

Workout #1 Legs

Strength 1

(rest 1 min between all strength sets, finish all 4 sets before moving on to cardio 1. For more advanced, decrease rest times to 45 sec or possibly 30 sec)

- Goblet squat 4 x 12
superset* w/
- Bodyweight jumping squat 4 x 15

***superset** is one exercise immediately followed by the next. Complete 12 goblet squats then immediately move on to complete 20 jumping squats. Rest 1 min. Repeat for 3 more sets. You will see **supersets** during every workout on this program

Cardio 1

Every minute on the minute for 6 min* (aka EMOM):

- 12 kettlebell swings
- Max effort high knees in place

* begin each minute with 12 kettlebell swings, then do as many high knees in place as you can during the remainder of the minute. Repeat for 6 min.

Strength 2

- Weighted lunges (barbell or dumbbells) 4 x 20 (10 each leg)
superset w/
- Bodyweight lunges or jumping lunges 4 x 20 (10 each leg)

Cardio 2

Every minute on the minute for 6 min*:

- 12 single arm kettlebell swings (6 each arm)
- Max effort mountain climbers

* begin each minute with 12 kettlebell swings, then do as many mountain climbers as you can during the remainder of the minute. Repeat for 6 min.

Strength 3

- Weighted step-ups 4 x 16 (8 each leg)
superset w/
- Spring steps 4 x 20

Cardio 3

Every minute on the minute for 6 min*:

- 8 burpees
- Max effort high knees or mt. climbers (alternate every minute)

* begin each minute with 8 burpees, then do as many high knees as you can during the remainder of the 1st minute. Then on 2nd minute, replace high knees with mt. climbers. Repeat for 6 min.

Workout #2 Push/abs

Strength 1

(rest 1 min between all strength sets, finish all 4 sets before moving on to cardio 1. For more advanced, decrease rest times. Whenever ab exercises superset with another muscle group, you can eventually get to 0 second rest)

- Dumbbell flat bench 4 x 12
superset w/
- Sit-ups 4 x 15

Cardio 1

Every 45 sec for 8 sets*:

- +2 Push-ups
- Sprint 60 yards or 50 high knees in place

* Complete 2 push-ups and sprint 60 yards as fast as you can, you then rest until 45 seconds are up. You then begin again but add 2 push-ups. Repeat this pattern for a total of 8 sets (16 total push-ups). If you do not complete set within 45 seconds, just continue the workout without resting until a total of 6 min is up from when you started.

Strength 2

- Barbell press 4 x 12
superset w/
- Toe touches 4 x 20

Cardio 2

Every 45 sec for 8 sets*:

- +2 Push press
- Sprint 60 yards or 50 high knees in place

Strength 3

- Overhead triceps ext. 4 x 12
superset w/
- Plank 4 x 45-60sec

Cardio 3

Every 45 sec for 8 sets*:

- +2 Narrow grip bench press
- Sprint 60 yards or 50 high knees in place

Workout #3 Pull

Strength 1

- Dumbbell row 4 x 12 each arm
superset w/
- Bent over barbell row 4 x 12

Cardio 1

Complete as many reps as possible of the given exercise within the time given:

45 sec renegade row

45 sec sumo deadlift high pull

45 sec burpees

45 sec sprint

Repeat for 2 rounds with no rest (6 total minutes)

Strength 2

- Pull-ups or assisted pull-ups or lat pull downs 4 x 10
superset w/
- Inverted rows or ring rows 4 x 15

Cardio 2

Repeat cardio 1

Strength 3

- Barbell curls 4 x 12
superset w/
- Alternating hammer curls 4 x 12 each arm

Cardio 3

Repeat cardio 1

Workout #4 legs/abs

Strength 1

- Weighted sit-ups 4 x 45 sec
superset w/
- Bicycle crunch 4 x 45 sec
(During timed sets, do as many reps as possible in the given time frame. Same as other supersets with the rest, do both exercises back to back then rest, repeat for 4 total sets)

Cardio 1

TABATA for 8 total sets (20 sec of max effort work, 10 sec rest, repeat for 8 total sets):

- Bodyweight squats
Then:
Jog or do other steady state cardio for 2 min

Strength 2

- Sumo deadlift w/ barbell or kettlebell 4 x 15
superset w/
- Weighted lunges 4 x 10 each leg

Cardio 2

TABATA for 8 total sets (20 sec of max effort work, 10 sec rest, repeat for 8 total sets):

- Skaters
Then:
Jog or do other steady state cardio for 2 min

Strength 3

- Straight leg deadlifts w/ barbell or dumbbells 4 x 12
superset w/
- Hamstring bridges on stability ball 4 x 12

Cardio 3

TABATA for 8 total sets (20 sec of max effort work, 10 sec rest, repeat for 8 total sets):

- Spring steps
Then:
Jog or do other steady state cardio for 2 min

Workout #5 Push

Strength 1

- Barbell bench press 4 x 12
superset w/
- Push-ups 4 x 12

Cardio 1

6 min HIIT (High intensity interval training):

Pick any cardio exercise (Sprint, bike, elliptical, hill sprint, row, etc.)

For 15 sec work as hard as you possibly can!

Then rest for 45 sec. Repeat for 6 total sets.

Strength 2

- Seated dumbbell press 4 x 12
superset w/
- Lateral raises 4 x 12

Cardio 2

6 min HIIT (High intensity interval training):

Pick any cardio exercise (Sprint, bike, elliptical, hill sprint, row, etc.)

For 15 sec work as hard as you possibly can!

Then rest for 45 sec. Repeat for 6 total sets.

Strength 3

- Triceps kickback 4 x 12 each arm
superset w/
- Dips or bench dips 4 x 15

Cardio 3

6 min HIIT (High intensity interval training):

Pick any cardio exercise (Sprint, bike, elliptical, hill sprint, row, etc.)

For 15 sec work as hard as you possibly can!

Then rest for 45 sec. Repeat for 6 total sets.

Workout #6 Pull/abs

Strength 1

(rest 1 min between all strength sets, finish all 4 sets before moving on to cardio 1. For more advanced, decrease rest times. Whenever ab exercises superset with another muscle group, you can eventually get to 0 second rest)

- Reverse grip pull-ups or reverse grip pull downs 4 x 12
superset w/
- Double crunch 4 x 15

Cardio 1

Complete the following as fast as you can, give yourself a 6 minute time cap:

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

Kettlebell swings

Ring rows

(Do 10 kettlebell swings followed by 10 ring rows, then do 9 of each, 8 of each, etc.)

Strength 2

- Reverse grip bent over barbell row 4 x 12
superset w/
- Alternating v-ups 4 x 20

Cardio 2

Complete the following as fast as you can, give yourself a 6 minute time cap:

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

Dumbbell snatch

Box jumps

Strength 3

- Barbell curl 4 x 12
superset w/
- Crunches 4 x 45-60sec

Cardio 3

Complete the following as fast as you can, give yourself a 6 minute time cap:

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

Sumo deadlift high pull

Burpees

Workout #7 Legs

Strength 1

- Deadlift 4 x 12
superset w/
- Weighted walking lunges 4 x 10 each leg

Cardio 1

Every 45 sec for 8 sets*:

- +2 Single arm kettlebell swings (1 each arm)
- 5 burpees

Strength 2

- Bulgarian split squats 4 x 10 each leg
superset w/
- Goblet squats 4 x 15

Cardio 2

Every 45 sec for 8 sets*:

- +2 Ball slams
- 5 burpees

Strength 3

- Straight leg dead lifts 4 x 12
superset w/
- Hamstring curls on machine or using stability ball 4 x 12

Cardio 3

Every 45 sec for 8 sets*:

- +2 Thrusters
- 5 burpees

Workout #8 Push/abs

Strength 1

- Weighted Russian twist 4 x 45 sec
superset w/
- Sit-ups 4 x 45 sec
(During timed sets, do as many reps as possible in the given time frame. Same as other supersets with the rest, do both exercises back to back then rest, repeat for 4 total sets)

Cardio 1

Complete as many reps as possible of the given exercise within the time given:

45 sec push press

45 sec mt. climbers

45 sec dumbbell snatch

45 sec sprint or high knees in place

Repeat for 2 rounds with no rest (6 total minutes)

Strength 2

- Chest fly 4 x 12
superset w/
- Lying down skull crusher 4 x 15

Cardio 2

Repeat cardio 1

Strength 3

- Dumbbell incline bench press 4 x 12
superset w/
- Dips 4 x 20

Cardio 3

Repeat cardio 1

Workout #9 Pull

Strength 1

- Dumbbell row 4 x 12 each arm
superset w/
- Inverted rows 4 x 12

Cardio 1

Every minute on the minute for 6 min*:

- 14 renegade rows (6 each arm)
- Max effort high knees

* begin each minute with 14 renegade rows, then do as many high knees as you can during the remainder of the minute.

Strength 2

- Pull-ups 4 x 12
superset w/
- Barbell row 4 x 12

Cardio 2

Every minute on the minute for 6 min*:

- 14 sumo deadlift high pulls
- Max effort grasshoppers

* begin each minute with 14 sumo deadlift high pulls, then do as many grasshoppers as you can during the remainder of the minute.

Strength 3

- Alternating hammer curls 4 x 12 each arm
superset w/
- Incline curls 4 x 10

Cardio 3

Every minute on the minute for 6 min*:

- 14 kettlebell swings
- Max effort spring steps

* begin each minute with 14 renegade rows, then do as many high knees as you can during the remainder of the minute.

Workout #10 Legs/abs

Strength 1

(Whenever ab exercises superset with another muscle group, you can eventually get to 0 second rest)

- Deadlifts 4 x 12
superset w/
- Bicycle crunch 4 x 45 sec

Cardio 1

6 min HIIT (High intensity interval training):

Pick any cardio exercise (Sprint, bike, elliptical, hill sprint, row, etc.)

For 15 sec work as hard as you possibly can!

Then rest for 45 sec. Repeat for 6 total sets.

Strength 2

- Bulgarian split squats weighted 4 x 10 each leg
superset w/
- V-ups 4 x 20

Cardio 2

6 min HIIT (High intensity interval training):

Pick any cardio exercise (Sprint, bike, elliptical, hill sprint, row, etc.)

For 15 sec work as hard as you possibly can!

Then rest for 45 sec. Repeat for 6 total sets.

Strength 3

- Hamstring bridge or hamstring curl 4 x 12
superset w/
- Plank 4 x 45-60sec

Cardio 3

6 min HIIT (High intensity interval training):

Pick any cardio exercise (Sprint, bike, elliptical, hill sprint, row, etc.)

For 15 sec work as hard as you possibly can!

Then rest for 45 sec. Repeat for 6 total sets.

Workout #11 Push

Strength 1

- Bench press 4 x 12
superset w/
- Overhead triceps extension 4 x 12

Cardio 1

In 6 min, complete as many rounds as possible:

12 Ball slams

10 Push-ups

Strength 2

- Dumbbell chest fly 4 x 12
superset w/
- Triceps kick back 4 x 12 each arm

Cardio 2

In 6 min, complete as many rounds as possible:

60 Mt. climbers

30 sec of rowing

Strength 3

- Seated dumbbell press 4 x 12
superset w/
- Lateral raises 4 x 12

Cardio 3

In 6 min, complete as many rounds as possible:

12 Push press

8 Burpees