB BENT OVER ROW</b> x 8	<b>DB RDL</b> 3 X 10
	<b>DB REVERSE FLY</b> x 12	
<b>SKIPPING A DRILL</b> 2 min	<b>REV. LUNGE TO CURL</b> x 6e	<b>DB CURL TO PRESS</b> 3 x 8
<b>JUMP ROPE</b> 2 min		<b>RENEGADE ROW</b> 3 x 10e

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## FRIDAY

### Lateral and Anterior Chain

1A.	<b>DB SUMO SQUAT</b>	4 x 12
B.	<b>TUCK JUMPS</b>	4 x 8
2A.	<b>SKIPPING A DRILL</b>	3 x 40
B.	<b>MB WALKING LUNGE W/ ROTATION</b>	3 x 6e
3A.	<b>BAND MONSTER WALKS</b>	3 x 15e
B.	<b>SQUAT SIDE LEG RAISE</b>	3 x 6e
4A.	<b>DECLINE SPIDERMAN</b>	3 x 15e
B.	<b>AB WINDSHIELD WIPERS</b>	3 x 8e
5A.	<b>DB NARROW STANCE SQUAT</b>	3 x 12
B.	<b>MB OH STEP UP</b>	3 x 6e
6A.	<b>WEIGHTED PLANK W/ SL RAISE</b>	4 x 12e
B.	<b>MOUNTAIN CLIMBERS</b>	4 x 30

## SATURDAY

### Anterior Chain

1A.	<b>BUTT KICKS</b>	2 min
B.	<b>JUMP ROPE</b>	2 min
2A.	<b>DB SPLIT SQUAT</b>	3 x 8e
B.	<b>MB JACK</b>	3 x 40
3A.	<b>ROTATIONAL PLYO LUNGE</b>	4 x 8e
B.	<b>MB RUSSIAN TWIST</b>	4 x 30
4A.	<b>DB KNEELING SHOULDER PRESS</b>	3 x 12
B.	<b>DB CHEST FLY</b>	3 x 15
5A.	<b>BURPEE</b>	3 x 8
B.	<b>KB SWING</b>	3 x 15
6A.	<b>HIGH KNEES</b>	2 min
B.	<b>JUMP ROPE</b>	2 min

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