



GET FIT DONE IN
30 MINUTES
OR LESS

DAY 1: STRENGTH AND POWER

WARM UP	
toe touch walk out	5 reps
alt spiderman stretch	5 each side
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

WARM UP

5 sun salutations

WORKOUT

Every minute on the minute x 20 rounds

KB swing x10 ->pushup x2

COOLDOWN

5 minute walk

Stretch

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
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DB Floor press	10
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DB Bentover Row	10
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CIRCUIT #2

TM (I:5.0 S:8.5)	:30
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DB Upright Row	10
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DB OH Press	10
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CIRCUIT #3

TM (I:5.0 S:9.0)	:20
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Straight Leg Sit-Up	10
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Russian Twist	10 each side
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COOLDOWN

5 minute walk

Stretch

DAY 4: BODY BY BARBELLS

WARM UP	
toe touch walk out	5 reps
alt spiderman stretch	5 each side
BARBELL COMPLEX	
<i>Empty BB. Perform 3 sets with 90 seconds rest between sets</i>	
Upright Row	
OH Press	
Good Morning	
Squat and Press	
Bentover Row	
STRENGTH CIRCUIT	
<i>3 sets with 90 second rest between sets</i>	
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	
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
STRENGTH 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 CIRCUIT	
<i>3 sets with 90 second rest between sets</i>	
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	