



THESE WORKOUTS ARE TO BE PERFORMED IN A CIRCUIT FORMAT. SLOW AND CONTROLLED MOVEMENTS ARE ESSENTIAL TO PROVIDE ADEQUATE TIME UNDER TENSION. COMPLETE EACH CIRCUIT FOR THE RECOMMENDED TIME/ SET/REP COUNTS BEFORE MOVING ON TO THE NEXT CIRCUIT. USE A CHALLENGING WEIGHT/RESISTANCE THAT WILL ALLOW FOR PROPER AND SAFE FORM.

**Disclaimer:** *In order to adjust these workouts to your individual abilities please consider these steps below during your training session(s).*

- 1.Reduce the sets and/or repetitions to match your abilities.*
- 2.Increase rest time between sets and/or exercises to meet your needs.*
- 3.Modify exercises when necessary to remain safe at all times.*

#### Workout 1:

Suns out, guns out (upper body strength)- 3-5 sets, 8-12 reps

- [Bench Dips](#)
- [Zottman Curls](#)
- [Chest Fly](#)
- [Shoulder Lateral Raise \(2-way\)](#)
- [Lat Pulldown](#)
- [Hammer Curl to Shoulder Press](#)
- [Kettlebell Gorilla Row](#)

#### Workout 2:

Thick Thighs Save Lives (lower body strength)- 3-5 sets, 8-12 reps

- [Lunges Alternating Front-to-Back](#)
- [Romanian Deadlift](#)
- [Curtsey Lunge](#)
- [Hamstring Curl](#)
- [Glute Bridge](#)
- [Deficit Calf Raise](#)
- [Lateral Lunge](#)

#### Workout 3:

Beach Body Ready (full body strength)- 3-5 sets, 8-12 reps

- [Bicep Curl to Overhead Press](#)
- [Lunges Alternating Front-to-Back](#)
- [Lat Pulldown](#)
- [Exercise ball bridge/hamstring curl](#)
- [Inchworm with Pushup](#)
- [Goblet Squat + DB Stiff Legged Deadlift \(Superset\)](#)
- [Plank Pull Throughs](#) (w/ KB or DB)

#### Workout 4:

Bodyweight. Cardiovascular fitness/ muscular endurance. EMOM stands for Every Minute On the Minute. Set a timer for 15 min, and complete the first set of 3 pull-ups, 5 pushups, 7 air squats. Rest for the remainder of the minute; once the timer hits 14, begin the next set.

500 [jump rope](#)

15 min EMOM of:

- 3 [Pull-ups](#)
- 5 [Pushups](#)
- 7 [Air Squats](#)

500 [jump rope](#)

#### Workout 5:

Dumbbell/ bodyweight. Muscular endurance. E3MOM stands for Every 3 Minutes On the Minute. Set a timer for 30 minutes, and complete the first round of exercises in order (snatch, squat, row, dips, sit ups, jumping jacks). Rest for the remainder of the 3 min interval, and begin the next round at 27 min.

E3MOM x 10 rds

[Alternating Dumbbell Snatch](#) 2 (1 each side)

[Goblet Squat](#) 4

[Inverted row](#) 6

[Bench dips](#) 8

[Situps](#) 10

[Jumping Jacks](#) 20

#### Workout 6:

Dumbbell. Muscular strength/hypertrophy.

[Seated Kettlebell Good Mornings](#) 4 sets of 6 reps

[Half-kneeling KB/DB Overhead Press](#) 4 sets of 8 reps

[Single Arm Bench Supported DB Row](#) 4 sets of 12 reps

[Bulgarian Split Squats](#) 4 sets of 8 reps

[Superman Extension](#) 4 sets of a 15 sec hold

#### Workout 7:

Ball Out!!!! 5 rounds, 15 reps

[Opposite Arm & Leg - Exercise Ball](#)

[Hamstring Curl](#)

[PT Ball Stir the Pot or Saws/Laterals](#)

[PT Ball Dead Bug](#)

[Chest Press](#) over PT Ball

[Y's, I's and T's over PT Ball](#)

Workout 8:

KETTLEBELL CRAZE!!!!

3-5 rounds, 10-15 reps

[Kettlebell Swing](#)

[Kettlebell Gorilla Row](#)

[Plank Pull Throughs \(w/ KB or DB\)](#)

[Kettlebell Around the World](#)

[Kettlebell Goblet Reverse Lunge](#)

Workout 9.

LEGS 'N' HIPS

- [Reverse Lunge](#)
- [Goblet Squat](#)
- [Romanian Deadlift](#)
- [Donkey Kicks](#)
- [Plank to Lateral Toe Tap](#)
- [180 jump squat](#)

3 sets, 10 reps

Workout 10.

Leg Exercise Routine: Perform the warm-up protocol within 10 minutes of the workout. After warm-up, perform the following leg exercises with a minute to two minutes of rest between each set.

1. Warm - Up:
  - a. [Hip Circles](#) - 2 sets x 10 reps each leg
  - b. [Stability Ball Hamstring Curl](#) - 2 sets x 15 reps
  - c. [T-Spine Open Book](#) - 2 sets x 10 reps each arm rotation
  - d. [World's Greatest Stretch](#) - 2 sets x 5 reps each side/leg
2. [Goblet Squat](#) - 4 sets x 10 - 12 reps
3. [Split Squat](#) - 4 sets x 10 - 12 reps each leg
4. [Step Up](#) - 4 sets x 10 -12 reps each leg
5. [Hamstring Curl](#) - 3 sets x 10 - 12 reps
6. [Standing Dumbbell Calf Raise](#) - 4 sets x 10 - 12 reps
7. [Wall Sit](#) - 3 sets x 1 minute each set