

Day 1 (Strength) Core, Legs, Lower Back & Abs

5 minute warmup

3 minute static/ dynamic stretch 2 minutes strict stretch (Major Muscles used)

Part 1 (Fast and Explosive)

- 30sec Mason Twists (Light Dumbbell in hand)
- 30sec Bicycle Crunches (Explosive 30 sec)
- 50sec Rev Crunches into single leg hip pop ups
- 30sec Alternating Superman's

Part 2 (Slow & Controlled)

- Front Squats 3 sets 12 reps (65-70%)
- Plank 30sec 2 sets
- Oblique Hip Touches 3 sets 10 each side (Slow)
- Strict Back Squats 3 sets 6-8 reps (70-85%)

Part 3 (Hybrid Part 1) Back Focus

- Deadlift 5 sets 4-7reps (heavy as possible)
- Crunches to Inverted Row 5sets 15 reps (Tight Core)

Part 4 (Hybrid Part 2) Full Body

- Lower Back Extension 20 reps (4sets Feet Pointing out & 4 Sets Narrow)
(do lower back extensions first then circuit next 3 workouts)
- Burpee Long Jumps into 10 Jumping Jacks 5 sets (10 cycles each set)
- Single arm Plank ½ Jack (Leg only) 5 sets 10 reps each side
- Rev Leg Lifts into Hip Pop Ups 5 sets 15 reps

Part 5 (Fatigue)

- Weighted Overhead Lunges 3sets 10 reps each leg
- Step Up Jump 3 sets 10 each leg
- Sumo Deadlift (HEAVY) 3 sets 5-4-3reps

****3-4 min Core****

- 10 Jump Squats
- 10 ½ Burpees
- 10 Pike Position
- 10 Leg Lifts
- 10 Flutter Kicks
- 10 Airplane Abs
- 20 Alternating Superman's
- 10 Pike Position (hold)
- 10 Flutter Kicks with crunches
- 10 Oblique Hip touches
- 10 Bodyweight Lunges with kickback
- 1 Max Plank (Until Failure)