

No Weight Workout

WEEK 1 DAY 1 WORKOUT

WARM UP

- 2 ROUNDS – 30 SEC. EACH
- JUMPING JACKS
- ARM CIRCLES (F'WARD/BKWARD) LARGE & SMALL
- TRUNK ROTATION RIGHT/LEFT

WORKOUT PART 1

4 ROUNDS

- 5 X PUSH-UP
- 10 X SIT UP
- 15 SQUAT
- REST 30 SECONDS

WORKOUT PART 2

2 ROUNDS

- 10 X SUPERMAN
- 10 X 2 COUNT FLUTTER KICK

WEEK 1 DAY 2 WORKOUT

WARM UP

- 2 ROUNDS 30 SEC. EACH
- JUMPING JACKS
- BUTT KICKS

WORKOUT PART 1

5 ROUNDS

- 12 X ALTERNATE LUNGE
- 6 X PLANK WALK UP
- 6 X LATERAL LUNGE
- 6 X PLANK WALK UP

WORKOUT PART 2

- 25 X LEG RAISE
- 25 X SIT-UP

WEEK 1 DAY 3 WORKOUT

WARM UP

- 2 ROUNDS 30 SEC. EACH
- JUMPING JACKS
- BUTT KICKS

WORKOUT PART 1

3 ROUNDS

- BURPEE FOR 30 SEC.
- REST 30 SEC.
- SQUAT FOR 30 SEC
- REST 30 SEC.
- BURPEE FOR 30 SEC.
- REST 30 SEC.
- ISO SQUAT HOLD FOR 30 SEC.

WORKOUT PART 2

3 ROUNDS

- 6X BIRD DOG EACH LEG
- 6 X SUPERMAN BACK EXT.

WEEK 1 DAY 4 WORKOUT

CARDIO & PLYOMETRICS

3 ROUNDS

- FOOT FIRE FOR 30 SEC.
- REST 30 SEC.
- ON GROUND MOUNTAIN CLIMBER FOR 30 SEC.
- REST 30 SEC.
- RUNNING IN PLACE FOR 30 SEC.
- REST 30 SEC.
- 5 X SIDE HOP SQUAT - GO BOTH WAYS
- ON BACK RIDING BIKE CRUNCH FOR 30 SECONDS
- REST 30 SECONDS
- 10 BROAD JUMPS

WEEK 2 DAY 1 WORKOUT

WARM UP

- 20 LINE JUMPS EACH LEG
- 20 SIDE LINE JUMPS EACH LEG
- 20 BOTH FEET LINE JUMPS

WORKOUT PART 1

- COMPLETE CIRCUIT AS MANY TIMES AS POSSIBLE IN 20 MIN.
- 5 X PUSH UP
- 10 ALTERNATE LUNGES (5 EACH LEG)
- 5 X WINDMILL TOE TOUCHES
- 10 X JUMP SQUAT
- 5 X WIDE HANDS PUSH UP
- 10 X TWO COUNT FLUTTER KICK
- 5 X CLOSE HANDS PUSH UP
- 10 X SINGLE LEG SQUAT(5X EACH LEG)

WEEK 2 DAY 2 WORKOUT

WARM UP:

- 20 RUSSIAN TWISTS
- 30 SEC. HIGH KNEE
- TRUNK ROTATION RIGHT AND LEFT 30 SEC. EACH

WORKOUT PART 1

3 ROUNDS

- FLOOR MOUNTAIN CLIMBER FOR 60 SEC.
- REST 30 SEC.
- SQUAT FOR 60 SEC.
- REST 30 SEC.
- RIGHT SIDE PLANK - HOLD FOR 60 SEC.
- REST 30 SEC.
- LEFT SIDE PLANK - HOLD FOR 60 SEC.

WORKOUT PART 2

2 MINUTES

- MAX REPS- PUSH-UP PLANK HOLD- PUSH UP PLANK HOLD

WEEK 2 DAY 3 WORKOUT

WARM UP

- SIDE TO SIDE SHUFFLE HOPS FOR 30 SEC.
- 10 TRICEP DIPS
- JUMP ROPE (WITHOUT ROPE) FOR 30 SEC.

WORKOUT PART 1

3 ROUNDS

- 24 X SQUATS
- 24 X ALTERNATE LUNGE (12 X EACH LEG)
- 12 X JUMP SQUAT
- 10 X 5 PULSES LUNGE (5 TIMES EACH LEG)

WORKOUT PART 2

4 ROUNDS

- BURPEE FOR 30 SEC.
- IN OUT FULL BODY CRUNCH FOR 30 SEC.
- REST 30 SEC.

WEEK 2 DAY 4 WORKOUT

CARDIO & PLYOMETRICS

3 ROUNDS

- FOOT FIRE FOR 30 SEC.
- REST 30 SEC.
- ON GROUND MOUNTAIN CLIMBER FOR 30 SEC.
- REST 30 SEC.
- RUNNING IN PLACE FOR 30 SEC.
- REST 30 SEC.
- 5 X SIDE HOP SQUAT - GO BOTH WAYS
- ON BACK RIDING BIKE CRUNCH FOR 30 SECONDS
- REST 30 SECONDS
- 10 BROAD JUMPS

WEEK 3 DAY 1 WORKOUT

WARM UP

- 20 STEP UP KNEE UP (10 EACH LEG)
- 15 CALF RAISES
- ARM CIRCLES FORWARD/BACKWARD LARGE/SMALL

WORKOUT PART 1

4 ROUNDS

- 5 X ALTERNATE LUNGE
- 10 X PLANK WALK FORWARD-BACK
- 15 X SQUAT
- 20 X MOUNTAIN CLIMBER
- 25 X SIT UP

WORKOUT PART 2

3 ROUNDS

- 6 X BIRD DOG (EACH SIDE)
- 12 X SUPERMAN BACK
- 24 X JUMPING JACK

WEEK 3 DAY 2 WORKOUT

WARM UP

- 3 ROUNDS 30 SEC. EACH
- STEAM ENGINE
- TRUNK CIRCLE ROTATION RIGHT/LEFT
- REVERSE CRAB UP/DOWN

WORKOUT PART 1

5 ROUNDS

- 5 X PUSH UP
- 10 X ALTERNATE LUNGE
- 5 X INCLINE PUSH UP
- 10 X LATERAL LUNGE
- 5 X DECLINE PUSH UP
- 10 X BIRD DOG TIP OVER

WORKOUT PART 2

3 ROUNDS

- PLANK HOLD FOR MAX HOLD
- RIGHT SIDE PLANK FOR MAX HOLD
- LEFT SIDE PLANK FOR MAX HOLD

WEEK 3 DAY 3 WORKOUT

WARM UP

- 20 RUSSIAN TWISTS
- 30 SEC. HIGH KNEE
- TRUNK ROTATION RIGHT AND LEFT 30 SEC. EACH

WORKOUT PART 1

3 ROUNDS

- MOUNTAIN CLIMBER FOR 60 SEC.
- JUMP SQUAT FOR 60 SEC

WORKOUT PART 2

3 ROUNDS

- PUSH UP FOR 60 SEC.
- IN AND OUT FOR 60 SEC.

WORKOUT PART 3

3 ROUNDS

- JUMP LUNGE FOR 60 SEC
- STANDING LEG RAISE FOR 60 SEC

WORKOUT PART 4

3 ROUNDS

- BURPEE FOR 60 SEC.
- SIT UP FOR 60 SEC.

WEEK 3 DAY 4 WORKOUT

CARDIO & PLYOMETRICS

4 ROUNDS

- FOOT FIRE FOR 30 SEC.
- REST 30 SEC.
- ON GROUND MOUNTAIN CLIMBER FOR 30 SEC.
- REST 30 SEC.
- RUNNING IN PLACE FOR 30 SEC.
- REST 30 SEC.
- 5 X SIDE HOP SQUAT - GO BOTH WAYS
- ON BACK RIDING BIKE CRUNCH FOR 30 SECONDS
- REST 30 SECONDS
- 10 BROAD JUMPS

WEEK 4 DAY 1 WORKOUT

WARM UP

3 ROUNDS 30 SEC. EACH

- STEAM ENGINE
- TRUNK CIRCLE ROTATION RIGHT/LEFT
- REVERSE CRAB UP/DOWN

WORKOUT PART 1

5 ROUNDS

- 5 X DIVE BOMB PUSH UP
- 10 X ALTERNATE LUNGE
- 20 X TWO COUNT FLUTTER KICK

WORKOUT PART 2

- 5 X PLANK WALK UP
- 10 X REVERSE LUNGE
- 20 X SUPERMAN

WORKOUT PART 3

- MAX SIT UP FOR 2 MINUTES

WEEK 4 DAY 2 WORKOUT

WARM UP

2 ROUNDS – 30 SEC. EACH

- JUMPING JACKS
- ARM CIRCLES (F'WARD/BKWARD) LARGE & SMALL
- TRUNK ROTATION RIGHT/LEFT

WORKOUT PART 1

4 ROUNDS

- SQUAT FOR 60 SEC.
- 6 X KNEE TO ELBOW PUSH UP (EACH SIDE)
- SQUAT HOLD FOR 60 SEC.
- 24 X BIRD DOG (12 EACH SIDE)
- 12 X SPLIT LUNGE SQUAT (EACH LEG)

WORKOUT PART 2

- 2 ROUNDS
- 25 X LEG RAISE
- 25 X IN AND OUT

WEEK 4 DAY 3 WORKOUT

WARM UP

- 20 STEP UP KNEE UP (10 EACH LEG)
- 15 CALF RAISES
- ARM CIRCLES FORWARD/BACKWARD LARGE/SMALL

WORKOUT PART 1

5 ROUNDS 30 SEC. EACH

- BURPEE
- PLANK HOLD
- SIT UP
- RIGHT SIDE PLANK
- PUSH UP
- LEFT SIDE PLANK

WORKOUT PART 2

3 ROUNDS

- 12 X LUNGE CYCLE (FORWARD LUNGE, BACKWARD LUNGE = 1 REP)
- 12 X LATERAL LUNGE
- 12 X BIRD DOG TIP OVER

WEEK 4 DAY 4 WORKOUT

CARDIO & PLYOMETRICS

4 ROUNDS

- FOOT FIRE FOR 30 SEC.
- REST 30 SEC.
- ON GROUND MOUNTAIN CLIMBER FOR 30 SEC.
- REST 30 SEC.
- RUNNING IN PLACE FOR 30 SEC.
- REST 30 SEC.
- 10 X SIDE HOP SQUAT - GO BOTH WAYS
- ON BACK RIDING BIKE CRUNCH FOR 30 SECONDS
- REST 30 SECONDS
- 10 BROAD JUMPS
- 10 BOX JUMPS ABOUT 1 FOOT OFF FLOOR

WEEK 5 DAY 1 WORKOUT

WARM UP

- 20 JUMPING JACKS
- 15 DIPS
- 20 BUTT KICKS

WORKOUT PART 1

4 ROUNDS

- STAGGERED HAND PUSH-UP FOR 30 SEC.
- JUMP SQUAT FOR 30 SEC.

WORKOUT PART 2

4 ROUNDS

- RIGHT SIDE PLANK HIP UPS FOR 30 SEC.
- ROCKET MAN FOR 30 SEC.
- LEFT SIDE PLANK HIP UPS FOR 30 SEC.

WORKOUT PART 3

4 ROUNDS

- LOW PLANK-HIGH PLANK WALK UP FOR 30 SEC.
- RIGHT LEG SINGLE LEG SQUAT FOR 30 SEC.
- LEFT LEG SINGLE LEG SQUAT FOR 30 SEC.

WEEK 5 PART 2 WORKOUT

WARM UP

- REVERSE CRAB WALK FORWARD/BACKWARD FOR 30 SEC.
- SHUFFLE LEFT-SHUFFLE RIGHT FOR 30 SEC.
- ARM CIRCLES FORWARD/BACKWARD - BIG/SMALL

WORKOUT PART 1

3 ROUNDS

- 12 X BURPEE
- RIGHT SIDE PLANK FOR 60 SEC.
- SQUAT FOR 60 SEC.
- LEFT SIDE PLANK FOR 60 SEC.

WORKOUT PART 2

3 ROUNDS

- 6 X SPLIT SQUAT EACH LEG
- 24 X LEG RAISE
- 6 X BIRD DOG TIP OVER EACH LEG
- 24 X SIT UP

WORKOUT PART 3

- MAX PUSH UPS FOR 2 MIN.

WEEK 5 DAY 3 WORKOUT

WARM UP

- 20 LINE JUMPS EACH LEG
- 20 SIDE LINE JUMPS EACH LEG
- 20 BOTH FEET LINE JUMPS

WORKOUT PART 1

5 ROUNDS

- 5 X UNEVEN PUSHUP (5 EACH ARM)
- 25 X JUMPING JACK
- 5 X WIDE HANDS PUSH UP
- 25 X MOUNTAIN CLIMBER
- 5 X CLOSE HANDS PUSH UP

WORKOUT PART 2

3 ROUNDS

- 6 X BIRD DOG (EACH SIDE)
- 12 X SUPERMAN BACK EXT. (ON STOMACH)
- 24 X LEG RAISE

WEEK 5 DAY 4 WORKOUT

WARM UP

- 3 ROUNDS 30 SEC. EACH
- JUMPING JACK
- LUNGE STRETCH
- ARM CIRCLES (FORWARD/BACKWARD) (LARGE/SMALL)

WORKOUT PART 1

5 ROUNDS

- 6 X ALTERNATE LUNGE (EACH LEG)
- 12 X SQUAT
- 12 X JUMP LUNGE
- 24 X JUMP SQUAT

WORKOUT PART 2

3 ROUNDS

- 6 X DIVE BOMB PUSH-UP
- RIGHT SIDE PLANK FOR 60 SEC.
- 12 X PUSH UP
- LEFT SIDE PLANK FOR 60 SEC.
- 24 X FLUTTER KICK

WEEK 6 DAY 1 WORKOUT

WARM UP

- 20 JUMPING JACKS
- 15 DIPS
- 20 BUTT KICKS

WORKOUT PART 1

3 ROUNDS

- 10 X PLANK WALK-LEFT/RIGHT IS ONE
- 20 X SQUAT
- 20 X STANDING LEG RAISE

WORKOUT PART 2

3 ROUNDS

- 5 X STAGGERED HAND PUSH UP (5 EACH HAND FORWARD)
- 5 X SPLIT SQUAT (EACH LEG)
- 20 X IN AND OUT

WORKOUT PART 3

3 ROUNDS

- 40 X MOUNTAIN CLIMBERS (ON FLOOR)
- 10 X LATERAL LUNGE (EACH LEG)
- PLANK HOLD FOR 60 SEC.

WEEK 6 DAY 2 WORKOUT

WARM UP

- 20 TWO FEET HOP FORWARD/BACKWARD
- 10 STEP BACK HOP (5 EACH LEG- START 2 FEET HOP BACK LEFT/RIGHT)

WORKOUT PART 1

2 ROUNDS - 12 REPS EACH

- PLANK-KNEE TO ELBOW -12 EACH LEG
- JUMPING JACK
- STANDING LEG RAISE
- ALTERNATE LUNGE
- SUPERMAN BACK EXT.
- REVERSE LUNGE

WORKOUT PART 2

2 ROUNDS - 12 REPS EACH

- PUSH UP
- ALTERNATE LUNGE
- JUMPING JACK
- REVERSE LUNGE
- TWO COUNT FLUTTER KICK
- BIRD DOG

WORKOUT PART 3

1 MIN. MAX REPS EACH

- PUSH UP
- SQUAT
- SIT UP

WEEK 6 DAY 3 WORKOUT

WORKOUT PART 1

4 ROUNDS

- BURPEE FOR 60 SEC.
- REST FOR 30 SEC.

WORKOUT PART 2

4 ROUNDS

- JUMP SQUAT 60 SEC.
- REST FOR 30 SEC.

WORKOUT PART 3

4 ROUNDS

- JUMP LUNGE 60 SEC.
- REST FOR 30 SEC.

WORKOUT PART 4

4 ROUNDS

- MAX HOLD PLANK

WEEK 6 DAY 4 WORKOUT

WORKOUT PLAN

5 ROUNDS

- 10 X DIVE BOMB PUSH UP
- 20 X IN AND OUT
- 10 X ALTERNATE LUNGE (EACH LEG)
- 20 X STANDING LEG RAISE
- 10 X PLANK WALK UP
- 20 X SIT UP
- 10 X SQUAT

- 20 TWO COUNT FLUTTER KICK