

MONDAY

Posterior, Anterior, and Lateral Chains

ENDURANCE

JUMP ROPE

1 x 2min

DB THRUSTERS

2 x 10

DB REVERSE FLY

2 x 8

JUMP ROPE

1 x 2min

SL HAMSTRING CURLS

2 x 8e

BROAD JUMPS

2 x 8

STRENGTH

DB SQUAT

x 8

MB RUSSIAN TWIST

x 15e

DB SQUAT JUMP

x 8

POWER

BOX JUMPS

3 x 6

SINGLE LEG SQUAT

3 x 6e

DONKEY KICKS

3 x 20

WALL SIT

W/ FRONT RAISE

3 x 15

MTN. CLIMBERS

3 x 30

TUESDAY

Anterior and Posterior Chain

1A. SINGLE LEG LAT PULLOVER

3 x 8e

B. PUSHUPS

3 x 10

2A. MB ALT. V-UP

3 x 8e

B. SINGLE LEG BURPEE

3 x 4e

3A. SQUAT TO ROTATIONAL PRESS

3 x 6e

B. SPIDERMANS

3 x 12e

4A. DB BENT OVER ROW

3 x 8

B. DB ALT. CHEST PRESS

3 x 8e

5A. DUMBBELL BICEP 21'S

3 x 7,7

B. PLANK TRICEPS KICKBACKS

3 x 8e

6A. MB OH STEP UP

3 x 6e

B. PLANK W/ SL RAISE

3 x 12e

*ALL ROUNDS ARE 4.5 MINUTES LONG

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WEDNESDAY

Lateral and Anterior Chains

ENDURANCE	STRENGTH	POWER
HIGH KNEES 4:30	DB SPLIT SQUAT x 8e	LATERAL DONKEY KICKS 3 X 30 KB SWING 3 X 15 PLANK W/ HIP ROTATION 3 X 30
JUMP ROPE 4:30	DB RDL TO HIGH PULL x 8 BAND PULLAPARTS x 25	SKATER JUMPS 3 x 12e LATERAL LUNGE AND PRESS 3 x 6e REVERSE CRUNCH 3 x 12

THURSDAY

Anterior and Lateral Chains

1A. DB FLOOR PRESS B. MB V- UP	3 x 10 3 x 10
2A. SIDE PLANK HIP LIFT B. SA OH OBLIQUE RAISE	3 x 12e 3 x 6e
3A. DB LATERAL PLYO STEP UP B. HIGH KNEES	3 x 8e 3 x 50
4A. BURPEE SHUFFLE B. DB PLANK T-RAISE	3 x 8 3 x 6e
5A. DB FRONT RAISE W/ ROTATION B. DB UPRIGHT ROW	3 x 8e 3 x 10
6A. DB LATERAL LUNGE B. BAND LATERAL WALKS	3 x 8e 3 x 12e

*ALL ROUNDS ARE 4.5 MINUTES LONG

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FRIDAY

Posterior and Anterior Chain

1A. DB DEADLIFT	4 x 6
B. ALT. SUPERMAN	4 x 6e
2A. DB LUNGE TAP	3 x 15e
B. SA DB SNATCH	3 x 6e
3A. SL GLUTE RAISE ON BOX	3 x 10e
B. KB FIGURE 8	3 x 12
4A. DB BENT OVER ROW	3 x 12
B. WEIGHTED SIT UP	3 x 10
5A. DB SL RDL	3 x 6e
B. ALT. PLYO LUNGE	3 x 8e
6A. SA OH SQUAT	3 x 6e
B. DB FRONT SQUAT	3 x 15

SATURDAY

Posterior Chain

ENDURANCE	STRENGTH	POWER
HIGH KNEES 4:30	DB RDL x 8	DB SQUAT 4 x 10 DB RENEGADE ROW 4 x 10e
BUTT KICKS 4:30	DONKEY KICKS x 25 BOX JUMP x 6	GLUTE BRIDGE LAT PULLOVER 4 x 12 BAND PULLAPART 4 x 20

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*ALL ROUNDS ARE 4.5 MINUTES LONG

