

WORKOUT 1

45 sec, 30 sec, 15 sec

+

1 minute TEST YOUR STRENGTH

TIMEBOMB	CUES
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In and out squats	Jump up on step, jump down/off and squat
Reverse Lunge into Knee Drive	Reverse Lunge, then bring knee into chest
Up & Down Runs	Imagine there is a ceiling over your head, go up and down on your step/box

TEST YOUR STRENGTH

Touchdown Squat Jump

45 sec, 30 sec, 15 sec

+

1 minute TEST YOUR STRENGTH

TIMEBOMB	CUES
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Side Plank Knee Drive	In a side plank, bring your knee up towards your shoulder (complete the left side, then right)
Kneeling Oblique Crunch	Kneeling on your knees, bring your weight across your body, then over the opposite shoulder
Overhead Squat	Hold weight over your head, slowly go into a squat

TEST YOUR STRENGTH

Squat Dumbbell Drive

45 sec, 30 sec, 15 sec

+

1 minute TEST YOUR STRENGTH

TIMEBOMB

CUES

Sumo Goblet Squat	Feet wider than shoulder width apart, toes pointed out, DB at chest
Curtsy Lunge	Reverse Lunge bringing one foot behind the other
Sumo Pulse Squat	Feet wider than shoulder width apart, toes pointed out, squat without coming back up completely

TEST YOUR STRENGTH

Romanian Deadlift

45 sec, 30 sec, 15 sec

+

1 minute TEST YOUR STRENGTH

TIMEBOMB

CUES

Plank Hold	Legs/feet in line with shoulders, elbows (can also be on knees), tailbone tucked
Front to Overhead Raise	Holding DB in front of your chest, with core tight/engaged, raise DB over your head and return to starting position
Plank Shoulder Taps	Legs/feet in line with shoulders, elbows (can also be on knees), tailbone tucked - back and forth tapping hand to opposite shoulder

TEST YOUR STRENGTH

Swiss Ball, Leg Curl

45 sec, 30 sec, 15 sec

+

1 minute TEST YOUR STRENGTH

TIMEBOMB

CUES

Kneeling Leg Extension	On knees, holding db in front of chest, slowing lean back, keeping body straight and in line
Stiff Leg Deadlift	Feet positioned underneath shoulders, bring dumbbells as far down/close to feet, without bending legs, squeeze glutes at the top
DB Squat	Legs/feet in line with shoulders, dumbbells at sides or up near shoulders

TEST YOUR STRENGTH

Reverse to Forward Lunges

45 sec, 30 sec, 15 sec

+

1 minute TEST YOUR STRENGTH

TIMEBOMB

CUES

Flutter Kicks	Lying down on your back, feet as close to the ground as possible without touching, kick legs rapidly
Leg Raise	Lying down on your back, raise legs up towards chest, then back down
Sit-Ups or Crunches	Neck in neutral spine, do not “pull” with hands

TEST YOUR STRENGTH

Plank Hold

45 sec, 30 sec, 15 sec

+

1 minute TEST YOUR STRENGTH

TIMEBOMB

CUES

Glute Raise	Knees up, dumbbell resting on pelvic bone, bring hips up, squeeze glutes at the top
Pause Squat	Legs/feet in line with shoulders, dumbbells at sides or up near shoulders, pause for 3 seconds at bottom before coming up
Wall Sit	Legs at a 90 degree angle, back flat against the wall

TEST YOUR STRENGTH

Jump Squats

45 sec, 30 sec, 15 sec

+

1 minute TEST YOUR STRENGTH

TIMEBOMB	CUES
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Mountain Climbers	Protect your wrists/shoulders by ensuring they are aligned with one another
Burpees	Protect your wrists/shoulders by ensuring they are aligned with one another
Thrusters	Dumbbell Squat into overhead press

TEST YOUR STRENGTH

1 minute Sprint or High Knees

WORKOUT 2

All exercises start at 10.

Complete 10 reps of each exercise (on the left) AS MANY ROUNDS AS POSSIBLE in 5 minutes.

Then, complete the 2 minute burn out!

5 minute AMAP

2 minute burn out

Upper Body

Lateral Raise

Push-Ups

Upright Row

~and/or~

Overhead Press

Burpees

All exercises start at 10.

Complete 10 reps of each exercise (on the left) AS MANY ROUNDS AS POSSIBLE in 5 minutes.

Then, complete the 2 minute burn out!

5 minute AMAP

2 minute burn out

CHEST/Triceps

Tricep Extension

Lying Down Flye

Tricep Push-Ups

Up/Down Planks

~or~

Plank Shoulder Tap

All exercises start at 10.

Complete 10 reps of each exercise (on the left) AS MANY ROUNDS AS POSSIBLE in 5 minutes.

Then, complete the 2 minute burn out!

5 minute AMAP

2 minute burn out

GLUTES/Hamstrings

Barbell or DB Squat

[Romanian Deadlift](#)

Split Squat

Squat to Curl

To Arnold Press

All exercises start at 10.

Complete 10 reps of each exercise (on the left) AS MANY ROUNDS AS POSSIBLE in 5 minutes.

Then, complete the 2 minute burn out!

5 minute AMAP

2 minute burn out

KettleBells

KettleBell Snatch

KB Windmill

KettleBell SA Row

~ or ~

KettleBell Thruster

KB Swings

All exercises start at 10.

Complete 10 reps of each exercise (on the left) AS MANY ROUNDS AS POSSIBLE in 5 minutes.

Then, complete the 2 minute burn out!

5 minute AMAP

2 minute burn out

Quads

Kneeling Leg Extension

Slow Walking Lunge

Front Squat

Wall Sit

or

Squat Hold

All exercises start at 10.

Complete 10 reps of each exercise (on the left) AS MANY ROUNDS AS POSSIBLE in 5 minutes.

Then, complete the 2 minute burn out!

5 minute AMAP

2 minute burn out

CORE

Reverse Crunch

Get Up Sit Up

Flutter Kicks

Leg Raise

All exercises start at 10.

Complete 10 reps of each exercise (on the left) AS MANY ROUNDS AS POSSIBLE in 5 minutes.
Then, complete the 2 minute burn out!

5 minute AMAP

2 minute burn out

CORE

Side Plank, Knee Drive

Flutter Kicks

Rocking Plank

High Plank Toe Tap

All exercises start at 10.

Complete 10 reps of each exercise (on the left) AS MANY ROUNDS AS POSSIBLE in 5 minutes.

Then, complete the 2 minute burn out!

5 minute AMAP

2 minute burn out

HIIT

Jump Squat	30 sec Treadmill Sprints
Mountain Climbers	X 3 ~or~
Touchdown Squats	High Knees

WORKOUT 3: All exercises start at 10. If they are single sided exercises, complete 5 on each side.
In order to go down in number (from 10 to 9) you need to complete the CHUTE activities.

Ladder	Chute
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Upper Body

Bent Over Fly	15 Burpees
Bent Over Row	10 Inch Worms
Lateral Raise	5 Tuck Jumps

All exercises start at 10

In order to go down in number (from 10 to 9 or 9 to 8 and so on) you need to complete one CHUTE activity. Complete until you are at 1 for each exercise.

Ladder	Chute
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CHEST/Triceps

<u>Bench Dip</u>	15 <u>Commandos</u>
FLoor <u>Press</u>	10 <u>Plank Jacks</u>
<u>Tricep Push-Ups</u>	5 <u>Plank Shoulder Tap</u>

All exercises start at 10

In order to go down in number (from 10 to 9 or 9 to 8 and so on) you need to complete one CHUTE activity. Complete until you are at 1 for each exercise.

Ladder	Chute
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GLUTES/Hamstrings

<u>Glute Bridges</u>	15 <u>Pulse Squats</u>
<u>Romanian Deadlift</u>	10 <u>Jump Squats</u>
<u>Reverse Lunge</u>	5 <u>Side Lunge</u>

All exercises start at 10. If they are single sided exercises, complete 5 on each side.
In order to go down in number (from 10 to 9) you need to complete one CHUTE activity.

Ladder

Chute

KettleBells

KettleBell Swings

15 KB Snatch

KettleBell Overhead Press

10 KB Sumo Squat

KettleBell Thruster

**5 KB Single Arm Row
(each side)**

All exercises start at 10. If they are single sided exercises, complete 5 on each side.
In order to go down in number (from 10 to 9) you need to complete one CHUTE activity.

Ladder	Chute
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Quads

Split Squat	15 Skaters
Forward Lunge	10 Jumping Jacks
Wall Sit	5 Burpees

All exercises start at 10. If they are single sided exercises, complete 5 on each side.
In order to go down in number (from 10 to 9) you need to complete one CHUTE activity.

Ladder	Chute
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CORE

Side Plank Knee-In	15 Leg Raises
Russian Twists	10 High Plank Pull through
Mountain Climbers	5 High Plank Toe Taps (each side)

All exercises start at 10. If they are single sided exercises, complete 5 on each side.
In order to go down in number (from 10 to 9) you need to complete one CHUTE activity.

Ladder	Chute
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CORE

Frog Sit-Up	15 Body Saws
Dead Bug	10 High to Low Boats
Kneeling Wood Chopper	5 Side Plank Dips

All exercises start at 10. If they are single sided exercises, complete 5 on each side.
In order to go down in number (from 10 to 9) you need to complete one CHUTE activity.

Ladder	Chute
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HIIT

Butt Kicks	1 min Treadmill Sprint
Wall Balls	
DB Press into Burpee	

WORKOUT 4

2 minute BURN OUT

ROUND 1 - HIIT	Wall Ball – throw the ball at the wall, catch in a squat and then repeat Medicine Ball Burpee – Throw ball up, when you catch ball, come down into a burpee and repeat
ROUND 2 - BODY WEIGHT	Side Plank (L) Side Plank (R)
ROUND 3 - UPPER BODY	Bent over Row – bent over at waist/hip hinge, using DBs row, bringing elbow up and slightly back Bent over Fly – bent over at waist/hip hinge, using DBs bring DB's out away from your body laterally
ROUND 4- LOWER BODY	Single Leg Deadlift (L) – one leg straight and in front, while the other is slightly bent and further back (staggered), bring DB's down in a deadlift motion towards foot, at the top, squeeze glutes. Single Leg Deadlift (R)

2 minute BURN OUT

ROUND 1 - HIIT	High Knees Reverse Lunge Knee Drive – Reverse lunge, when you come forward, bring the same leg towards your chest into a knee drive
ROUND 2 - BODY WEIGHT	Plank Jacks – in the plank position, jumping your legs out and in as if doing a jumping jack Crunch – make sure you are not pulling your neck, core tight
ROUND 3 - UPPER BODY	Arnold Press – DB's start in front of chest, with elbows out and fingers facing you, rotate as you bring DB's up and over your head. Return to start position Upright Row – DB's start down at your sides, fingers facing your rear. Bending your elbows, bring DB's up towards chest, think elbows up
ROUND 4- LOWER BODY	Goblet Squat – feet more than shoulder width apart, toes pointed out Squat Hold DB Drive – In a squat position, db's pushing out and in slowly, core tight

2 minute BURN OUT

ROUND 1 - HIIT	Squat Jumps Jumping Jacks
ROUND 2 - BODY WEIGHT	Side Plank Knee Drive (L) – Side plank position, knee into “shoulder” and back to starting position Side Plank Knee Drive (R)
ROUND 3 - UPPER BODY/CORE	Lunge to Overhead Press – Reverse lunge, overhead press at the bottom of lunge Flutter Kicks – Feet should be as close to the group as possible without touching
ROUND 4- LOWER BODY	Squat to Overhead Press Romanian Deadlift – feet shoulder width apart, bend at the waist, reaching DB’s toward the floor, then return to starting position

2 minute BURN OUT

ROUND 1 - HIIT	Touchdown Squats Jumping Lunges
ROUND 2 - BODY WEIGHT	Reverse to Forward Lunge - reverse lunge with one leg, forward lunge with the other, then switch Push-Up to Down Dog
ROUND 3 - UPPER BODY/CORE	Commandos (high, low plank) Russian Twist
ROUND 4- LOWER BODY	Side Lunge Squat to Lateral Raise - Squat with dumbbells, in the up position, complete a lateral DB raise.

2 minute BURN OUT

ROUND 1 - HIIT	In and Out Bench Runs – imagine a “ceiling” over your head. Bring both feet onto the bench, then both off of the bench Bench Toe Taps
ROUND 2 - BODY WEIGHT	In and Out Squats – standing with the bench in between your legs, step up onto the bench, then step down and into a squat Incline Push-Ups
ROUND 3 - UPPER BODY/CORE	Bench Chest Fly – lying flat on the bench, DB’s start over chest, then out to the sides in a “flying” position Lying Down Tricep Extension – Start with arms straight, slowly bring DB towards your face by bending your elbow
ROUND 4- LOWER BODY	Elevated Front Split Squat (L) – one foot on the bench, DB’s at your sides, bend knees to go into a lunge position, stay stationary Elevated Front Split Squat (R)

2 minute BURN OUT

ROUND 1 - HIIT	Mat Jumps – hands in the middle, jumping from one side to the other of the mat Mountain Climbers
ROUND 2 - BODY WEIGHT	Inch Worms/Elephant Walks Glute Bridge Hold – Lift hips off of the ground and hold
ROUND 3 - UPPER BODY/CORE	Plank Floor Press
ROUND 4- LOWER BODY	Split Lunge Squat (L) Split Lunge Squat (R)

2 minute BURN OUT

ROUND 1 - HIIT	Butt Kicks Star Jumps – down in a squat & jump up and out like a star
ROUND 2 - BODY WEIGHT	Push-Up Rotations – Push-up, then rotate one arm out and up to the sky into a side plank. Complete on the other side. Wall Sit
ROUND 3 - UPPER BODY/CORE	Renegade Row – High plank position, bring DB up and back in a row, alternate between sides. Leg Lifts
ROUND 4- LOWER BODY	Hip Raise Marches – Lift hips off of the ground, bring one knee in towards your chest, then return to the ground. Complete on the other side. DB Glute Bridge