

Week of June 29, 2020

Body Weight Only/No Equipment

	Day 1		Day 2		Day 3
1.	Squat x 20 +	1.	Push Ups with 3 second hold at the	1.	Single Leg Box Squat x 15 each
	Plank x 15-20 breaths		bottom x AMAP +		side +
	x 4		Bicycle Crunch x 15 each side		Elevated Glute Bridge x 20
2.	Step Ups x 8 each side +		Active Rest		x 4
	Reverse Lunge x 8 each side +		x 4	2.	TGU x 1 each side +
	Flutter Kicks x 20	2.	<u>Dips</u> x 15-20 +		Jump Squat x 30 seconds +
	x 3		Handstand Push Up x 5-8 +		Crunch x 12
3.	Single Leg Deadlift Tempo 3		Side Plank x 30 seconds each		Reverse Crunch x 12
	seconds down 3 seconds up x 8 +		x 3		x 4
	Chair/Table Row x 10 +	3.	12 minutes:	3.	10 Rounds as Fast as Possible
	x 4		40 seconds on 20 seconds off		5 Push Ups +
4.	6 minutes:		Mountain Climber +		5 Burpee +
	40 seconds on 20 seconds off		Crucifix Hold +		5 Straight Leg Sit Up
	<u>Inchworms</u>		Shoulder Tap Planks		
	Hardwood Hamstring Curl				



Dumbbell/Kettlebell/Band

	Day 1	Day 2		Day 3
1. <u>S</u>	Squat x 20 +	Push Ups with 3 second hold at	1.	Single Leg Box Squat x 15 each
<u>P</u>	Plank x 15-20 breaths	the bottom x AMAP +		side +
Х	(4	Bicycle Crunch x 15 each side		Pullthrough x 20 +
2. <u>S</u>	Step Ups x 8 each side +	Active Rest +		x 4
R	Reverse Lunge x 8 each side +	x 4	2.	TGU x 1 each side +
<u>F</u>	Flutter Kicks x 20	2. <u>Dips</u> x 15-20 +		Jump Squat x 30 seconds +
Х	< 3	Hammer Curl Overhead Press x 8-		Crunch x 12 +
3. <u>S</u>	Single Leg Deadlift Tempo 3	12 +		Reverse Crunch x 12
S	seconds down 3 seconds up x 8 +	Side Plank x 30 seconds each		x 4
<u>B</u>	Bentover Banded Row x 10	x 3	3.	10 Rounds as Fast as Possible
Х	(4	3. 12 minutes:		5 Push Ups +
4. 6	6 minutes:	40 seconds on 20 seconds off		5 Burpee +
4	10 seconds on 20 seconds off	Mountain Climber +		5 Straight Leg Sit Up
<u>lr</u>	<u>nchworms</u>	Crucifix Hold +		
+	-	Shoulder Tap Planks		
<u> </u>	Hardwood Hamstring Curl			



Power Rack/Dumbbell/Kettlebell/Band

Day 1	Day 2	Day 3
 Squat 5 x 5 RPE 7 Step Ups x 8 each side + Reverse Lunge x 8 each side + Flutter Kicks x 20 x 3 Single Leg Deadlift Tempo 3 seconds down 3 seconds up x 8 + Bentover Banded Row x 10 x 4 6 minutes: 40 seconds on 20 seconds off Inchworms + Hardwood Hamstring Curl 	 Overhead Press 4 x 6 RPE 7 Dips x 15-20 + Hammer Curl Overhead Press x 8- 12 + Side Plank x 30 seconds each x 3 12 minutes: 40 seconds on 20 seconds off Mountain Climber + Crucifix Hold + Shoulder Tap Planks 	 Deadlift 4 x 5 RPE 6 Single Leg Box Squat x 8 each side + Pullthrough x 10 x 3 TGU x 1 each side + Jump Squat x 30 seconds + Crunch x 12 + Reverse Crunch x 12 x 3 10 Rounds as Fast as Possible 5 Push Ups + 5 Burpee + 5 Straight Leg Sit Up



Bodybuilding

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