
3.20.2020

HIIT Workout

- Warmup

- :20 work/ :10 rest 6 exercises x 2 rounds

1. Pushups
2. Squat Jumps
3. Crunches
4. Bent Over Row (DB, Plate, Something 20-50lbs)
5. Power Jumps (Jump High and bring knees to chest)
6. Supermans (lay on belly and flex entire backside)

Stance and Motion Day 1

- 2 sets by 2 minutes

3.21.2020

Slow cardio for 30 minutes (Jog, Bike, Row, Swim)

3.22.2020

Rest Day

3.23.2020

Lift - Push Day 1

- Warm Up
- Quick Chest Presses 4x5
- Bench 4x6 (80% effort)
- Superset 1
 - Overhead Press 3x12
 - Dips 3x20
- Superset 2
 - Feet Elevated Push Up 4x20
 - Y's and T's 3x12
 - Tricep Extension 3x15

Timed 1.5 mile run

3.24.2020

HIIT Workout

Warmup

- :20 work/ :10 rest 6 exercises x 3 rounds

1. Pushups
2. Squat Jumps
3. Crunches
4. Bent Over Row (DB, Plate, Something 20-50lbs)
5. Power Jumps (Jump High and bring knees to chest)
6. Supermans (lay on belly and flex entire backside)

Stance and Motion Day 2

- 3 sets of 2 minutes

3.25.2020

Lift - Pull Day 1

- Warmup
- Quick Throws into the air 4x5
- Seated Row 4x6 (80% effort) [or bent over row]
- Superset 1
 - Barbell Curl 3x8
 - Pull-Up 3x20
- Superset 2
 - Inverted Row 4x20
 - Lat Pulldown 3x12 [or DB Pullover]
 - Hammer Curl 3x15

Timed 2 Mile Run

3.26.2020

Rest Day

3.27.2020

Lift - Leg Day 1

- Warmup
- Box Jumps 4x5
- Squats 4x6 (80% effort)
- Superset 1
 - Trap Bar Deadlift 3x5 (or regular deadlift or sumo deadlift)
 - RDL 3x12
- Superset 2
 - Single Leg Split Squat 4x10
 - Good Morning 3x15
 - Lying DB Curl 3x10

Stance and Motion Day 3

- 6 minutes straight

3.28.2020

Slow Cardio for 40 minutes (Jog, Bike, Row, Swim)

3.29.2020

Rest Day

3.30.2020

Lift - Push Day 2

- Warm Up
- Quick Chest Presses 4x5
- Bench 4x5 (85% effort)
- Superset 1
 - Overhead Press 3x10
 - Dips 3x15
- Superset 2
 - Feet Elevated Push Up 4x15
 - Y's and T's 3x10
 - Tricep Extension 3x12

Stance and Motion Day 4

- 2 minutes stance and motion warm up
 - 5 sets of 1 minute goes
 - :30 Russian Split Jumps/ :30 Stance and Motion
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3.31.2020

Cardio Timed 2.5 mile run

Stance and Motion Day 5

- 5 minutes
- 4 sets of :30 Stance and Motion Sprints

4.1.2020

Lift - Pull Day 2

- Warmup
- Quick Throws into the air 4x5
- Seated Row 4x5 (85% effort) [or bent over row]
- Superset 1
 - Barbell Curl 3x8
 - Pull-Up 3x15
- Superset 2
 - Inverted Row 4x15
 - Lat Pulldown 3x10 [or DB Pullover]
 - Hammer Curl 3x12

HIIT

Warmup

- :20 work/ :10 rest 6 exercises x 4 rounds

1. Pushups
2. Squat Jumps
3. Crunches
4. Bent Over Row (DB, Plate, Something 20-50lbs)
5. Power Jumps (Jump High and bring knees to chest)
6. Supermans (lay on belly and flex entire backside)

4.2.2020

Rest Day

4.3.2020

Lift - Leg Day 2

- Warmup
- Box Jumps 4x5
- Squats 4x5 (85% effort)
- Superset 1
 - Trap Bar Deadlift 3x5 (or regular deadlift or sumo deadlift)
 - RDL 3x10
- Superset 2
 - Single Leg Split Squat 4x8
 - Good Morning 3x12
 - Lying DB Curl 3x8

Timed 2.5 Mile Run

4.4.2020

Slow Cardio for 50 minutes (Jog, Bike, Row, Swim)

4.5.2020

Rest Day

4.6.2020

Lift - Push Day 3

- Warm Up
- Quick Chest Presses 4x5
- Bench 3x3 (90% effort)
- Superset 1
 - Overhead Press 3x8
 - Dips 3x12
- Superset 2
 - Feet Elevated Push Up 4x12
 - Y's and T's 3x18
 - Tricep Extension 3x10

HIIT

Warmup

- :40 work/ :20 rest 6 exercises x 2 rounds
 1. Pushups
 2. Squat Jumps
 3. Crunches
 4. Bent Over Row (DB, Plate, Something 20-50lbs)
 5. Power Jumps (Jump High and bring knees to chest)
 6. Supermans (lay on belly and flex entire backside)

4.7.2020

Stance and Motion Day 6

- 3 sets of 3 minutes
- 3 sets of 1 minute
 - 1 set Jump Rope
 - 1 set Jumping Jacks
 - 1 set Burpees
- 2 minute Wall Sit

HIIT

Warmup

- :40 work/ :20 rest 6 exercises x 3 rounds
 1. Pushups
 2. Squat Jumps
 3. Crunches
 4. Bent Over Row (DB, Plate, Something 20-50lbs)
 5. Power Jumps (Jump High and bring knees to chest)
 6. Supermans (lay on belly and flex entire backside)

4.8.2020

Lift - Pull Day 3

- Warmup
- Quick Throws into the air 4x5
- Seated Row 3x3 (90% effort) [or bent over row]
- Superset 1
 - Barbell Curl 3x8
 - Pull-Up 3x12
- Superset 2
 - Inverted Row 4x12
 - Lat Pulldown 3x8 [or DB Pullover]
 - Hammer Curl 3x10

Stance and Motion Day 7

- 2 sets of 5 minutes
- 150 Club Push Ups (See Dap 150 Club video)
 - Incline Pushup 25 Arms Wide, 25 Arms Normal, 25 Hands in a Diamond
 - Decline Pushup 25 Arms Wide, 25 Arms Normal, 25 Hands in a Diamond
- 3 x 1 minute Plank

4.9.2020

Rest Day

4.10.2020

Lift - Leg Day 3

- Warmup
- Box Jumps 4x5
- Squats 3x3 (90% effort)
- Superset 1
 - Trap Bar Deadlift 3x5 (or regular deadlift or sumo deadlift)
 - RDL 3x8
- Superset 2
 - Single Leg Split Squat 4x6
 - Good Morning 3x10
 - Lying DB Curl 3x8
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HIIT

Warmup

- :40 work/ :20 rest 6 exercises x 4 rounds
 1. Pushups
 2. Squat Jumps
 3. Crunches
 4. Bent Over Row (DB, Plate, Something 20-50lbs)
 5. Power Jumps (Jump High and bring knees to chest)
 6. Supermans (lay on belly and flex entire backside)

4.11.2020

Slow Cardio for 1 hour (Jog, Bike, Row, Swim)