



For all of the workouts I have shared, please make sure you do an appropriate **dynamic warm-up** before you begin, and **cool-down with full body static stretching**.

15 Minute Time Cap: Full Body Burner

The goal of this workout is to complete all the exercises within a 15 minute time frame. It's perfectly okay if not achieved on the first few tries; a great measure of progress. When a time cap is in place, our tendency is to want to rush through the exercises so we meet the goal. While maximum effort is the goal, FORM and safety are of utmost importance. Rest where you need to and focus on the areas that you can push a little harder.

50 Air Squats (*eh hem, thighs as parallel as possible to the ground please*)

40 Full Sit Up Taps

¼ Mile Run (or .12 power walk)

30 Plank Jack with Shoulder Taps (TOTAL)

20 Frog Pumps

10 Plank Jumps

18 Minute Workout: "ARM"-RAP

This workout follows the "**AMRAP**" concept - *As Many Rounds As Possible*. Reps and intensity, build, in each of the 5 minute segments.

Remember, the goal is that you are giving a progressive maximum effort with each of the exercises. You should **NEED** to break! Push with good form until you are unable, then recover until you are able to push with max intensity once again.

5 Minute AMRAP: *Rest as needed between rounds*

DB Bent Over Row → DB Reverse Fly → DB Front Raise **Use weight appropriate for the reverse fly!*

- Increase the "Bent Over Row" by 1 rep each round
- Example
 - Round 1 = 1 DB Bent Over Row, 1 DB Reverse Fly, 1 DB Front Raise
 - Round 2 = 2 DB Bent Over Rows, 1 DB Reverse Fly, 1 DB Front Raise

90 second recovery when clock reaches 5 minutes

5 Minute AMRAP: *Rest as needed between rounds*

5 Push-Ups → 5 Tricep Dips

- Increase the "Push-Ups" and "Tricep Dips" by 5 reps each round
- Example
 - Round 2 = 10 Push-Ups → 10 Tricep Dip

60 second recovery when clock reaches 11 ½ minutes

5 Minute AMRAP: *Rest as needed between rounds*

Single, Single, Double DB Bicep Curl: 10 reps

"Robot" Push-Ups ("Up, Up, Down, Down, Plank"): 10 reps TOTAL

30 second recovery when clock reaches 16 ½ minutes

1 Minute Finisher: FULL Burpees

24 Minute Workout: LEG-GO

If you don't have access to a treadmill, this can be done outside!

This workout follows the “**EMOM**” concept - *Every Minute on the Minute*. You have 1 minute to complete the exercise, then rest for the time remaining. What I love about this workout is that it requires no weight - *just your own body weight*- so you can do this anywhere! That's right; no excuses!

Remember, the goal is that you are giving a progressive maximum effort with each of the exercises. You should NEED to take the recovery!

8 Rounds

Minute #1: 30 seconds of Jump Lunges

Minute #2: 45 second Flat Road Sprint (*if on a treadmill, make sure incline is at 1%*)

Minute #3: 30 seconds of Jump Squats