

## Upper Body

Complete 7-10 min of dynamic stretching.

Examples: high knees, butt kicks, tin soldier, air squats, inch worm, straight leg hip hinge, attack approaches, arm circles, quad pulls, calf walks, pushups, plank hold, lunge with your elbow to your instep, short sprints, block jumps, and fast feet movements.

### Circuit 1: 3 rounds

Front raise	10x
Bus Drivers	20x
Reverse lunge with small step to overhead press	12x each leg

### Circuit 2: 3 rounds

Narrow bicep curl	10x
Skullcrusher	10x
Tricep kickback pulses	20x

### Circuit 3: 3 rounds

Double pulse squat jump	30 sec
Alternating mountain climber to opposite elbow	45 sec

### Circuit 4: 4 rounds

Shoulder press	To failure
Y raises	10x

### Circuit 5: 1 round

Sprint: 90% speed	10 seconds
Sprint: 90% speed	20 seconds
Sprint: 90% speed	30 seconds
Sprint: 90% speed	20 seconds
Sprint: 90% speed	10 seconds

Complete 7-10 minutes of post workout stretches.

Examples: Hams, quads, forward fold, runners stretch, pigeon post, child's pose, foam rolling, etc.

Lower Body

Complete 7-10 min of dynamic stretching.

Examples: high knees, butt kicks, tin soldier, air squats, inch worm, straight leg hip hinge, attack approaches, arm circles, quad pulls, calf walks, pushups, plank hold, lunge with your elbow to your instep, short sprints, block jumps, and fast feet movements.

Circuit 1: 3 rounds

Banded crab walk	10x each side
Clam shells	15x each side
Banded lunge to glute contraction	12x each leg

Circuit 2: 3 rounds

Single leg deadlift	10x each leg
Reverse lunge with small step	8x each leg

Circuit 3: 3 rounds

Plie squat	10x
Plie squat to calf raise	45 sec

Circuit 4: 4 rounds

Alternating leg extension in static glute bridge	60 sec
Banded crab walk with weight	30 sec each direction

Circuit 5: 1 round

Slow jog	20 min
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Complete 7-10 minutes of post workout stretches.

Examples: Hams, quads, forward fold, runners stretch, pigeon post, child's pose, foam rolling, etc.

## Full Body

Complete 7-10 min of dynamic stretching.

Examples: high knees, butt kicks, tin soldier, air squats, inch worm, straight leg hip hinge, attack approaches, arm circles, quad pulls, calf walks, pushups, plank hold, lunge with your elbow to your instep, short sprints, block jumps, and fast feet movements.

### Circuit 1: 3 rounds

Squat jump	10x
Bear crawl	10x
Side lat raise	10x

### Circuit 2: 3 rounds

Burpees	10x
High knees	10x each leg
Front raise	10x

### Circuit 3: 3 rounds

Plank shoulder tap	10x each arm
Bulgarian split squats (body weight)	10x each leg
Box jump	10x

### Circuit 4: 4 rounds

Shoulder press pushup	10x
Mountain climber	10x each leg

### Circuit 5: 2 rounds

Choose 5 fast feet exercises	Complete each exercise for 10 sec on; 10 sec off
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Examples: Hams, quads, forward fold, runners stretch, pigeon post, child's pose, foam rolling, etc.

## Upper Body

Complete 7-10 min of dynamic stretching.

Examples: high knees, butt kicks, tin soulder, air squats, inch worm, straigh leg hip hinge, attack approaches, arm circles, quad pulls, calf walks, pushups, plank hold, lunge with your elbow to your instep, short sprints, block jumps, and fast feet movements.

### Circuit 1: 3 rounds

Bentover Row	10x
Around the world arm circles	10x
Shoulder focused pushup	10x

### Circuit 2: 3 rounds

Alternating single arm chest press	12x
Chest fly to narrow chest press	8x

### Circuit 3: 3 rounds

Dumbbell pullover	12x
Bent over rear delt flys	15x

### Circuit 4: YOU CHOOSE # of rounds

Lateral raise	10
pushups	10
Floor touch block jumps	10

Complete 7-10 minutes of post workout stretches.

Examples: Hams, quads, forward fold, runners stretch, pigeon post, child's pose, foam rolling, etc.

## Lower Body

Complete 7-10 min of dynamic stretching.

Examples: high knees, butt kicks, tin soulder, air squats, inch worm, straigh leg hip hinge, attack approaches, arm circles, quad pulls, calf walks, pushups, plank hold, lunge with your elbow to your instep, short sprints, block jumps, and fast feet movements.

### Circuit 1: 3 rounds

Elevated heel banded hip thrust	50 sec
Alternating step up jumps	50 sec

### Circuit 2: 4 rounds

Weighted curtsey lunge to knee drive	8x each leg
Sumo squat	10x

### Circuit 3: 3 rounds

Reverse lunge to dumbbell press	10x each leg
Wall sit & front raise	50 sec

### Circuit 4: 4 rounds

Lying leg raises	40 sec
Elevated mtn climbers	40 sec
Thread the needle	40 sec each side

### Circuit 5: 1 round

1 mile run	Record your time
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