

- **Monday**-Warm up-2 x30 sec
  - Bird dogs
  - Open eagles
  - Other
  - BW Bridge
  - Sumo Squat to Arm OH
  - Lateral Lunge
  - Inchworm
- Workout- 3x 1 min :20
  - TGU - (alternate- Hip bridges and Planks)
- 3x 60 sec on:20 sec rest
  - SL Situps and Russian Twists
- 5x:30:20
  - 1A. Deadlift 1B. Pushup 1C. Reverse Lunge
  - 2A. Wall Sit 2B. Pullup or Pulldown 2C. Glute bridge iso
- Finisher- :20:20x3-4 rounds
  - 1A Curls 1B. Pullover with in and out

**Tuesday**-Warm up -3x30

- Bird dogs
- Open eagles
- Other
- Bridge
- Bootstrapper
- Arm swing
- Workout 5x :40:15 1 min rest
  - KB Swing
  - TRX row or band row
  - Alternating Reverse Lunge
  - SA Post Press or Raise
  - Other
  - Pushup Position Plank
- Finisher :15:15x5-6 Cardio Exercise
- **wednesday**
- Warm up2 x30 sec
  - Bird dogs
  - Open eagles
  - Other
  - BW Bridge
  - Sumo Squat to Arm OH
  - Lateral Lunge
  - Inchworm
- Workout-5x:30:20
  - 1A.R SLDL 1b. L SLDL 1C. SA Chest Press 1 D. L SA Chest Press
- 5x:30:20
  - 2A. R Step up 2B. L Step up 2C. R SA Row 2d. L SA Row
  - Fun Finisher-
  - 20-18-16-14-12-10
    - Burpee and Mtn Climber

**Thursday**

- 2 x30 sec
  - Bird dogs
  - Open eagles
  - Other

- BW Bridge
- Sumo Squat to Arm OH
- Lateral Lunge
- Inchworm
- workout8x:20:20 (4 rounds per side)
  - R Snatch and L Snatch
- 3x:30:15 each
  - 1A ball hand to foot transfer/1b rotating plank
- 5x:30:20
  - 1A. Wtd. Bridge 1b. Standing Press 1c. Bicycles
  - 2A. Goblet Squat 2B. Pullup or Upright Row 2C. SL Situp
  - Finisher- :20:10x8 Crawls
- **Friday** Warmup-3x30 sec of all
  - Bird dogs
  - Open eagles
  - Other
  - Bridge
  - Bootstrapper
  - Arm swing
- Workout-EMOTM- 6 rounds
  - 5 Step ups each leg or 8 box jumps
  - 6 pullups or 12 Bent row
  - 20 swings
  - 10 pushups
  - 8 burpees
  - Finisher :20:10x8
    - Leg Raises and Weighted Sit up
- **Saturday**Warm up2 x30 sec
  - Bird dogs
  - Open eagles
  - Other
  - BW Bridge
  - Sumo Squat to Arm OH
  - Lateral Lunge
  - Inchworm
- Workout 6x:20:20 Push Press
  - 8x:20:10 Bracing
  - 5x:30:20
    - Bridge Hold/ Chest Press/ Flutter kicks
    - Sumo Squat/ Deadlift to high pull/ Curls
    - Speed Step/ Tri Extension/ Mountain Climber
- Finisher- 5—4-3-2-1
  - Burpee and Skater