

Monday, June 15

Dynamic Warm-Up – No rest.

Exercise	Reps	Distance/Time	Sets	Notes
Jumping Jacks	50		1	
Arm Circles	20		1	Forward/Backward
High Knees		30 Sec	1	
Quick Feet		30 Sec	1	

Workout – 5 rounds. No rest in between exercises. Rest 60 seconds in between rounds.

Exercise	Reps	Distance/Time	Sets	Notes
Squats		60 Sec	5	
Tricep Dips		30 Sec	5	
Tuck Jump	10		5	
https://www.youtube.com/watch?v=r7oBejx1PHM				
Tricep Dips		30 Sec	5	
Wall Sits		60 Sec	5	

Warm-Down

Exercise	Reps	Distance/Time	Sets	Notes
Groin Stretch		20 Sec		
Standing Quad Stretch		20 Sec		Alternate
Tricep Stretch Right Arm		20 Sec		
Tricep Stretch Left Arm		20 Sec		

Wednesday, June 17

Dynamic Warm-Up – No rest.

Exercise	Reps	Distance/Time	Sets	Notes
Jumping Jacks	20		1	4-Count
Arm Circles	20		1	Forward/Backward
High Knees		30 Sec	1	
Quick Feet		30 Sec	1	

Workout – 15 Minutes. No Rest.

Exercise	Reps	Distance/Time	Sets	Notes
Crunches		30 Sec		Feet planted.
Reverse Crunch		30 Sec		
https://www.youtube.com/watch?v=3KDvAbSE6sA				
Crunches		30 Sec		Feet planted.
Reverse Crunch		30 Sec		
Plank Knee-to-Elbow		30 Sec		
https://www.youtube.com/watch?v=n8KThHwjgkY				

In-and-Outs	30 Sec	
https://www.youtube.com/watch?v=16wxYm0iznA		
Plank Knee-to-Elbow	30 Sec	
In-and-Outs	30 Sec	
Sit-Ups	30 Sec	Extend legs, don't bend knees.
Floor Wipers	30 Sec	
https://www.youtube.com/watch?v=Fuccu9GFO6g		
Sit-Ups	30 Sec	
Floor Wipers	30 Sec	
Plank Hand-to-Feet	30 Sec	Left hand touches right foot.
Side Bridges	30 Sec	Left side.
https://www.youtube.com/watch?v=xMtCZE6rEiA		
Plank Hand-to-Foot	30 Sec	Right hand touches left foot.
Side Bridges	30 Sec	Right side.
Leg Lifts	30 Sec	Bring feet up 90 degrees, and back down.
Single Leg Crunches	30 Sec	Extend leg or bend knee. Alternate.
https://www.youtube.com/watch?v=tpAARptik4		
Leg Lifts	30 Sec	
Single Leg Crunches	30 Sec	
Plank Jack	60 Sec	
Crunches	60 Sec	Feet planted.
Plank Jack	60 Sec	
Crunches	60 Sec	
Plank Jack	60 Sec	

Warm-Down

Exercise	Reps	Distance/Time	Sets	Notes
Abdominal Stretch		60 Sec		
Groin Stretch		20 Sec		Standing or Sitting.
Standing Quad Stretch		20 Sec		Alternate

Friday, June 19

Dynamic Warm-Up – No rest.

Exercise	Reps	Distance/Time	Sets	Notes
Jumping Jacks	20		1	
Arm Circles	50		1	Forward/Backward
High Knees		30 Sec	1	
Quick Feet		30 Sec	1	

Workout – 5 Rounds. 10 Second rest in between exercises. 1 Minute rest in between rounds.

Exercise	Reps	Distance/Time	Sets	Notes
Push-Ups	20		5	Focus on perfect form.
Calf Raises		30 Sec	5	
Wide Push-Ups	10		5	
Calf Raises		30 Sec	5	
Diamond Push-Ups	5		5	

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		
Calf Stretch		20 Sec		