

Workout 1 - Dumbells

- 1 Low Lunge Rows
(2 rows each side, alternate legs)
- Superman Power Ups
- Triceps Thrusters
- Windsheild Wipers
(alternating sides)

Workout 2 - Bodyweight

- Push-up + Side Plank
- Single Leg Deadlift
(R, then L)
- 1, 2 Drop Lunge
- Glut Bridge to Crunch
- Lateral Hop to Sprawl

Workout 3 - Bodyweight

- Squat to Toas + Arm Circle Back
- Side Lunge + Rotation to Instep
- Arm Swing to Shoulder Stretch
- Reverse Lunge Knee Hold
- X-Touches

Week One : Foundation

WORKOUT 1 : 3 rounds 12 - 16 reps each

WORKOUT 2 : 3 rounds 12 - 16 reps each

WORKOUT 3 : 3 rounds 12 - 16 reps each

Week Two : Interval

WORKOUT 1 : 20:10 x 5 rounds each exercise, 1 min break between exercises

WORKOUT 2 : 45:45, 30:30, 15:15 x 3 each exercise, 1 min break between exercises

WORKOUT 3 : **Set 1:** 3 min jog, 1 min run x 5. **Set 2:** 3 min jog, 30 sec sprint x 5. **Set 3:** 5 min jog

Week Two : Endurance

WORKOUT 1 : Set 1: 1 min/exercise, 10 jump luges between all exercises.

Set 2: 45 sec all, 6 jump lunges. **Set 3:** 30 sec all, 4 jump lunges

WORKOUT 2 : 10 of all...8...6...4

WORKOUT 3 : Warm-up, 20 min jog/run, Repeat Warm-Up, 20 min jog/run

Week Two : Challenge

WORKOUT 1 : 18 min Max Round Challenge, 10 reps all

WORKOUT 2 : 18 min Max Round Challenge, 10 reps all

WORKOUT 3 : 2 mile run for time

November

Mo	Tu	We	Th	Fr	Sa	Su
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

*Choose any 3 days out of the week at your own convenience