

Week #1

Day #1

Strength

Weighted Squats (Hold hand weight next to hips, feet shoulder width apart)

5-5-5-5 (do 5, then rest 10 seconds in between, 5 times)

WOD (workout of Day)

21-15-9

Jumping Squats

Push Ups

Mountain Climbers

Sit Ups

Day #2

Strength

Pushups

20-20-20-20 (on chair or table if not strong enough yet for full)

(Rest 2 min between)

WOD

5 Rounds of:

25 Lunges (walking forward)

25 Burpees

25 Bear Crawl (crawl with bum up in air, knees up)

Day #3

Strength

4 x 400 Meter Sprints (1 loop around standard track equivalent)

(Rest 2 min between)

WOD

4 Rounds of:

20 Dips (prop heels on chair in front of you, legs straight. Sit on edge of 2nd chair with hands next to hips, dip bottom down in front of sitting chair and back up)

20 Pushups

20 Sit Ups

20 sec Plank

Day #4

Strength

Front Squat (Hold weights, resting on chest)

8-5-3-5-8 (10 sec. rest inbetween each one)

WOD

Run 1 mile

Day #5

Strength

Alternate wall sits and planks for 10 minutes

10 Min EMOM (every minute on the minute)

Wall Sits (1 min)

Plank (1 min)

WOD

4 Rounds

50 Double Unders Jump Rope (or 150 Singles)

50 Lunges (50 Steps)

Day #6

Strength

10 EMOM (Every min on the min)

10 Burpees (each min)

(totaling 100 burpees in 10 minutes, just 10 per minute, not over)

WOD

10 min

15 Air Squats (no weights)

10 Pushups

5 Pull ups (ideally bar mounted on wall. Substitute with 5 crunches)