

K—Crosstrain

Cross Training for runners and ultra runners

WORKOUTS

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The 120 & A Run
The 160 & A Run

Weeks 1 & 2 (additional workouts)

Kettlebell Intro
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Core Intro

Weeks 3 & 4

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Slosh Tube Intro
1 Leg Day
Core #5
HIIT
\$4 Worth of Quarters

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Why should runners cross train?

Runners (especially short distance runners who run up to 10 K) need good upper body strength. The 10¢ explanation is the more force that is exerted by the lower body, the more exaggerated the upper body motions have to be to absorb the momentum. Since short distance runners run faster, a stronger upper body will help in this regard. Think of the buff Olympic sprinters.

Longer distance runners tend to have more lean muscle, however, a strong core will still be necessary to maintain good posture, especially with a relaxed frame. And strong shoulders are still needed. My good friend and ultra marathon runner, **Jason Robillard**, brings up a good point about having some strength in your arms if you are planning on carrying a water bottle.

What about trail runners?

Trail runners have a whole other reason to cross train. One word here—balance.

Any other reasons to cross train as a runner?

There are a few other benefits from cross training the way we do it at Kemme Fitness. One benefit is the ability to produce fatigue and facilitate recovery. High intensity interval training, or HIIT, is built into most of our workouts and can be an excellent substitute for speed work.

Another benefit is the variety that is inherent in the program. Trail runners in particular can appreciate variety in a training program. Intense exercise is a mental game, and there are simply those of us who need to change things up to keep in that game. And sometimes you just get burned out with running. Cross training is a way to fill that void until you

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are ready to add the miles back. And when you do so, you will be able to run better!

Finally...let's just face it. Doing Burpees with a slosh tube and other crazy exercises is just plain cool!

What if I want more information on the research and theories behind intense cross training?

Simple. Go to my [Articles page](#) and read the first section, or order the ebook, "*The body that God intended us to USE.*" Or better yet, talk to a physical therapist or other ultra runners. It is mostly common sense, however there is a great deal of positive research done on Functional Fitness and High Intensity Interval Training that you can find in your local library or online.

What are the essential movements needed for K-Crosstrain?

I will demand that you master three movements in proper form. They are the Squat, Pull-ups, and Push-ups.

Push-ups are a no brainer for form and are the easiest to develop. Even if you have to start with simple Military Push-ups from the kneeling position, you can begin. However, we use a multitude of Push-ups from Spiderman to Plyometric to Uneven and beyond.

Pull-ups are also not that difficult to understand. This video shows the difference between Chin-ups and Pull-ups. The difficult part here is having the strength to do a Pull-up. A few methods to work up to a Pull-up are to have somebody assist you by holding your legs, doing Jump Pull-ups while working on strength on the negative (the descent), or by using a chair to support your body. Note: Pull-ups are not a man's exercise. Women might have to work harder, but it is just as necessary for them.

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Air Squats is a term used for a Squat (an Olympic lift) without any weight (bodyweight only). Although there is no added weight to the movement, you can still put stress on your knees, so keep them behind your toes. Think of sticking your butt out and keep your back straight.

For all other exercises, be sure to check out our Exercise page or do your own research, but make sure you know proper form – no cutting corners here. If you do not like an exercise, replace it with something else.

What is the essential equipment needed for K-Crosstrain?

I am true to the West Michigan Dutch stereotype and do not like to spend unnecessary money. Therefore, the only equipment I am making essential are a Pull-up bar, a Medicine Ball, and some type of weight.

You don't need to buy a set of Dumbbells or Barbells. Simply create your own cheap homemade equipment such as the Macebell and Clubbell. We have a free ebook, called *The Low Cost Gym*. The book describes how to make great pieces of equipment, has links to exercises, and provides free sample workouts.

No piece of equipment costs more than \$15! I think I spent \$3 on my Homemade Medicine Ball.

What other equipment can I use?

I will make the program functional if all you have is the essential equipment listed above. For added variety, however, I will provide additional workouts that will incorporate Kettlebells, a Physioball, a Heavy Bag, and a Slosh Tube. If you buy or make one or more of these items, you can use the corresponding workouts to add that variety.

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When should I incorporate cross training?

The answer really will depend on each person, and ultimately you will have to figure this out for yourself. The only mandatory principle is to use common sense with the amount of recovery time you allow yourself before and after long runs. It is easy to over train when you add cross training to your overall fitness program. Don't push yourself too hard!

There is a wide variety of thoughts on how much one should cross train as a runner and as an ultra runner. Plus remember, this program is intense interval type training and not light swimming or Pilates, so plan accordingly. Since this program is supplementing a running regiment, it will not be like those 3 month programs such as P90X or Core Performance. It is going to be very individualistic and goal oriented, which is a nightmare from a program creation point of view. The result is a flexible shell of a program with options for each runner.

The compromise was to provide 3 workouts a week. The intensity of the workouts will start for beginners and work up to more advanced levels.

The program provides for 8 weeks of 3 workouts a week. I would suggest that you start out once a week. In the off season, or for preparation for races, you can work your way up to 2 or 3 times a week. I would not go past that—and never do more than 3 days in a row of intense Functional Fitness workouts!

There will be some repetition in the workouts over the course of the 8 weeks, especially if you are doing 2 or 3 a week. If you invest in one or more pieces of special equipment, there will be added workouts available to supplement your program.

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Disclaimer

Remember, this program is not a recommendation. I am only sharing what I have learned through research and experience. I am not a certified trainer, physical therapist, or physician. You need to apply your own common sense and take responsibility for your own actions. If you have any concerns, consult with a licensed physician or physical therapist prior to starting this or any other fitness program.

What do I do after the 8 weeks or K-Crosstrain?

This is problem with most of the fad programs. They are done in 3 months! You may ask, “But yours is only an 8 week program isn’t it?” Actually it is not. K-Crosstrain provides an 8 week schedule to get you up to speed for the entire Kemme Fitness program, which will give you fun and exciting workouts for years to come. All you do is check out one of the workout pages (beginner, at home, or at the gym) for over a hundred free workouts (and growing with new posts all the time). Many of those are able to be done at home or with minimal equipment. The rest can be done at most gyms.

Again, I would suggest that most runners should keep up with 1 cross training workout a week and then add in more when you are in a slump, in the off season, or when you need to ramp things up for a big race.

Enjoy!

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Weeks 1 & 2

Beginner At Home

CIRCUIT #1

5 Push-ups (any kind)

20 Leg Raises

5 Dive Bombers

20 Air Squats

5 Push-ups (any kind)

20 Split Squat Jumps

5 Push-ups (any kind)

20 Dips

5 Frog Jumps

20 Row Boats

X2

CIRCUIT #2

30 sec each station

Crab Walk

Wall Sit

Nose to Ground

Bear Walk

X3

Weeks 1 & 2

The 120 & A Run

- 10 Box Jumps
- 10 Dive Bombers
- 10 Jump Pull-ups (or any kind possible)
- 10 Air Squats
- 10 Dumbbell Thrusters
- 10 - each side - Dumbbell Lunge Twists
- 10 Floor Wipers (40 lb dumbbells each hand)
- 10 Burpees
- 10 Knees to Elbows
- 10 Mountain Climbers
- 10 Leg Raises
- 10 Jump Squats
- 1/2 mile Jog
- 1/4 Sprint
- 1/2 mile Jog
- 1/4 Sprint

Weeks 1 & 2

The 160 & A Run

10 Push-ups

10 Air Squats

10 Pull-ups (or Lat Pull-downs)

10 One Arm One Leg Curl (25 lb dumbbell)

10 Sit-ups

10 Box Jumps

10 Jab Reverse (5 lb dumbbells)

(hold 5 lb DB in each hand and jab with front hand and then a reverse punch as if in a fight)

10 Air Squats

10 Arm Raises (15 lb dumbbells)

10 Burpee Pull-ups

10 Pull-ups (or Lat Pull-downs)

10 Burpees

10 Thrusters (25 lbs dumbbells each hand)

10 Split Squat Jumps

10 Push-up Rows (20 lb dumbbells)

10 Leg Raises

1/2 mile run with 10 lb dumbbells in each hand

Weeks 1 & 2 (additional workouts)

Kettlebell Intro

10 Air Squats

10 Physioball Lateral Rolls

10 Kettlebell Swings

10 Air Squats

10 Floor Wipers

10 Sprawls (drop down & stand back up)

10 Air Squats

10 Mountain Climbers

10 Kettlebell Windmills

10 Jump Squats

10 – each side – Kettlebell Clean & Press

10 Physioball Russian Twists

10 Air Squats

10 – each side – 1 Leg Kettlebell Romanian

Dead Lifts

10 Leg Raises

Weeks 1 & 2 (additional workouts)

At Home Run

All you need is one piece of equipment, or there are always plenty of body-weight exercises to choose from. Head outside to the end of your driveway to begin. Here are the rules.

Rule #1:

Set your piece of equipment down at the end of your drive. A good example is a barbell, a medicine ball, or a heavy bag.

Rule #2:

Run to the left a short distance, such as 1/3 or 1/4 mile, and run back to the driveway.

Rule #3:

Do a set number of reps (like 10) on your piece of equipment, such as Barbell Snatches, or Medicine Ball Sit-up Stand-up Slams.

Rule #4:

Run to the right a similar distance such as 1/3 or 1/4 mile and return to the driveway.

Rule #5:

Do a different exercise, maybe alternate with the equipment and bodyweight exercises such as Plyo Push-ups or Air Squats.

Rule #6:

Keep alternating between running left and right and doing exercises until you have 30 to 40 minutes of total exercise. The distance on the run is not what is important.

Weeks 1 & 2 (additional workouts)

Core Intro

CIRCUIT #1

10 Air Squats

10 Kettlebell Swings

10 Air Squats

10 Push-ups

10 Air Squats

2 – each side – Kettlebell Clean & Press

10 Air Squats

CIRCUIT #2

30 Seconds each exercise

Physioball Balance

Side Pillar Bridge (alternate sides)

Physioball Bridge (heels on the ball)

X2

CIRCUIT #3

5 – each side – Physioball Lateral Roll

10 Brazilian Crunch

5 – each side – Physioball Russian Twist

10 Push-ups

5 – each side – Lunge Twist

10 Physioball Knee Tucks

5 – each side – Side Lunges

Weeks 3 & 4

Beginner—No Equipment

- 10 Sit-up Stand-up Tuck Jumps
- 10 - each side - Scorpion Push-ups
- 10 Inchworm
- 10 Quad Squats
- 10 -each side - Frog to Side Plank
- 10 Burpee
- 10 Pistols (1 Legged Squat)
- 10 Pike Push-ups
- 10 Tuck Jumps
- 10 Air Squats
- 10 Squat Jumps
- 10 Mountain Climbers
- 10 Split Squat Jumps
- 10 Frog Jumps
- 10 Rowboat
- 10 Cross Toes Touches
- 10 Brazilian Crunch
- 10 Siamese Squats
- 10 Twist Push-ups
- 10 Leg Swoops
- X2 (if you can)**

Weeks 3 & 4

HIIT #2

CIRCUIT #1

5 Dive Bombers

5 Thrusters (45 lb dumbbells)

10 Close Grip Push-ups

5 Goblet Squats (use 1 of the above dumbbells)

X4

30 seconds rest (or more if needed) in between rounds

CIRCUIT #2

RULES:

-do cluster as fast as you can (seriously, try to push yourself)

-rest 20 seconds in between clusters (the key here is the short rest period)

-rest 1 minute or more between rounds of clusters

-do as many rounds as you can before times runs out (30-40 minutes total, including Circuit #1)

BONUS:

-pick a cluster to discard (you can change which one each round if you so choose to)

Cluster #1: 3 Pull-ups/10 Air Squats

Cluster #2: 3 Dips/10 Dumbbell Lunge Twists

Cluster #3: 3 Psycho Push-ups/10 Spider Sprints

Cluster #4: 3 Sit-up Stand-up Tuck Jumps/10 Pike Push-ups

Cluster #5: 3 Burpees/10 Squat Jumps

Weeks 3 & 4*Deck Of Cards*

Start with a fully shuffled deck of cards (52 cards). All face cards (Jack, Queen, and King) have a value of 10. Aces will have a value of 11. Number cards will be face value (ex. 4 of clubs = 4 reps of an exercise). Jokers are optional, but I prefer they represent 20 Burpees.

There are many formats. The main point is that a different color card, or different suit of a card, means a different exercise. For example, all red cards can be Push-ups and therefore a 9 of hearts means you have to do 9 Push-ups. You can even say that any red card under 6 is a Pull-up, while any red card over 6 is a Sit-up. You choose the exercises and the way the cards are used.

SAMPLE #1

Clubs = 1 Arm Kettlebell Clean & Press - right arm

Spades = 1 Arm Kettlebell Clean & Press - left arm

Any red card < 7 high = Pull ups

Any red card >6 high = Spiderman Push-ups

No Jokers

SAMPLE #2

Diamonds = V-Sit Twists 12 lb Medicine Ball

Hearts = Sit up Passes 12 lb Medicine Ball (for 2 people)

Clubs = Kettlebell Swings (2 handed)

Spades = Kettlebell Upper Cuts (do both sides for a count of 1)

Jokers = 20 Burpees

Weeks 3 & 4 (additional workouts)

Jason #1

All you need is a heavy bag or sand bag, a pull-up bar, and a friend. Enjoy!

CIRCUIT #1

15 Reps, 9 Reps, 6 Reps

Overhead Squats with Sand Bag

Dead Lift Sand Bag

CIRCUIT #2

1 Minute rounds

2 Person Forced Wipers (then switch positions)

(if 1 person, do Sit-up Stand-up Tuck Jumps)

Alligator Walk

Knees to Elbows

X2

CIRCUIT #3

10 Pull-ups

10 Sand Bag Presses (alternate sides)

X2

CIRCUIT #4

Tabata Protocol

Mountain Climbers or Air Squats

Weeks 3 & 4 (additional workouts)

Beginner Balance

CIRCUIT #1

4 - each side - Turkish Get ups (kettlebell or Barbell)

4 - each side - Physioball Knee Tuck

4 - each side - 25 lb Plate Twist off extension machine or Physioball

4 Pull ups (any kind, but don't be a wuss)

CIRCUIT #2

30 seconds each station

Air Squats

Alligator Walk

Wall Sit

Physioball Bridge

(put heels on the ball. Try to rest only on your shoulders. Then try only 1 leg on the ball)

X2

CIRCUIT #3

10 reps, 8 reps, 6 reps, 4 reps

Box Jumps

Dips

Strict Sit-ups (do not lock your feet under anything, but keep them planted)

ADDITIONAL

Run 3 minutes warm up

Sprint 30 seconds

Run 1 minute

20 Push ups

Run 1 minute

Sprint 30 seconds

Run 1 minute

20 Push ups

Run 1 minute

Weeks 3 & 4 (additional workouts)

At Home—Heavy Weight

NEEDED: Any heavy weight. My favorite would be a heavy sand bag or any uneven/weight shifting item (maybe a bag of salt). If you don't have that, try stuffing a duffle bag full of heavy junk from around your house

CIRCUIT #1

10 Dead Lifts with heavy weight

25 Push-ups

5 Presses with heavy weight

X2

CIRCUIT #2

10 Thrusters with heavy weight

10 Burpees

10 Hang High Pulls with heavy weight

10 Spiderman Push-ups

10 Lunge Twists with heavy weight

10 Uneven Push-ups

10 Squats with heavy weight

10 Push-ups

X3

ADDITIONAL

If you have not put in 30-40 minutes by the end of Circuit #2, then grab your heavy bag and run with it for a while. If it is bad weather outside, use your treadmill or simply run up and down your stairs. Enjoy!

Weeks 5 through 8

Bodyweight #1

10 Sit-up, Stand-up, Twist or Tuck Jump

10 - each side - Scorpion Push-ups

10 Inchworm

10 Quad Squats

10 - each side - Frog to Side Plank

10 Burpee

10 Psycho Push-ups

10 - each side - Pistols

10 Pike Push-ups

10 Tuck Jumps

10 Air Squats

10 Hindu Push-ups

10 Squat Jumps

10 Air Squats

10 - each side - Mountain Climbers

10 - each side - Split Squat Jumps

10 Frog Jumps

10 Rowboat

10 - each side - Roll

10 - each side - Core Burpee

10 Muslim Pray

10 - each side - Brazilian Crunch

10 Prayer Burpee

10 - each side - Twist Push-ups

10 - Leg Raises

10 Tuck Burpee

X2

Weeks 5 through 8

Blitz—Calorie Burn

**30 Seconds each exercise, 1 minute rest in between rounds
8 rounds total. Start at the 2nd exercise on subsequent rounds,
so that you start with a different exercise for each of the 8
rounds. The first two are shown below. The third round would
then start with 1 Leg Over the Line, etc.**

ROUND 1

Air Squats (or Hindu Squats)

Mountain Climbers

1 Leg Over the Line

Burpee

Lunge Twists (light dumbbell)

Stutter Step

Quad Squats

Row Boats

ROUND 2

Mountain Climbers

1 Leg Over the Line

Burpee

Lunge Twists (light dumbbell)

Stutter Step

Quad Squats

Row Boats

Air Squats (or Hindu Squats)

Weeks 5 through 8

Two Person At The Track

NEEDED: A track with bleachers/stairs (we use four sets)

Circuit #1

3 laps around the track, including all four stairs in each lap

Circuit #2

1 person stands on left side of bleachers out on track. The other stands at the right side.

Left side—Super Burpees until called by person at right side

Right side—10 Barbell Clean and Presses and pick up 20 lb medicine ball

(I brought my light barbell in my car to the track)

Right side—runs with the Medicine Ball and tosses it to the left side person halfway across bleachers as they pass each other

Switch roles

X4

Circuit #3

100 meters Frog Jump

Weeks 5 through 8

At Home—Medicine Ball

CIRCUIT #1

20 Medicine Ball Sliders

20 Sit-up Stand-up Slams

X2

CIRCUIT #2

30 seconds Medicine Ball 1 Arm Hold (hold medicine ball above your head with your left arm extended)

5 Squats - 1 Arm (while keeping MB above your head)

30 seconds Medicine Ball 1 Arm Hold (right arm)

5 Squats - 1 Arm (right arm)

5 - each side - Medicine Ball 1 Leg Dips (or 10 if you use 2 legs) (put both hands on MB behind you, lift 1 leg with other planted on ground. Then do the 5 dips and switch legs)

X2

CIRCUIT #3

30 reps, 20 reps, 10 reps

Medicine Ball Lunge Twists

Medicine Ball Push-ups (both hands on the MB)

Burpees

CIRCUIT #4

Tabata Protocol

alternate between Medicine Ball Thrusters & V-sit Twists

Weeks 5 through 8

Spartacus—Pete's Version

45 seconds each station

15 seconds transition time

Goblet Squat (kettlebell or dumbbell)

Burpees

1 Arm Kettlebell Swing (or dumbbell)

1 Arm 1 Leg Romanian Dead Lift (kettlebell or dumbbell)

Sit-up Stand-up Tuck Jumps

Cossack Squat (kettlebell or dumbbell)

Conan Lunge (dumbbell)

Slaloms

1 Arm Thrusters (alternate dumbbells)

1 Hand Hang Clean & Press (alternate hands with kettlebell or dumbbell)

Rest 2 minutes in between rounds

Repeat 2 times

Weeks 5 through 8

At Home—Barbell

Can substitute dumbbells

CIRCUIT #1

45 lb barbell

5 - each side - 1 Arm Press

5 - each side - Offset Barbell Press

1 - each side - Turkish Get-up

10 - each side - Sumo High Pull

X2

CIRCUIT #2

135 lb barbell

10 Dead Lifts

25 Push-ups

10 Floor Wipers

25 Push-ups

X3

CIRCUIT #3

115 lb barbell

10 - each side - Virtual Shoveling

10 Burpees

10 Hindu Push-ups

50 Air Squats

X2

Weeks 5 through 8 (additional workouts)

At Home—Heavy Weight #2

You can use any type of bag. I had a beach bag full of weights.

CIRCUIT #1

10 Dead Lifts (I held the straps to the bag)

25 Push-ups

5 Presses with heavy weight

1/2 mile run (I did mine barefoot on the treadmill)

X4 for a total of 2 miles

CIRCUIT #2

10 Thrusters with heavy weight

10 Super Burpees

10 Hang High Pulls with heavy weight

10 Spiderman Push-ups

10 Lunge Twists with heavy weight

10 Burpees

10 Squats with heavy weight

10 Uneven Push-ups

X3

Weeks 5 through 8 (additional workouts)

At The Track #4

This workout used a 1/4 mile track and a bleacher with 4 sets of stairs.

CIRCUIT #1

Bear Stairs (Bear walk head first down stairs)

10 Scorpion Push-ups at top

10 Air Squats at bottom

CIRCUIT #2

15 Push-ups

5 - each side - Pistols

1/8 mile Sprint

X4

CIRCUIT #3

30 second rotations

2 Person Wipers (two person)

or

Sit-up Stand-up Tuck Jump (if 1 person)

Mountain Climbers

X4

CIRCUIT #4

10 Squat Jumps

5 Psycho Push-ups

2 Tuck Burpees

X4

Weeks 5 through 8 (additional workouts)

At Home—Physioball

CIRCUIT #1

30 Air Squats

10 Physioball Push-ups (hands on the ball)

30 Quad Squats

10 Physioball Push-ups (feet on ball, hands on ground)

30 Burpees

10 Physioball Push-ups (hands on the ball)

30 Siamese Squats

10 Physioball Push-ups (feet on ball, hands on ground)

CIRCUIT #2

All done on the Physioball, 10 reps each leg/side

Lateral Roll

1 Leg Knee Tuck

Leg Rotation

Russian Twist

Knee Tuck Rotation

X4

CIRCUIT #3

30 seconds each exercise

Physioball Side Bridge (left side – 1 foot on top of ball, 1 under, while in Side Bridge)

Physioball Bridge (heels on ball)

Physioball Side Bridge (right side)

Physioball Balance

X3

Weeks 5 through 8 (additional workouts)

Slosh Tube Intro

CIRCUIT #1

- 10 Slosh Tube Military Presses
- 5 Slosh Tube Burpees
- 10 Slosh Tube Twists
- 10 Slosh Tube Military Presses

CIRCUIT #2

- 10 Inchworm
 - 10 Quad squats
 - 10 - each side - Frog to side plank
 - 10 Burpee
 - 10 Psycho Push-ups
 - 10 - each side - Pistols
 - 10 Pike Push-ups
 - 10 Tuck Jumps
 - 10 Air Squats
 - 10 Hindu Push-ups
 - 10 Squat Jumps
 - 10 Mountain Climbers
 - 10 - each side - Split Squat Jumps
 - 10 Frog Jumps
 - 10 Rowboat
 - 10 Muslim Pray
 - 10 - each side - Brazilian Crunch
 - 10 Siamese Squats
 - 10 - each side - Twist Push-ups
 - 10 - each side - Leg Swoops
 - 10 Tuck Burpee
- X2**

CIRCUIT #3

- 100 yard Slosh Tube carry (any style)
 - 10 Scorpion Push-ups
 - 100 yard Slosh Tube carry (any style)
 - 30 Air Squats
- X2**

Weeks 5 through 8 (additional workouts)

1 Leg Day

CIRCUIT #1

Medicine Ball Thrusters (20 lbs)

Core Burpee (or any kind of Burpee)

One Arm One Leg Dumbbell Curl and Press (30 lbs)

Pistols

One Arm One Leg Romanian Dead Lift (40 lb dumbbell)

Pull-ups (any kind)

Dips

20 reps, 10 reps, 6 reps, 4 reps

CIRCUIT #2

Modified Tabata Something Else

Mountain Climbers

Sit-ups

Push-ups

Air Squats

4 rounds of each exercise

20 seconds on, 10 seconds rest

Total of 8 minutes

Weeks 5 through 8 (additional workouts)

Core #5

CIRCUIT #1

6 - each side - Renegade Rows (25 lb dumbbells)

6 - each side - Split Dumbbell Curl to Press (25 lb dumbbell)

5 Medicine Ball Sit-up Stand-up Slams

10 Pulls-ups

10 Box Jumps

6 Plyo Push-ups

CIRCUIT #2

30 seconds each exercise

Dive Bombers

Knees to Elbows

Tuck Jump

Lateral Bound

Dips

Crab Walk

X2

CIRCUIT #3

30 seconds each exercise

Physioball Russian Twist Upper (use 25 - 45 lb plate)

Mountain Climbers

Physioball Bridging (1 leg or 2)

Knee Tuck

Ankle Jump

Push-ups

X2

CIRCUIT #4

12 Burpees

24 Push-ups

36 Air Squats

At least 2 rounds

Weeks 5 through 8 (additional workouts)

HIIT

RULES:

10 reps of every exercise

(5 each side for Twist Push-ups, Uneven Push-ups, Standing Wipers, Lunge Twists, & Spiderman Push-ups)

2 minute rest between rounds

Pick a set of dumbbells (around 20 lbs)

BONUS: Pick any 2 exercises and remove them. You can change the 2 freebies on any round if you want

Lunge Twists with dumbbell

Twist Push-ups with dumbbells

Pull-ups

Physioball Knee Tuck

Frog Jumps

Spiderman Push-ups

Chin-ups

Burpees

Standing Wipers with dumbbells

Uneven Push-ups

Do rounds as fast as you can within 40 minutes

Better to rest longer if needed than to do a less intensive round.

Weeks 5 through 8 (additional workouts)

\$4 Worth Of Quarters

25 Box Jumps

25 Hindu Push-ups

25 Jump Pull-ups

25 Hindu Squats (or Air Squats)

25 Thrusters (30 lb dumbbells)

25 Kettlebell Swings

25 Floor Wipers (40 lb dumbbells)

25 Burpees

25 Knees to Elbows

25 Mountain Climbers

25 Leg Raises

25 Split Squat Jumps (each side)

25 Pike Push-ups

25 Brazilian Crunch

25 Physioball Mountain Climbers (hands on PB)

25 Kettlebell Cossack Squats

1/2 Run

1/4 Sprint

1/2 Run