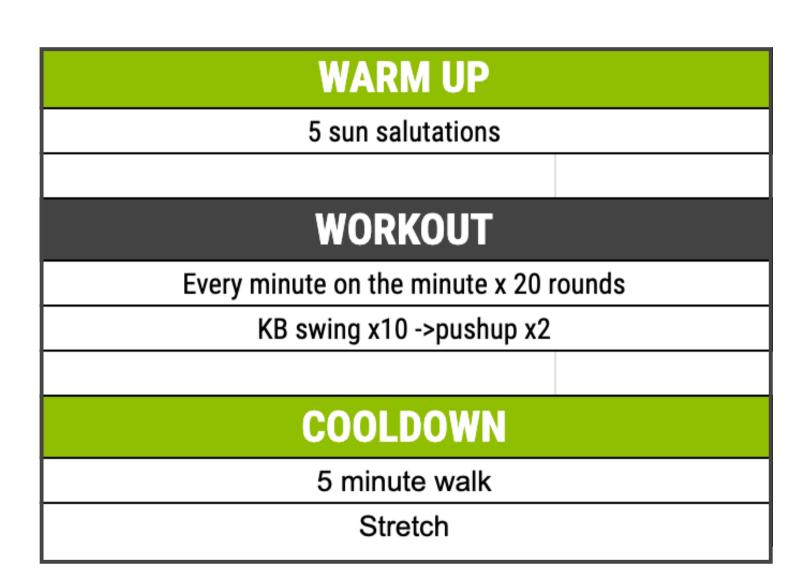
# **E** FIT FACTORY **GET FIT DONE IN 30 MINUTES OR LESS**

# DAY 1: STRENGTH AND POWER

WARM UP		
toe touch walk out	5 reps	
	5 each side	
alt spiderman stretch		
Goblet squat	3x10	
KB Halos	3x5 each side	
Double leg hip lift	3x10	
STRENGTH		
Alt Goblet Lateral Lunge	2x 8 each side	
TRX Row	2x 15	
Side brige	2x 3x 10 sec hold	
TK Alt OH Press	2x 8 each side	
Reaching SLDL	2x 10 each side	
T-Push up	2x 5 each side	
POWER		
Prisoner vertical jump (continuous)	3x 5	
Med ball rotational floor slam	3x 5 each side	
Med ball moutain climber (slow)	3x 8 each side	
COOLDOWN		
Stretching		

### **DAY 2: SHORT AND SWEET**



## **DAY 3: SWEET CIRCUITS**

### **MOVEMENT PREP**

Toe -Touch walk out

worlds greatest stretch

#### DYNAMIC WARM UP

High Knee Pull

Quad Pull

High Knee Skip

High Knee Run

Butt Kick

### CIRCUIT #1

Perform each exercise in consecutive order until completing 3 rounds, then move onto the next Circuit. TM will be used as the first exercise in each Circuit. I = incline S = speed. Vary intensities to your own fitness level. TM (I:5.0 S:8.0) :30 **DB Floor press** 10 DB Bentover Row 10 **CIRCUIT #2** TM (I:5.0 S:8.5) :30 **DB Upright Row** 10 **DB OH Press** 10 **CIRCUIT #3** TM (I:5.0 S:9.0) :20 Straight Leg Sit-Up 10 10 each side Russian Twist COOLDOWN 5 minute walk

Stretch

### **DAY 4: BODY BY BARBELLS**

WARM	IID	
toe touch walk out	5 reps	
alt spiderman stretch	5 each side	
BARBELL COMPLEX		
Emplty BB. Perform 3 sets with 90 seconds		
rest between sets		
Upright Row		
OH Press		
Good Morning		
Squat and Press		
Bentover	Row	
STRENGTH	CIRCUIT	
3 sets with 90 second rest between sets		
Set-Up	8 each side	
Inverted Row	8	
Push up	12	
SB Rollout	12	
Goblet Split Squat	10 each side	
One arm row	10 each side	
DB curl and press	10	
Double leg hip lift	10	
Med Ball woodchop	10 each side	
COOLDOWN		
5 minute walk		
5 minute walk Stretch		

### **DAY 5: CRAZY CORE**

WARM UP		
EXERCISE	TIME/REPS	
Bike	3x :30 on : 30 off	
OH Slam	10	
Chest Pass	10	
OH Throw	10	
Side Toss	10 each	
CORE		
perform 3 sets with 60 seconds rest between sets		
SB roll out	5	
KB drag through	5 each	
Deadbug	5 each	
STRENGT	H CIRCUIT	
Perform 3 sets with 90 second rest between sets		
Reverse Lunge	5 each	
Chin up	5	
DB chest press	8	
Pallof Press	8 each	
Push up tap	8 each	
COOLDOWN		
5 minute walk		
Stretch		

## **DAY 6: MORE CORE CRAZINESS**

WARM UP		
EXERCISE	TIME/REPS	
Rower	3x :30 on : 30 off	
OH Slam	10	
Chest Pass	10	
OH Throw	10	
Side Toss	10 each	
CORE		
perform 3 sets with 60 seconds rest between		
sets		
Stir the pot	6 each	
Slow Mnt Climber	6 each	
Bird Dog	5 each	
STRENGTH C	IRCUIT	
3 sets with 90 second re	st between sets	
Forward Lunge	5 each	
Pull up	5	
Curl to press	10	
Side plank reach through	10 each	
Single Leg Hip Lift	10 each	
COOLDOWN		
5 minute walk		
Stretch		

### DAY 7: WRAP UP WORKOUT

WARM UP		
EXERCISE	TIME/REPS	
toe touch walk out	5 reps	
alt spiderman stretch	5 each side	
.25 mile run		
WORKOUT		
REPEAT 3X		
15 KB swings		
15 Squat Thrusts		
:45 bike		
3 minute rest		
COOLDOWN		
5 minute walk		
Stretch		