

## **Workout 1**

### **Every Day Drills**

High Knees  
Butt Kicks  
Karaoke  
Atlas Stretch  
Alternating Side Lunge  
50% Jog up and back  
High Knee Grabs to Quad Stretch  
Toy Soldier to Toe touches  
75% up and back

### **Hydrate (1 min)**

#### **Workout (2 Rounds)**

Dips on box – 1 min  
Body Squats – 1 min  
*30 sec rest*  
Donkey Kicks – 1 min  
Push-ups – 1 min  
*30 sec rest– 1 min*  
Bulgarian Squat on box – 1 min  
High knee touches on box – 1 min  
*30 sec rest*  
Jumping Jacks – 1 min  
Step-ups on Box – 1 min  
*2 min break then repeat*

#### **Abs (2 rounds)**

Flutter Kicks – 30 sec  
Sit-ups – 30 sec  
V-ups – 30 sec  
Russian/Hammer Twist – 30 sec  
  
*1 min rest (repeat)*

## **Workout 2**

### **Every Day Drills**

High Knees  
Butt Kicks  
Karaoke  
Atlas Stretch  
Alternating Side Lunge  
50% Jog up and back  
High Knee Grabs to Quad Stretch  
Toy Soldier to Toe touches  
75% up and back

### **Hydrate (1 min)**

#### **Workout (2 Rounds)**

Burpees – 1 min

Side Lunges – 1 min

*30 sec rest*

Star Jumps – 1 min

Front Lunges – 1 min

*30 sec rest– 1 min*

Push-ups – 1 min

Plank Jacks – 1 min

*30 sec rest*

Side Hip touches – 1 min

Supermans – 1 min

*2 min break then repeat*

#### **Abs (2 rounds)**

Around the world – 30 sec

Toe Touches – 30 sec

Plank – 30 sec

Penguins – 30 sec

*1 min rest (repeat)*

#### **Warm-up Run**

Jog to the grey light pole (no parking sign) and back

### **Workout 3**

#### **Every Day Drills**

High Knees  
Butt Kicks  
Karaoke  
Atlas Stretch  
Alternating Side Lunge  
50% Jog up and back  
High Knee Grabs to Quad Stretch  
Toy Soldier to Toe touches  
75% up and back

#### **Workout #1 (30 sec each exercise)**

Push-ups  
Lying Jump tucks  
Body squat  
Burpees  
Side lunge  
Front lunge  
Back Lunge  
Star Jumps

*1 min rest*

#### **Workout #2 (30 sec each exercise)**

Mountain Climber  
Inch worm push-up  
Calf raises  
High knees  
Curtsy Squat  
Standing Side Crunch  
Toy Soldier  
Jump squat

*2 min rest (repeat both workouts)*

#### **Abs (2 rounds)**

Flutter Kicks – 30 sec  
Toe Touches – 30 sec  
V-ups– 30 sec  
Penguins – 30 sec  
*1 min rest (repeat)*

## **Workout 4**

### **Every Day Drills**

High Knees  
Butt Kicks  
Karaoke  
Atlas Stretch  
Alternating Side Lunge  
50% Jog up and back  
High Knee Grabs to Quad Stretch  
Toy Soldier to Toe touches  
75% up and back

### **Workout #1 (7 min AMRAP)**

10 Squats  
10 Push-ups  
10 Sit-ups  
Run to the street and back

*2 min rest*

### **Workout #2 (7 min AMRAP)**

10 jump lunges  
10 ice skaters  
10 toe touches  
Run to the street and back

*2 min rest*

### **Abs (2 rounds)**

Around the world – 30 sec  
Toe Touches – 30 sec  
Plank – 30 sec  
Penguins – 30 sec

*1 min rest (repeat)*

## **Workout 5**

### **Every Day Drills**

High Knees  
Butt Kicks  
Karaoke  
Atlas Stretch  
Alternating Side Lunge  
50% Jog up and back  
High Knee Grabs to Quad Stretch  
Toy Soldier to Toe touches  
75% up and back

### **Workout #1 (7 min AMRAP)**

10 Push-Ups  
10 Lying tuck jumps  
10 Burpees  
Run to the street and back

*2 min rest*

### **Workout #2 (7 min AMRAP)**

10 body squats  
10 jumping jacks  
10 star jumps  
Run to the street and back

*2 min rest*

### **Abs (2 rounds)**

Sit-ups – 30 sec  
Russian Twists – 30 sec  
Leg Lifts – 30 sec  
Lying Heel Clicks – 30 sec

*1 min rest (repeat)*