

Workouts

Upper Body	<p>Warmup</p> <ul style="list-style-type: none"> • 50 jumping jacks • 80 jump ropes • 10 burpees <p>Arms</p> <p>2 sets of:</p> <ul style="list-style-type: none"> • 10 bicep curls (5 each arm with 8 lb weights) • 10 tricep extensions (With 8 lb medicine ball) • 8 front raises (With 5 lb weights) <p>Chest</p> <p>3 sets of:</p> <ul style="list-style-type: none"> • 6 pushups <p>Abs</p> <p>1 sets of:</p> <ul style="list-style-type: none"> • 10 sit ups • 15 crunches • 10 leg raises • 45 sec plank • 30 sec side plank (Each side) <p>Cooldown</p> <ul style="list-style-type: none"> • 20 sec shoulder stretch • 20 sec tricep stretch • 20 sec bicep stretch • 20 sec above the head chest stretch • 20 sec cobra stretch
Lower Body	<p>Warmup</p> <ul style="list-style-type: none"> • 50 jumping jacks • 80 jump ropes • 10 burpees <p>Legs</p> <p>2 sets of:</p> <ul style="list-style-type: none"> • 10 squats • 10 squats with 8lb medicine ball • 10 lunges • 20 squat pulses • Hold squat for 45 sec <p>Cooldown</p> <ul style="list-style-type: none"> • 25 sec hamstring stretch • 25 sec flamingo stretch
Speed	<p>Warmup</p> <ul style="list-style-type: none"> • 50 jumping jacks • 80 jump ropes • 10 burpees <p>Speed</p> <ul style="list-style-type: none"> • Sprint uphill 10 times <p>Cooldown</p> <ul style="list-style-type: none"> • 25 sec hamstring stretch • 25 sec flamingo stretch
Cardio	<p>Warmup</p> <ul style="list-style-type: none"> • 50 jumping jacks • 80 jump ropes • 10 burpees <p>Cardio</p> <ul style="list-style-type: none"> • Jog 2 laps around neighborhood <p>Cooldown</p> <ul style="list-style-type: none"> • 25 sec hamstring stretch • 25 sec flamingo stretch

