



**Week 3 Day 1 (Chest, Tri's and Core)  
5 minutes Warm-up**

**Circuit 1 Repeat 2x (40sec on 15sec rest)**

Pike Pushups  
Assisted pushups on cue (up down count)  
Spider Man's without pushup  
Pushups until failure

**Sprints 10-20-30-30-20-10-20-20-20-10**

**\*Water break 2 minutes\***

**Circuit 2 repeat 2x (40sec on 15sec rest)**

Tricep dips on bench  
Pushups (To make easier do pushups on bench)  
Pike Position  
Superman Plank  
Spiderman without pushups  
Dive Bomber Pushups

**Sprints 50-40-30-20-20**

**Water Break 2minutes\*\***

**Circuit 3 (Core)**

50 Jumping Jacks  
30sec Running lunges  
30 Defensive Stance Shuffle (left and right point in a direction)  
½ Jacks  
½ Burpies  
20 Side Planks w/ hip touch (each side)  
25 Leg Lifts  
30 Crunches  
20 Bicycle crunches  
20 Side Planks w/ hip touch (each side)  
30sec Mountain Climbers  
20 Sprinting abs (each side)  
Pushups to Failure  
1min Flutter kicks  
1min Leg Lifts