

### **Body Weight Only/No Equipment**

Day 1	Day 2	Day 3
1. Squat_x 20 reps x 4 sets	1. Push Ups x AMAP x 4 sets	Single Leg Glute Bridge
2. Single Leg Glute Bridge x 12 ea	ch 2. <u>Dips</u> x 12 +	(Shoulders elevated) x 15 reps
side +	Side Plank x 15 seconds each	x 4 sets
Russian Twist x 15 each side +	side	2. Squat Tempo 5 seconds down 5
Plank x 30 seconds	x 5 sets	seconds up x 8 +
x 5 sets	3. 3 Rounds As Fast As Possible	Forward Lunge x 10 each side
3. 12 minute AMRAP:	Jumping Jacks x 12 +	x 3 sets
12 reps each exercise:	Straight Leg Sit Up x 12 +	3. Step Ups x 10 each side +
Reverse Lunge Left side +	Inchworm x 12 +	Lateral Lunge x 8 each side +
Super Plank +	Burpees x 12	Shoulder Tap Plank x AMAP
Reverse Lunge Right side	4. 4 minutes:	x 3 sets
4. 100 Reps As Fast as Possible:	20 seconds on 10 seconds off	4. 6 Minutes:
Jump Squats	Bicycle Crunch	40 seconds on 20 seconds off
		Hollow Rock +
		Flutter Kicks



## **Dumbbell/Kettlebell/Band**

Day 1	Day 2	Day 3
1. Squat x 20 reps x 4 sets	1. Push Ups x AMAP x 4 sets	Dumbbell Banded Romanian
2. <u>Dumbbell/Kettlebell Snatch</u> x 12	2. <u>Dips</u> x 12 +	Deadlift x 20 reps x 4 sets
each side +	Side Plank x 15 seconds each	2. Squat Tempo 5 seconds down 5
Russian Twist x 15 each side +	side	seconds up x 8 +
Plank x 30 seconds	x 5 sets	Forward Lunge x 10 each side
x 5 sets	3. 3 Rounds As Fast As Possible	x 3 sets
3. 12 minute AMRAP:	Banded Pullaparts x 12 +	3. Step Ups x 10 each side +
12 reps each exercise:	Straight Leg Sit Up x 12 +	Lateral Lunge x 8 each side +
Reverse Lunge Left side +	Hammer Curl Overhead Press	Shoulder Tap Plank x AMAP
SuperPlank +	x 12 +	x 3 sets
Reverse Lunge Right side	Burpees x 12	4. 6 Minutes:
4. 100 Reps As Fast as Possible:	4. 4 minutes:	40 seconds on 20 seconds off
Jump Squats	20 seconds on 10 seconds off	Hollow Rock +
	Bicycle Crunch	Flutter Kicks



### Power Rack/Dumbbell/Kettlebell/Band

Day 1	Day 2	Day 3
<ol> <li>Squat with 1/1000 pause         3 sets x 5 reps RPE 6</li> <li>Dumbbell/Kettlebell Snatch x 12         each side +         Russian Twist x 15 each side +         Plank x 30 seconds         x 5 sets</li> <li>12 minute AMRAP:         12 reps each exercise:         Reverse Lunge Left side +         SuperPlank +         Reverse Lunge Right side</li> <li>100 Reps As Fast as Possible:         Jump Squats</li> </ol>	<ol> <li>Overhead Press         <ul> <li>4 sets x 5 reps RPE 6</li> </ul> </li> <li>Dips x 12 +             Side Plank x 15 seconds each side x 5 sets</li> <li>3 Rounds As Fast As Possible Banded Pullaparts x 12 +             Straight Leg Sit Up x 12 +             Hammer Curl Overhead Press x 12 +             Burpees x 12</li> <li>4 minutes:             20 seconds on 10 seconds off Bicycle Crunch</li> </ol>	<ol> <li>Deadlift         <ul> <li>4 sets x 4 reps RPE 6</li> </ul> </li> <li>Squat Tempo 5 seconds down 5 seconds up x 8 +                 Forward Lunge x 10 each side x 3 sets</li> <li>Step Ups x 10 each side +                Lateral Lunge x 8 each side +                 Shoulder Tap Plank x AMAP x 3 sets</li> <li>6 Minutes:</li></ol>



# Bodybuilding

	Legs		Beach Muscles	Recovery
K	Cossack Squat x 12 each side + Kneel to Squat x 8 each side 4 sets	1.	Tempo <u>Dumbbell Floor Press</u> 3 seconds down 1 seconds up x 12 +	Walk 20-40 minutes
S P	Tempo Banded Good Morning 3 seconds down 3 seconds up x 8 + Pullthrough x 20 seconds up x 8 + 20 seconds u	2.	Banded Front Raise x AMAP x 3 sets Single Arm Tate Press with 2 second pause at bottom x 8 each	
s <u>F</u> s	Single Leg Calf Raise x 20 each side + Front Rack Kettlebell March x 60 seconds x 4 sets	3.	side +  Banded KickBacks x 12 x 3 sets  Dumbbell Pullovers x 20 +  Lateral Raise x 20 +  Facepull x 20 x 3 sets	