

Week #1

Day #1

Strength

Weighted Squats (Hold hand weight next to hips, feet shoulder width apart)

5-5-5-5-5 (do 5, then rest 10 seconds in between, 5 times)

WOD (workout of Day)

21-15-9

Jumping Squats

Push Ups

Mountain Climbers

Sit Ups

Day #2

Strength

Pushups

20-20-20-20 (on chair or table if not strong enough yet for full)

(Rest 2 min between)

WOD

5 Rounds of:

25 Lunges (walking forward)

25 Burpees

25 Bear Crawl (crawl with bum up in air, knees up)

Day #3

Strength

4 x 400 Meter Sprints (1 loop around standard track equivalent)

(Rest 2 min between)

WOD

4 Rounds of:

20 Dips (prop heels on chair in front of you, legs straight. Sit on edge of 2nd chair with hands next to hips, dip bottom down in front of sitting chair and back up)

20 Pushups

20 Sit Ups

20 sec Plank

Day #4

Strength

Front Squat (Hold weights, resting on chest)

8-5-3-5-8 (10 sec. rest inbetween each one)

WOD

Run 1 mile

Day #5

Strength

Alternate wall sits and planks for 10 minutes

10 Min EMOM (every minute on the minute)

Wall Sits (1 min)

Plank (1 min)

WOD

4 Rounds

50 Double Unders Jump Rope (or 150 Singles)

50 Lunges (50 Steps)

Day #6

Strength

10 EMOM (Every min on the min)

10 Burpees (each min)

(totaling 100 burpees in 10 minutes, just 10 per minute, not over)

WOD

10 min

15 Air Squats (no weights)

10 Pushups

5 Pull ups (ideally bar mounted on wall. Substitute with 5 crunches)

Week #2

Day #1

Strength

Weighted Squats (Hold weight next to hips)

8-8-8-8-8

WOD

10 min AMRAP (as many reps as possible)

(As many rounds as possible)

10 Jumping Squats

10 Jumping back & forth (take a pillow on ground and jump over it front and back)

10 Air Squats

10 In-place Lunges (step open legs and plant them apart, go up and down without moving feet)

Day #2

Strength

Pull Ups

10-10-10-10

(Rest 2 min between)

WOD

Run 2 miles

or

Bike 6 miles

Day #3

Strength

Cleans (with a bar, squat and lift bar up to shoulders, then down)

10-10-10-10-10

WOD

8 Rounds

10 Mountain Climbers

10 Jumping Jacks

10 Pushups

Day #4

Strength

Front Squat (Hold weight above chest)

10-9-8-7-6-5-4-3-2-1

Weighted One Leg Lunge (back foot lifted, resting on chair behind you, squatting the leg on ground)

1-2-3-4-5-6-7-8-9-10

WOD

2 Rounds

400 m sprint

250 Jump Rope (Singles)

Day #5

Strength

Overhead Squat w/ PVC Pipe (keep it above head)

10-10-10-10-10

WOD

5 rounds

20 Pushups

20 Sit ups

Day #6

Strength

Weighted Push Ups (toddler on back while doing work out)

10-8-6-4

WOD

15 min AMRAP (repeat the two cycles)

25 Air Squats

50 Lunges

Week #3

Day #1

Strength

Weighted Squats (hand weights)

5-5-5-5-5-5-5

WOD

4 Rounds of:

40 Jumping Jacks

40 Double Unders (double jump rope)

40 Sit ups

Day #2

Strength

Pull Ups

8-8-8-8

(Rest 2 min between)

WOD

Run 2 miles

Or

Bike 6 Miles

Day #3

Strength

Cleans (pull bar from floor to collar bone)

8-8-8-8-8

WOD

15 min AMRAP

10 Jumping Squats

10 Pull ups

10 Weighted Lunges

10 Pushups

Day #4

Strength

Front Squat

(Go Heavier with weights)

5-5-5-5-5

WOD

5 Rounds of:

15 Pushups

30 sec Plank

15 sit ups

Day #5

Strength

Overhead Squat w/ PVC Pipe

15-15-15

WOD

8 min AMRAP

25 Lunges

25 Bear Crawl (bum up)

25 Spider Crawl

Day #6

Strength

Hand Release Pushups

10-8-6-8-10

WOD

10 min AMRAP

10 Wall Balls

10 Burpees

10 Pullups

Week #4

Day #1

Strength

Weighted Squats

(Go Heavier)

3-3-3-3-3-3

WOD

21-15-9

Jumping Squats

Push Ups

Mountain Climbers

Sit Ups

Day #2

Strength

Pushups

25-25-25-25

(Rest 2 min between)

WOD

4 Rounds of:

30 Lunges (30 Feet)

30 Burpees

30 Bear Crawl (30 Feet)

Day #3

Strength

2 x 800 Meter Sprints

(Rest 4 min between)

WOD

6 Rounds of:

20 Dips (2 chairs, elevated, arm strength)

20 Pushups

20 Sit Ups

20 sec Plank

Day #4

Strength

Front Squat (Go Heavier)

5-5-5-5-5

WOD

Run 2 miles

Day #5

Strength

10 Min EMOM (every minute on minute) alternate

10 Pushups

15 Air Squats (squat without weights)

WOD

2 rounds of:

50 Double Unders (150 Singles)

400 m run

Day #6

Strength

10 AMRAP

Burpees

WOD

10 rounds

10 Pushups

10 Sit ups

10 Lunges

Week #5

Day #1

Strength

Weighted Squats

12-12-12-12

WOD

75 Wall Balls (soccer ball, but heavier, bouncing it above on the wall)

50 Pushups

Day #2

Strength

Burpee Pullups

10-8-6-4-2

WOD

Run 2 miles

or

Bike 6 miles

Day #3

Strength

Clean & Jerk (squat with pole, to collar bone, then above head)

8-6-4-6-8

WOD

4 rounds of:

10 Jumping Back & Forth (over pillow on floor)

40 Mountain Climbers

10 Spider Crawl

40 Sit Ups

Day #4

Strength

Front Squat

15-10-5 (rest 10 sec. in between each)

WOD

21-15-9

One Arm Snatch (kettle bell in one hand from ground to sky)

Pushup

Jumping Squat

Day #5

Strength

Overhead Squat w/ PVC Pipe

15-15-15

WOD

4 rounds of:

200 m Run

20 Pushups

Day #6

Strength

Weighted Push Ups (something on back)

12-10-8-6-4

WOD

12 min AMRAP (as many reps as possible)

30 sec Plank

15 Dips (2 chairs elevated, or feet on floor with hands on chair backwards)

15 Pushups

15 Air Squats

Week #6

Day #1

Strength

Weighted Squats (holding weights in hands)

15-15-15-15

WOD

8 rounds of:

20 Air Squats (squat with no weight)

30 sec Wall Sits

20 Lunges

20 Bear Crawl

Day #2

Strength

Pull Ups

15-15-15

(Rest 2 min between)

WOD

Run a 5k

Or

Bike a 10k

Day #3

Strength

Cleans (bar from floor to chest and down)

10-10-10-10-10

WOD

20 min AMRAP (as many reps as possible)

20 Weighted Lunges

20 Burpees

Day #4

Strength

Front Squat (bar in front of chest, squatting up and down)

15-13-11-9

WOD

8 Rounds of:

10 Jumping Back & Forth (over pillow)

20 Pushups

40 Double Unders

Day #5

Strength

Overhead Squat w/ PVC Pipe

8-8-8-8-8-8

WOD

4 rounds of:

100 m sprint

25 wall balls (bouncing ball on wall)

Day #6

Strength

Hand Release Pushups (on edge of couch or counter, push off with hands in air, then down)

8-8-8-8-8-8

WOD

Run a 10k