

Week 4 Day 2 (Arms and Abs)

5 min Warmup

Circuit 1 (2x)

100 reps core

50 Pushups

100 yard Sprints (down and back is 1)

Circuit 2 (2x)

½ Burpees with Pushups (10-9-8-7-6-5-4-3-2-1)

20 Spiderman Abs

20 Pike Position

1min plank

5 Plank to palms with 10 ½ Burpee

Circuit 3 (1x)

20 ½ Squat Jump Squats fast as possible

10 Bungee sprints

20 Half Jacks

30 High Kees

10 Jumping Jacks

15 Tuck Jumps

Team 2 Workouts

(1) Battle Ropes: 20 alt up and down/20 double up and down/20 cross cross/20 chicken wings staggered stance. 2 rounds then End in plank until round ends.

(2) 20 band Curls/20 band clean and/or press

(3) Bent Over 1 arm Row

(4) 5lb DB raises on or off BOSU: 10/20 lateral raise, 10/20 thumbs down bent over raise, 10/20 upright front raise, 20/30 internal, external rotations.

Go through at least twice and finish w a plank on BOSU until round is done.

(5) Lateral leg crossing touches 20 there and back finish in plank until round is over

(6) Ankle band resistance 4 point pivot (4 steps each leg) 10 reps finish in plank until round is over.

(7) 30 Overhead band squats/hold in overhead position for 30 sec and/or pulse. Go into plank position when completed until round ends.