



Workout of the Day


















HIIT

High Intensity Interval Training

Work continuously for a 30 second period and then take a 30 second recovery period. Pick which exercise you want; you can do the same one of mix and match

4 ROUNDS - 2 MINUTES RECOVERY BETWEEN ROUNDS

EXERCISE	Hard	Medium	EASY
POWER	Jump Squat 	High Knees 	Pogo Jumps 
STRENGTH - 2 Rounds Each Leg	OH Walking Lunges 	Single Leg Box Squat 	Step Up 
STRENGTH - 2 Rounds Each Leg	SL RDL 	SL Hip Thrust 	SL Glute Bridge 
STRENGTH	T- Push Up 	Raised Push Up 	Push Up 
CORE	Double Leg Lower 	Deadbug 	Single Leg Lower 



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Tabata

Tabata Circuit - 20:10 Seconds On/Off

Work continuously for 20s completing as many reps as possible; then take 10s recovery before moving on to next exercise

4 ROUNDS - 2 MINUTES RECOVERY BETWEEN ROUNDS

Exercise	Hard	Medium	EASY
1	Burpee 	Low Box Jumps 	Jumping Jacks 
2	DL Lower 	SL Lower 	
3	Curtsy Lunge 	Walking Lunges 	
4	Feet Up Shoulder Press Up 	Shoulder Press Up 	Tricep Dips 
5	Tuck Jumps 	Pogo Jumps 	
6	High Knees 		
7	OH Squat 	BW Squat 	
8	2 Point Plank 	Plank & Reach 	



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Trunk Circuit

Focused on core function

Complete the sets and reps prescribed with good form and focus

3 Rounds Per Exercise

<u>Sets / Reps</u>	<u>Hard</u>	<u>Medium</u>	<u>Light</u>
3x20	2 Point Plank 	Plank & Shoulder Touch 	Plank & Reach 
3x15	Double Leg Lower 	Single Leg Lower 	Deadbug 
3x60s	Feet Up Plank 	Plank & Side Roll 	Plank 
3x15	Towel Row 	Prone Y 	Prone W 
3x30s	Adductor Hold 	SL Hold 	Bridge Hold 



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Hip Function

Glute, Hamstring, Adductor Conditioning

3 Rounds per Exercise

3 Rounds of Each Exercise

<u>Sets / Reps</u>	Hard	Medium	Light
3x20	Single Leg Long Lever Bridge 	SL Hip Thrust 	Hip Thrust 
3x20	Cursty Lunge (10 Each Leg) 	Side Lying Leg Lift 	SL Bridge (10 Each Leg) 
3x30s	Long Lever Adductor Bridge 	Short Lever Adductor Hold 	Lateral Lunge Hold 
3x20 (10 Each Leg)	Single Squat Off Box 	Single Leg Box Squat 	Bulgarian Split Squat 
3x10	Nordic (Down Only) 	Wall Hamstring Bridge 	SL RDL 



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AFAP

As Fast as Possible

Complete the prescribed reps continuously and in as fast a time as possible: post your total time

3 Rounds Continuous

<u>Work</u>	<u>Hard</u>	<u>Medium</u>	<u>Light</u>
25 Reps	Burpee 	Squat Jump 	Pogo Jumps 
5 Stairs / 4 Shuttle / 60 High Knee	5 Stair Climbs 	4 x 20m Shuttle 	60 High Knees 
30 Reps (15 Each Leg)	Jump Lunges 	Walking Lunges 	
5 Stairs / 4 Shuttle / 60 High Knee	5 Stair Climbs 	4 x 20m Shuttle 	60 High Knees 
30 Reps	Mountain Climber 	Plank & Reach 	Leg Lower 



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AMRAP

As Many Reps as Possible

Complete as many reps as you can in the prescribed time frame: post your total reps

3 ROUNDS - 2 MINUTES RECOVERY BETWEEN ROUNDS

<u>WORK TIME</u>	Hard	Medium	Light
30 Seconds	Burpee 	Jump Squat 	Fast Squat 
20 Seconds	Tuck Jumps 	Mountain Climber 	Box Jumps 
30 Seconds	Side Shuffle 	Bear Crawl 	Jumping Jacks 
20 Seconds	Feet Up Plank 	Plank & Shoulder Touch 	Straight Arm Plank 
30 Seconds	T-Push Up 	Push Up 	