**FUNKY 50**

PUSH UPS

1 min high knees

TRX row

1 min squat jump

DB shoulder press

1 min tread sprint

Tricep band kickback

1 min TRX running man

Rear delt fly

1 min skaters

DB squat to press

1 min treadmill incline 10

DB swing

1 min butt kick

Burpees

1 min plank

**Power Hour**

Chest fly or Press 4x12

Squats to upright row 4x12

TREAD 20 sec on 10 sec off, 3x

Single Arm row 4x12

Deadlift 4x12

Elliptical 30 sec on, 30 off, level 12, 3x

Squat 4x12

Barbell Shoulder press 4x12

High knees 1 min on, 30 sec off

**Taxing 20**

5 rounds:

Push up t-twist

TRX deep row (or DB row)

DB swing

Vups

DB squat to press

Burpees

**Snow Sanity**

**4 rounds:**

DB swing (or ball slam) 10x

Band pull downs 15x

Crunches 20x

Burpees 1 minute

Pushups 15x

Jump squats 15x

Squat and press 20x

High knees 1 minute