

WARM-UP

EXERCISE	SETS	REPS/TIME	REST	WT	WT	WT	WT	WT	WT
MARCH/WALK/JOG	1	:20 - :30	:05	BW	BW	BW	BW	BW	BW
JUMPING JACKS	1	:20 - :30	:05	BW	BW	BW	BW	BW	BW
MARCH/WALK/JOG	1	:20 - :30	:05	BW	BW	BW	BW	BW	BW
SQUATS	1	:20 - :30	:05	BW	BW	BW	BW	BW	BW
MARCH/WALK/JOG	1	:20 - :30	:05	BW	BW	BW	BW	BW	BW
MOUNTAIN CLIMBERS	1	:20 - :30	:05	BW	BW	BW	BW	BW	BW
MARCH/WALK/JOG	1	:20 - :30	:05	BW	BW	BW	BW	BW	BW
PUSH-UPS	1	:20 - :30	:05	BW	BW	BW	BW	BW	BW
MARCH/WALK/JOG	1	:20 - :30	:05	BW	BW	BW	BW	BW	BW
BURPEES	1	:20 - :30	:05	BW	BW	BW	BW	BW	BW

LOWER BODY

EXERCISE	SETS	REPS/TIME	REST	WT	WT	WT	WT	WT	WT
BODYWEIGHT/DUMBBELL STEP-UP	1 - 2	15	:15	BW, 10, 15, 20 LB	BW, 10, 15, 20LB	BW, 10, 15, 20LB	BW, 10, 15, 20LB	BW, 10, 15, 20LB	BW, 10, 15, 20LB
BODYWEIGHT/DUMBBELL FRONT LUNGE	1 - 2	15	:15	BW, 10, 15, 20 LB	BW, 10, 15, 20LB	BW, 10, 15, 20LB	BW, 10, 15, 20LB	BW, 10, 15, 20LB	BW, 10, 15, 20LB
BODYWEIGHT/DUMBBELL LATERAL LUNGE	1 - 2	15	:15	BW, 10, 15, 20 LB	BW, 10, 15, 20LB	BW, 10, 15, 20LB	BW, 10, 15, 20LB	BW, 10, 15, 20LB	BW, 10, 15, 20LB
BODYWEIGHT/DUMBBELL BACKWARD LUNGE	1 - 2	15	:15	BW, 10, 15, 20 LB	BW, 10, 15, 20LB	BW, 10, 15, 20LB	BW, 10, 15, 20LB	BW, 10, 15, 20LB	BW, 10, 15, 20LB
BODYWEIGHT/DUMBBELL SQUATS	1 - 2	15	:15	BW, 15, 20, 25 LB	BW, 15, 20, 25 LB	BW, 15, 20, 25 LB	BW, 15, 20, 25 LB	BW, 15, 20, 25 LB	BW, 15, 20, 25 LB
BODYWEIGHT/DUMBBELL HIP THRUST	1 - 2	15	:15	BW, 15, 20, 25 LB	BW, 15, 20, 25 LB	BW, 15, 20, 25 LB	BW, 15, 20, 25 LB	BW, 15, 20, 25 LB	BW, 15, 20, 25 LB

CALISTHENIC

EXERCISE	SETS	REPS/TIME	REST	WT	WT	WT	WT	WT	WT
JUMPING JACKS	1 - 2	:20 - :30	:05	BW	BW	BW	BW	BW	BW
MOUNTAIN CLIMBERS	1 - 2	:20 - :30	:05	BW	BW	BW	BW	BW	BW
GROINER	1 - 2	:20 - :30	:05	BW	BW	BW	BW	BW	BW
SQUATS	1 - 2	:20 - :30	:05	BW	BW	BW	BW	BW	BW
LUNGE	1 - 2	:20 - :30	:05	BW	BW	BW	BW	BW	BW
BURPEES	1 - 2	:20 - :30	:05	BW	BW	BW	BW	BW	BW

UPPER BODY

EXERCISE	SETS	REPS/TIME	REST	WT	WT	WT	WT	WT	WT
DUMBBELL BENCH PRESS	1 - 2	15	:15	10, 15, 20, 25, 30 LB	10, 15, 20, 25, 30 LB	10, 15, 20, 25, 30 LB	10, 15, 20, 25, 30 LB	10, 15, 20, 25, 30 LB	10, 15, 20, 25, 30 LB
DUMBBELL ONE-ARM ROW	1 - 2	15	:15	10, 15, 20, 25, 30 LB	10, 15, 20, 25, 30 LB	10, 15, 20, 25, 30 LB	10, 15, 20, 25, 30 LB	10, 15, 20, 25, 30 LB	10, 15, 20, 25, 30 LB
DUMBBELL SHOULDER PRESS	1 - 2	15	:15	5, 7.5, 10, 15, 20 LB	5, 7.5, 10, 15, 20 LB	5, 7.5, 10, 15, 20 LB	5, 7.5, 10, 15, 20 LB	5, 7.5, 10, 15, 20 LB	5, 7.5, 10, 15, 20 LB
DUMBBELL BENT OVER RAISES	1 - 2	15	:15	5, 7.5, 10, 12.5 LB	5, 7.5, 10, 12.5 LB	5, 7.5, 10, 12.5 LB	5, 7.5, 10, 12.5 LB	5, 7.5, 10, 12.5 LB	5, 7.5, 10, 12.5 LB
DUMBBELL ALT ARM BICEP CURL	1 - 2	15	:15	7.5, 10, 12.5, 15, 20 LB	7.5, 10, 12.5, 15, 20 LB	7.5, 10, 12.5, 15, 20 LB	7.5, 10, 12.5, 15, 20 LB	7.5, 10, 12.5, 15, 20 LB	7.5, 10, 12.5, 15, 20 LB
DUMBBELL SUPINE TRICEP EXTENSION	1 - 2	15	:15	5, 7.5, 10, 12.5, 15 LB	5, 7.5, 10, 12.5, 15 LB	5, 7.5, 10, 12.5, 15 LB	5, 7.5, 10, 12.5, 15 LB	5, 7.5, 10, 12.5, 15 LB	5, 7.5, 10, 12.5, 15 LB

CORE

EXERCISE	SETS	REPS/TIME	REST	WT	WT	WT	WT	WT	WT
ABDOMINAL CRUNCH	1	20 - 30	:15	BW, 5, 10 LB	BW, 5, 10 LB	BW, 5, 10 LB	BW, 5, 10 LB	BW, 5, 10 LB	BW, 5, 10 LB
ABDOMINAL REACH	1	20 - 30	:15	BW, 5, 10 LB	BW, 5, 10 LB	BW, 5, 10 LB	BW, 5, 10 LB	BW, 5, 10 LB	BW, 5, 10 LB
FRONT PLANK	1	:30 - :45	:15	:30 - :45	:30 - :45	:30 - :45	:30 - :45	:30 - :45	:30 - :45
RIGHT PLANK	1	:30 - :45	:15	:30 - :45	:30 - :45	:30 - :45	:30 - :45	:30 - :45	:30 - :45
LEFT PLANK	1	:30 - :45	:15	:30 - :45	:30 - :45	:30 - :45	:30 - :45	:30 - :45	:30 - :45
BIRDDOG	1	:30 - :45	:15	:30 - :45	:30 - :45	:30 - :45	:30 - :45	:30 - :45	:30 - :45