

Monday 6am, 730am, 9am, 415pm, 530pm and 615pm

5x:40:20

Full body push

1. Goblet Squat/ Pushup/ Bicycles
2. Split Squat/ Other Side/Tricep extension or skull crusher
3. Burpee/ Plank/ Skaters

Tuesday 6am, 730am, 9am, 415pm, 530pm and 630pm

5x:40:20

1. Db or Banded Deadlift/ bent over row/ firehydrants (alternate)
2. Hip bridge/ Single arm row/ other side
3. Swing/ Bicep Curl/ Superman

Wednesday- 6am, 730am, and 9am

STRETCH IT OUT 😊

Thursday 6am, 730am, 9am, 415pm, 530pm and 615pm

Full body Pull

EMOTM

7 Rounds

1. 20 swings or explosive bridges
2. 8 single arm rows per side
3. 8 SL hip bridge
4. 12 bicep curls
5. 10 inchworms

60-90seconds between rounds

Friday 6am, 7am, 9am

Full body Push

7 Rounds EMOTM

1. 8 Reverse Lunges per leg
2. 10/15 pushups
3. 15 squats
4. 15 dips
5. 10 burpees

Rest 60-90sec between rounds

Saturday 715am and 915am

TABATA FUN 😊

5 Rounds :20:10

1. Squat Jumps/ Squat with a calf raise
2. OH press
3. Swing/ explosive hip bridge
4. Bent over row
5. Flutterkicks
6. Mountain climber
7. Bicycles
8. slides