

# Staff Fitness Workouts

CHOOSE 1 OPTION PER DAY. TAKE 24-48 HOURS REST BETWEEN WORKOUTS. TREADMILL/ELYPTICAL/SPIN BIKE MAY BE DONE ON REST DAY.

Option C	Week 1	Week 2	Week 3	Week 4	Option D	Week 1	Week 2	Week 3	Week 4
	Record	Record	Record	Record		Record	Record	Record	Record
1. Plate Press 3x10					1. Lat Lunge w/ Plate 3x10ea				
2. Plate Front Raise 3x10					2. Box Jumps 3x10				
3. Lat Pulldown 3x10					3. Physio Ball Reverse Hypers 3x10				
4. Jump Rope 3x30secs nonstop					4. Elyptical Sprint (legs only) 3x30secs				
5. Band Tricep Ext 3x10					5. DB Bench 3x10				
6. Red Band Lateral Steps 3x10ea					6. DB Row 3x10				
7. Band Goodmorning 3x10					7. Band Pull Aparts 3x10				
8. Jump Rope 3x30secs nonstop					8. Elyptical Sprint (legs only) 3x30secs				
9. Plate Overhead Squat 3x10					9. DB Box Step Ups 3x10ea				
10. DB Lat Raise 3x10					11. Cable Mil Press 3x10				
11. Supermans 3x10					11. Cable RDL 3x10				
12. Jump Rope 3x30secs nonstop					12. Elyptical Sprint (legs only) 3x30secs				
13. Cable Core Twist 2x20ea					13. Elevated Crunches 2x20				
14. Toe Touches 2x20					14. Russian Twist 2x20ea				
15. Bicycles 2x20ea					15. Bikes 2x20ea				
16. Planks 2x1min					16. Six-Inches 2x1min				
17. Jump Rope 3x30secs nonstop					17. Elyptical Sprint (legs only) 3x30secs				