

SET REPETITIONS REST

7' WARM UP

Cardio Workout Warm Up	2'
Mobility exercise	5'

30' STRENGTH ZONE

Push Up	Chest, Triceps, Core	4	12	1'
V-Squeeze	Upper Back, Lower Back, Glutes	4	12	1'
Squat	Leg, Glutes	4	15	1'
Crunch	Abdominal - Core	4	15	1'
Burpees	Total Body - Cardio	3	10	1'
Plank Position	Core Training	3	30"-1'	1'

5' STRETCHING

Total Body Stretching	5'
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BEGINNER

INTERMEDIATE

ADVANCED

NOTES

[watch instructional video](#)

[watch instructional video](#)

It's only the warm up. Don't push it too hard! Relax and start moving. First part, cardio warm up, second part mobility and stretching!

[Knees on the floor](#)

[Traditional push up](#)

Add reps max as you can every set

if you feel uncomfortable in your spine or lower back, put your knees on the floor

Only 8 reps

[Watch video](#)

Add reps max as you can every set

Slow movements and full range of motions as long as you can

Only 10 reps

[Slow movements](#)

[Squat jumps](#)

Bend Your knees in front of your feet's and push back your hips when you go down

[Basic crunch](#)

[Butterfly crunch](#)

[Jack knife abs](#)

Don't lift your neck (neck should always stay relaxed)! Stay focused on your abs.

[Without push up](#)

[Traditional burpees](#)

[High Jump](#)

It's a total body strength and cardio workout. Balance speed as your body allows it!

30 sec

1 min

Move your body front and back

Focus on correct stance. If you feel uncomfortable with your lower back, skip this exercise and do some crunches

[watch instructional video](#)

Proper stretching is a crucial part of the workout. Be sure to dedicate enough time and attention to this.