

Wednesday, July 8

Dynamic Warm-Up – No Rest.

Exercise	Reps	Distance/Time	Sets	Notes
Jumping Jacks	20	1 Min	1	
Chest Press/Overhead			1	
High Knees		1 Min	1	
Quick Feet		1 Min	1	

Workout – Complete each circuit four times, then move on. 3 minute rest in between each circuit.

Exercise	Reps	Distance/Time	Sets	Notes
Circuit 1				
Alternating Lunges		1 Min	4	
Scissor Kicks		1 Min	4	
Circuit 2				
High Planks		1 Min	4	
Mountain Climbers		1 Min	4	
Circuit 3				
Plank Jacks		1 Min	4	
Burpees		1 Min	4	
Circuit 4				
Low Planks		1 Min	4	
V-Ups		1 Min	4	

Warm-Down

Exercise	Reps	Distance/Time	Sets	Notes
Quad Stretch		30 Sec		
Groin Stretch		30 Sec		
Calf Stretch		30 Sec		Alternate
Tricep Stretch		30 Sec		

Friday, July 10

Dynamic Warm-Up – No rest.

Exercise	Reps	Distance/Time	Sets	Notes
Jumping Jacks		60 Sec	1	
Arm Circles		60 Sec	1	Forward/Backward
High Knees		30 Sec	1	
Quick Feet		30 Sec	1	

Workout – Complete 5 repetitions of each workout for 20 sets, totaling 100 reps. Rest for 2 minutes after you complete the 10th set. Example: 5 push-ups, 5 sit-ups, 5 tricep dips, 5 squats = 1 set.

Exercise	Reps	Distance/Time	Sets	Notes
Push-Ups	5		20	
Sit-Ups	5		20	
Tricep Dips	5		20	
Squats	5		20	

Warm-Down

Exercise	Reps	Distance/Time	Sets	Notes
Right/Left Arm Over Left/Right		30 Sec		Alternate.
Tricep Stretch		30 Sec		Alternate.
Standing Quad Stretch		30 Sec		Alternate.