

Full Body Workouts

Warm up:

1:1 Work Rest Ratio for 30 seconds on and 30 seconds rest.

- Lunge to runner's knee
- Squat taps
- Side to side shuffle
- Burpees
- Plank to kick through
- High knees

Cool down:

5-10minutes of light cardio: job, elliptical, rower, jump-rope, bike

Static Stretching as required

- 30 second hold for each stretch
- Static Stretching Options:
 - Quad pull
 - Toe touch
 - Down dog to Cobras pose
 - Child's pose
 - Arm across the body
 - Triceps stretch

Workout 1:

4 rounds

- .25 mile run
- 10 jumping squats
- 5 lunges each leg
- 10 burpees
- 5 pushups
- 10 High plank shoulder taps

Workout 2:

- 5 burpees
- 12 back extensions
- 10 box jumps
- 8 TTB
- 6 chin ups
- 10 burpees
- Repeat
- 15 burpees
- Repeat

Workout 3:

3 rounds

- 10 Lying tricep pushes each side
- 10 V ups to V tuck
- 8 Lateral lunge + Knee to elbow
- 8 Mountain climber pushups
- 8 Jumping lunge to jump squat
- 10 burpees

Workout 4:

8 rounds

- 20 seconds: Laying tricep pushes
- 10 seconds: Rest
- 20 seconds: Pushups
- 10 seconds: Rest

2 minutes: Rest

8 rounds

- 20 seconds: Jump squats
- 10 seconds: Rest
- 20 seconds: Bicycles
- 10 seconds: Rest

Workout 5:

3 rounds

- 50 jumping jacks
- 40 flutter kicks
- 30 second bear crawl
- 20 jumping squats
- 10 pushups
- 1 minute break

Workout 6:

2 rounds

- .25 mile run
- 20 Jump squats
- .25 mile run
- 20 Pushups
- .25 mile run
- 20 Army sit-ups

- .25 mile run
- 20 lunges each leg

Workout 7:

12 Min As many rounds as possible (AMRAP)

- 5 push ups
- 10 sit ups
- 15 squats

Workout 8:

3 rounds

- 20 pushups
- 20 plank walks
- 10 lunges down and 10 lunges back
- 20 jump squats
- Bear crawl down and back