

WEEK FIVE

Legs & Glutes

Warm-up

- Skaters x 40 seconds
- Alternating Lateral Squats x 40 seconds
- High Knee Drives x 20 seconds / leg
- Speed Squats to toes x 40 seconds

Flow Prep

Standing Hip CARS
Forward fold to Monk
Downdog with Heel Raises
Braced Lunge Stretch to WGS
Squat Reach Pattern
Banded Bridge w/ Pull Apart x 12

Superset no. 1

3 sets w/ 45 sec break b/w each

- A. Elevated Split Squat 21's
- B. Paused Sumo Squat x 10 reps (5 sec hold)

Superset no. 2

3x sets w/ 30 sec reps

- A. Slider Hamstring Curl x 12 reps
- B. Assisted SL RDL x 15 reps / leg

Finisher:

Seated Jump Squat x 20 reps

Upper Body

Warm Up

- Alternating Jumping Jacks
- Mountain Climbers w/ push-up x 45 seconds
- Bum Kick Punches x 45 seconds

Warm Up

Flow Prep

Banded opener to pull apart
Banded Upright Row
Tabletop Reach Throughs
Child's pose shoulder opener
Superman to Lying Push-up

Circuit no. 1

- A. Board Taps x 10
- B. Eccentric Release Push-ups x 5 (6 seconds each)
- C. Alternating Narrow to Wide Press x 12

Circuit no. 2

- A. Bent Over Row x max in 60 seconds
- B. Upright Row x max in 60 seconds
- C. 1.5 Rep Bicep Curl x 10 reps

Finisher:

Shoulder Clover

Core

Warm Up

Resistance March x 60 seconds
Walkout to Spiderman Plank x 60 seconds
Lateral high knees x 30 seconds

Flow Prep

Knee Circles
Rainbow Reach
Downward Dog to Push-up
Child's Pose to Cobra
Lateral Bear Crawl
Brace / Release (in mod hollow body)

Circuit no. 1

3 sets w/ 45 sec break b/w each

- A. Paused Push-ups x 5 (5 second hold)
- B. Hollow Body Hold x 45 seconds
- C. Banded Lateral Bear Crawl x 60 seconds

Circuit no. 2

3 sets w/ 60 sec break b/w each

- A. Side Plank w/ Hover x 45 seconds / side
- B. Slider Combo x 60 seconds

Met Con

Warm Flow Prep

- Jumping Jacks x 40 seconds
- High Knees x 40 seconds
- Mountain Climbers x 40 seconds
- Bodyweight Split Squat Thrusters x 6 / leg
- Lunge Stretch w/ Arms Overhead + Hip Drives x 8 / leg
- Down Dog Calf Raises x 8
- Lunge Hip Circles x 8 / leg
- Wall Calf Stretch x 20 seconds ish / leg

Giant Circuit

3 sets w/ 60 sec break b/w each

Set 1 & 2 = 60 seconds / ex

Set 3 = 45 seconds / ex

- A. Split Squat Thrusters x 10 reps / side
- B. Lateral Tuck Jumps
- C. Explosive Tabletop to Plank
- D. Lateral Step Jumps
- E. High Knees (10) to Climbers (10)

WEEK SIX

Legs & Glutes

Warm-up

- Skaters x 40 seconds
- Alternating Lateral Squats x 40 seconds
- High Knee Drives x 20 seconds / leg
- Speed Squats to toes x 40 seconds

Flow Prep

Forward fold to Monk
 Downdog with Heel Raises
 Braced Lunge Stretch to WGS
 Tabletop Hip CARS
 Squat Reach Pattern
 Banded Bridge w/ Pull Apart x 12

Superset no. 1

2 paired sets w/ 45 sec break b/w each

- A. Paused Elevated Split Squat x 8
- B. Split Squat Hold x 30 sec
- C. BW Split Squat x 8

Superset no. 2

3x sets w/ 30 sec reps

- A. Staggered RDL to Reverse Slider Lunge x 8/leg
- B. Banded Bridge to Hamstring Curl x 15

Finisher:

Lateral Lunges x 12 reps / leg

Upper Body

Warm Up

- Alternating Jumping Jacks
- Mountain Climbers w/ push-up x 45 seconds
- Bum Kick Punches x 45 seconds

Warm Up

Flow Prep

Banded opener to pull apart
Banded Upright Row
Tabletop Reach Throughs
Child's pose shoulder opener
Superman to Lying Push-up

Circuit no. 1 (Countdown)

- A. Paused Push-ups x 10,8,6...
- B. Banded Tempo Pulldown x 10,8,6...

Circuit no. 2

- A. 1.5 Rep SA Row x 8
- B. 1.5 Rep Upright Row x 10
- C. Bicep Curl 21's

Finisher:

Tricep Push-up Thrusters x 10

Core

Warm Up

Resistance March x 60 seconds
Walkout to Spiderman Plank x 60 seconds
Lateral high knees x 30 seconds

Flow Prep

Knee Circles
Rainbow Reach
Downward Dog to Push-up
Child's Pose to Cobra
Lateral Bear Crawl
Brace / Release (in mod hollow body)

Circuit no. 1

3 sets w/ 45 sec break b/w each

- A. Knee Tuck to Push-up x 10
- B. Hollow Body Leg Switches x 45 seconds
- C. Banded / Weighted Dead Bug x 60 seconds

Circuit no. 2

2 sets w/ 60 sec break b/w each

- A. Plank Around the Worlds x 60 seconds
- B. Side Plank Hip Drives x 20 / side

Met Con

Warm Flow Prep

- Jumping Jacks x 40 seconds
- High Knees x 40 seconds
- Mountain Climbers x 40 seconds
- Bodyweight Split Squat Thrusters x 6 / leg
- Lunge Stretch w/ Arms Overhead + Hip Drives x 8 / leg
- Down Dog Calf Raises x 8
- Lunge Hip Circles x 8 / leg
- Wall Calf Stretch x 20 seconds ish / leg

Giant Circuit

3 sets w/ 60 sec break b/w each

- A. Tuck Jump Burpees x 10
- B. Bound to High Knees x 60 seconds
- C. Banded Shuffle x 60 seconds
- D. KB Swings x 20
- E. Slider Climbers x 60 seconds