

Any 3x per week

5 Rounds

15 DB Squats

15 KB Swings

15 Med Ball slams

15 DB Lunges

END

500 or 5min Jump Rump

3 Rounds

20 Burpees

20 Med Ball Slams

20 KB Swings

END

1 Mile Run

4 Rounds

10 Push Ups

5 Dips

5 Pull Ups

10 Air Squats

END

"AB Killer"

4 Rounds

15 Box Jumps

30 sec High Plank

30 sec Low Plank

20 Sit Ups

10 Mason Twists

END

5 Rounds

10 KB Sumo Deadlifts

5 DB Presses

10 Goblet Squats

5 Pull Ups

END

8 Rounds

10 KB Swings

10 Goblet Squats

10 Push Up Renegade Rows

END

5 Rounds

15 KB Glute Bridges

15 KB Romanian Deadlifts

15 KB Rows

10 Push Ups

END

"Crazy 8's"

8 Rounds

8 Jumping Jacks

8 Burpees

8 Lunges

8 Push Ups

8 Air Squats

8 Mountain Climbers

8 Leg Raises

8 Bench Dips

END

10 Min Bike

3 Rounds

10 KB Swings

10 KB Rows

10 KB Presses