

Monday, June 1

Dynamic Warm-Up – No rest.

Exercise	Reps	Distance/Time	Sets	Notes
Jumping Jacks	20		1	
Arm Circles	10		1	Forward/Backward
High Knees		30 Sec	1	
Quick Feet		30 Sec	1	

Workout – 5 rounds. 40 second rest in between rounds and 20 second rest in between sets.

Exercise	Reps	Distance/Time	Sets	Notes
Push-ups	20		5	
Calf Raises	30		5	
Wide-arm Push-ups	10		5	
Calf Raises	20		5	
Diamond Push-ups	5		5	
Calf Raises	10		5	
Tricep Dips	20, 15, 10, 5		4	First set 20, Second set 15...

Warm-Down

Exercise	Reps	Distance/Time	Sets	Notes
Right Arm over Left		20 Sec		
Left Arm over Right		20 Sec		
Tricep Stretch Right Arm		20 Sec		
Tricep Stretch Left Arm		20 Sec		
Calf Stretch		20 Sec		Alternate

Wednesday, June 3

Dynamic Warm-Up – No rest.

Exercise	Reps	Distance/Time	Sets	Notes
Jumping Jacks	20		1	
Arm Circles	10		1	Forward/Backward
High Knees		30 Sec	1	
Quick Feet		30 Sec	1	

Workout – 20 second rest in between sets.

Exercise	Reps	Distance/Time	Sets	Notes
Squats	40		5	
Planks		1 Min	4	High or Low.
Jumping Squats	10		5	
Planks		1 Min	4	High or Low.
Stationary Lunges	20		5	Alternate.

Planks		1 Min	5	High or Low.
Jumping Lunges	5		5	Alternate.

Warm-Down

Exercise	Reps	Distance/Time	Sets	Notes
Standing Quad Stretch		20 Sec		
Groin Stretch		20 Sec		Standing or Sitting.
Glut Stretch		30 Sec		Sit on the floor with your legs straight out in front of you. Bend your right knee and bring it toward your chest and place your right foot outside of your left thigh. Alternate.

Friday, June 5

Dynamic Warm-Up – No rest.

Exercise	Reps	Distance/Time	Sets	Notes
Jumping Jacks	20		1	
Arm Circles	10		1	Forward/Backward
High Knees		30 Sec	1	
Quick Feet		30 Sec	1	

Workout – 2 Rounds. 5 minute rest in between rounds. No rest in between sets. Alternate between push-ups and squats.

Exercise	Reps	Distance/Time	Sets	Notes
Push-Ups	1		100	Focus on perfect form.
Squats	1		100	

Warm-Down

Exercise	Reps	Distance/Time	Sets	Notes
Standing Quad Stretch		20 Sec		
Right Arm over Left		20 Sec		
Left Arm over Right		20 Sec		