

## The EXERCISE PROGRAM (Strength)

\*AMRAP (as many rounds as possible - log & report rounds)

\*Weight (you can use weight but use light to moderate weight as this is continuous work and no resting. If you need less intensity skip the weight all together).

### **SW1:**

WARM UP: 3 Rounds

Step Ups x20

Bench Dips x15

Jump Rope x100 (we call these imaginary, no rope is used)

Strength & Conditioning: 20min AMRAP (no resting & choose a light to moderate weight for continuous work)

12 Overhead Press

12 Curls

12 Upright Row

12 Rev Curl

12 Overhead Squats

### **SW2:**

WARM UP: 8 min AMRAP

MNT Climbers x20

Hamstring Rollouts x7

Pike Pushups x5

Strength & Conditioning: 20min AMRAP

Box Jumpsx8

Burpeesx8

SitUpsx8

PushPressx8

Cleansx8

KB Swingsx8 (if you don't have kettle ball use dumbbell instead)

Goblet Squatsx8

Pushupsx8

### **SW3:**

WARM UP:

5 Rounds

Bicycle x30

Bridges x20

Dipsx10

Strength & Conditioning: 5 Rounds

50 Walking Lunges

40 Body Squats

30 Sit Ups

20 Pushups

HITT CARDIO WORKOUTS: Choose 1 that works best for you on your scheduled cardio day.

**Workout #1** (6 rounds)

- 1 min squat
- 1 min burpees
- 1 min pushups
- 1 min mountain climbers

**Workout #2** TRACK (2 rounds)

- 4 min run bleachers
- 4 min 100 meter sprints
- 4 min 100 meter lateral shuffles

**Workout #3** (6 rounds)

- 1 min PlyoSplit Hops
- 1 min Jumping Jacks
- 1 min Tuck Jumps
- 1 min Sit Ups