

Spring Break 2019

No Equipment, No Problem!



Workout A

ORDER	EXERCISE	SETS	REPS	TEMPO	REST	NOTES
A	Bodyweight Starter: 1. Squat (15) 2. Jump Squats (15) 3. Cycle Jump into Squat (15 each) 4. Push Ups (15) 5. Alternating Lateral Lunge (5/side) 6. Floor Slide (10) 7. Pledge Plank (10/side)	3	See reps to left	Fast	Minimal	
B1	Bodyweight Bulgarian Split Squat	6	AMRAP	3-1-3	*no rest move right into B2	3 second decent, 3 second rise Use couch or chair as back foot elevation. If no chair available, modify to split stance
B2	Explosive Bulgarian Split Squat Hop	6	15 sec/side	*-*-*	30s	Explode from the bottom of your split stance into a jump and descend right into the next Bulgarian
C1	Lunge Matrix	4	5/each	2-1-1	10s	Lunge 5 reps forward, 5 reverse, 5 lateral, & 5 transverse lateral- repeat other side for 1 total set
C2	Superman Hold	4	30 sec	Control	10s	*for more advanced add roll, pike & roll back into superman
D1	Hamstring Floor Slides w/ Towels	4	10/side	2-1-1	10s	Grab a towel and a slick floor. Lay on the ground in a hip thrust position. Let your heels sit on the towel and extend your legs out straight while staying high in your hip thrust, once in a straight leg position rapidly pull your heels back to your hips
D2	Mountain Climbers w/ Towels	4	30s	Fast	30s	Immediately roll over, keep the towel/towels at your feet and mountain climb your life away with your feet sliding along the ground the whole time.
E	Bodyweight Speed Squat + Iso Hold	3	25 + 30s	Fast + Iso	45s	Bodyweight Speed Squat = as fast as possible Iso Hold = hold the bottom of your squat position 30s
F	Finisher 1: Hip Thrusting Til You Die 1. 30 Feet Elevated Hip Thrusts 2. 10 Second Feet Elevated Hip Thrust Iso Hold	30	See workload to left	1-2-1	Minimal	Start with 30 reps, on the 30 th rep hold for 10 seconds, repeat with 29 reps and holding for 10 seconds, 28, 27, 26, etc, all followed with a 10 second iso hold at top of hip thrust. Use chair/bench to elevate feet. *a band around your knees will make the resistance even greater!
G	Finisher 2: 1. Burpee Push Up & Tuck Jump 2. Cycle Jumps	AMRAP	30 seconds each			If have time...
Low Impact Stead State Cardio	20 min					Get outside & add foam rolling and/or static stretching on your own

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Workout B

ORDER	EXERCISE	SETS	REPS	TEMPO	REST	NOTES
A	Bodyweight Starter: 1. 1-Leg Squat (5/side) 2. High Knee Jacks (10) 3. Sumo Squat (10) 4. Scap Push Up (10) 5. Alternating Reverse Lunge (5/side) 6. Pike Shoulder Press (10) 7. Bear Crawl (5yd fwd/5yd bwd)	2	See reps to left	Fast	Minimal	
B1	Incline Push Ups					Feet On Couch, Chair, Bench For more advanced, bring 1 leg to greet elbow at bottom of press
	Working Sets	5	AMRAP	2-1-1	10s	
B2	Inchworm to Frogger	5	30s	Control	10s	
C1	Push Up Matrix					
	Working Sets	4	10/each	2-1-1	10s	10 Wide, 10 Neutral, 10 Narrow
C2	Side Plank Toe Touches	4	15s/side	Control	10s	Side plank position: top arm and leg reach out to greet each other and come back to neutral positioning. For more advanced - Place both feet elevated on a couch, chair or bench
D1	Pike Shoulder Overhead Press					For more incline, put feet on couch, chair or bench
	Working Sets	5	12	2-1-1	10s	12 rep max
D2	High Knees or High Knee March	5	30s	Fast	30s	
E1	Soup Can Bent Over Rear Delt Raise	5	20-30	1-1-2	10s	Grab a soup can to use as resistance to CRANK EM OUT
E2	Soup Can Lateral Raise	5	20-30	1-1-2	10s	Grab a soup can to use as resistance to CRANK EM OUT
E2	Soup Can Frontal Raise	2	20-30	1-1-2	10s	Grab a soup can to use as resistance to CRANK EM OUT
E3	Sprinter Sit Ups	5	30/side	1-1-2	30s	
F	Core Finisher: 1. Controlled Eccentric Push Up (30s) 2. Controlled Prone Straight Arm Plank w/Knee-to-Chest (30s) 3. Controlled Prone Straight Arm Plank Leg March (30s) 4. Prone Elbow Plank (30s)				30s-60s	
Low Impact Stead State Cardio	20 Min					Get outside & add foam rolling and/or static stretching on your own

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Workout C

ORDER	EXERCISE	SETS	REPS	TEMPO	REST	NOTES
A	1,000 REP Challenge: 1. Inchworms (100) 2. Jump Squats (100) 3. Push Ups (100) 4. Star Jump into Tuck Jump (100 each) 5. Supine Straight Arm Hip Thrusts (100) 6. Lateral Lunges (50/side) 7. Bear Crawl Steps (50/side) 8. Tricep Dips (100) 9. Mountain Climbers (50/side) 10. Burpees (100)	AMRAP	100 Each			ENJOY (evil snicker from Jenny)
Low Impact Stead State Cardio	20 min					Get outside & add foam rolling and/or static stretching on your own