

Monday 5/25 - Bootcamp - 6am, 7am, 12pm, 5pm

5 Rounds as fast as possible. Reps are 15/20/25 for beginner, intermediate and advanced.

- Marine "core" (seated twist)
- Army crawl with freedom makers (bear crawl with man makers)
- Hold the line pushups (nose to the ground)
- Airborne Squats (Squat to tuck jumps)
- Military Press (could be strict DB press or downward dog pushups)
- Hum Vee ups
- Hit the deck (squat deck/candlesticks)
- Freedom flys (Bent over DB fly or cobra version)

Optional Equipment: 2 medium Dumbbells

Monday 5/25 - KB Strength - 9am

Always start with both movements at #1 before moving on. For example:

1,

1,2

1,2,3

1,2,3,4.....

1. Swing x 20
Squat x 10
2. Shoulder plank taps x 10-15/side
Flutter kicks x 30/side
3. Burpee x 10-15
Russian twist x 10/side
4. Lateral lunge x 8/side
Plank rotations x 15/side
5. S/A thruster 10/
V- ups 20

Required Equipment: 1 Kettlebell

Tuesday 5/26 - KB Strength - 6am, 7am, 12pm, 5pm

10 min AMRAP x 5 reps each arm

- Push-up

- Single Arm Row
- Deadlift
- Clean
- Squat
- Press

40/20 X 2 rounds

- Snatch - R
- Snatch - L
- Squat to Reverse Lunge - R
- Squat to Reverse Lunge - L
- Single Arm Alternating Swing
- Plank Walkups

1min/1min x3 rounds

- Max burpees

Required Equipment: 1 Kettlebell

Wednesday 5/27 - Bootcamp - 6am, 7am, 12pm

- 100 mountain climbers
- 90 jumping jacks
- 80 hip dips
- 70 high knees
- 60 alternating lunges
- 50 sit-ups
- 40 split squats
- 30 toe touches
- 20 lateral lunges
- 10 v-ups
- 1 block run

Repeat back up ladder AMRAP

Equipment: None needed-

Space- somewhere where you can easily do a block run or an open space to time yourself on a run (can also run in place for time)

Wednesday 5/27 - Dumbbell Strength - 9am

20/15/12 as fast as possible

- 1) Side lunge bent over row to balance press each side (10/8/6each side)
- 2) Single leg deadlift to front raise (10/8/6 side)
- 3) Plank pull each side to stand (half burpee)
- 4) Hollow body hold with lat pullover

Lateral hop overs 40/30/24 reps between each!

Required Equipment: 2 Dumbbell, medium to heavy

Wednesday 5/27 - HIIT - 5pm

1 min:

- Walkouts to push up
- Reverse lunge to knee drive (one side)
- Reverse lunge to knee drive (other side)
- Dips
- Half burpee to (4) plank jacks
- 1 block sprint

Repeat exercises above for 45 seconds

- 1 block sprint

Repeat exercises for 30 seconds

- 1 block sprint

Equipment: None needed. Space- somewhere where you can easily do a block run or an open space to time yourself on a run (can also run in place for time)

Wednesday 5/27 - Core - 5:30pm

Repeat 2x:

1 min:

- Plank
- Knee tuck crunches
- SL v-ups

45 seconds:

- Scissor kicks
- Frog crunches
- Leg Pulls

30 seconds:

- Hollow hold
- Hip raises
- V-ups

Thursday 5/28 - KB Strength - 6am, 7am, 12pm, 5pm

3 Rounds:

- Kb taps x 30/20
- Weighted sit ups 30/20
- Turkish Get Up - Right x 1-3
- Turkish Get Up - Left x 1-3

3-5 Rounds, add 1 rep each round. All right then Left

- 1 swing
- 1 clean
- 1 high pull
- 1 snatch
- 1 Overhead Lunge

Required Equipment: 1 Kettlebell

Friday 5/29 - Bootcamp - 6am, 7am and 12pm

40/20 x 6 Rounds

- Power Broad Jump
- Hinge Hops
- 6inch Side to Sides
- Door Handle Rows
- Flutter Kicks / Pushups
- Clapping Situps

Saturday 5/30 - Bootcamp - 9am

Every Minute on the minute x 4 Rounds

- Reverse Lunge/Lateral Raise /Hammer Curl x 10
- Burpees x 10
- Squat To Press x 15
- Glute Bridge x 20
- Deadlift x 10 / Jump Squat x 10
- Push Press x 20
- Weighted V-Ups x 15
- Plank Sliders x 30

Required Equipment: 2 DB medium

Sunday 5/31 - Challenge - 9am

A short but very intense workout challenge!