**Card 1**

Set 1:

10 Burpees, 10 Push-ups, 10 Diamond push-ups

Set 2:

10 Side Straddle Hops, 10 Bicycle Crunches, 10 Side Plank dips per side

Set 3:

10 Speed Skaters, 10 Air Squat Jumps, 10 Lunges each leg

Set 4:

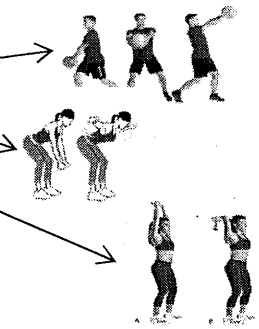
10 Plank Jacks, 10 Front Dumbbell raising, 10 Dumbbell raises Middle, 10 Dumbbell raises Side.

Set 5:

10 Tuck Jumps (Jump straight up and bring both knees to your chest simultaneously), 10 Hello Dollies, 10 Double Leg lifts.

**Card 2**

10 Skip Explodes, 20 Kettle Bell Swings
20 Skip Explodes, 20 Woodchops (5-20lbs)
30 Skip Explodes, 20 Dumbbell Squats (30-40lbs)
40 Skip Explodes, 20 Reverse Flys (20-60lbs)
50 Skip Explodes, 20 Chest Flys (20-60lbs)
60 Skip Explodes, 20 Pull-ups
70 Skip Explodes, 20 Overhead Extensions (30-60lbs)
80 Skip Explodes, 20 Side Bends (20-40lbs)
90 Skip Explodes, 20 Upright Rows (40-70lbs)
100 Skip Explodes, 20 Hanging Leg Raises



**Card 3**

40 Sec High Knees, 40 Squats, 40 Sec Star Jumps, 30 Lunges, 30 Sec Rest, 40 Side Straddle Hops
15 Push-ups, 30 Sec Rest, 40 Side Straddle Hops, 30 Side Lunges, 30 Sec Rest, 40 Sec Butt Kicks
30 Air Squats, 30 Sec Rest, 40 Sec High Knees, 15 Push-Ups, 30 Sec Rest, 20 Push-Ups,
40 Sec Side Straddle Strap

## Card 4

HIIT Workout

Do each exercise at high intensity for 30 seconds followed by 10 second rest if needed. Repeat everything 3X's

Side Straddle Hops, 2. Wall Sit, 3. Push-Ups, 4. Reverse Crunches, 5. Box Jumps, 6. Squats, 7. Triceps Dips, 8. Plank 9. High Knees/Running In Place

10. Lunges, 11. Push-Up (1st time Regular, 2nd Wide, 3rd Diamond)

12. Planks (Left, Right, Front)

## Card 5

High Intensity Interval Training (The objective is to go 100 percent during every exercise)

-Warm up

10 Side Straddle Hops, 10 Butt Kicks, 10 Arm Circles, 10 High Knees, 10 Knee Hugs, 10 Hand Reset Push-ups, 10 Groiners

HIIT

Jump Squats: 30 sec, Front plank: 30 sec, Groiners: 30 sec, Rest: 10 sec, Jumping Lunges: 30 sec, Flutter Kicks: 30 sec, Bus Drivers: 30 sec, Rest: 10 sec, Pushups (chest touches only): 30 sec, Burpees: 30 sec, Leg raises: 30 sec, Rest: 10 sec

----------Repeat A Second Time.

Cool Down

## Card 6

25 Min Treadmill or GPS pace Run

0-5 Min- Speed (6 MPH)

5-6 Min- Speed (8 MPH)

6-8 Min- Speed (6 MPH)

8-9 Min- Speed (8 MPH)

9-11 Min- Speed (6 MPH)

11-12 Min- Speed (8.5 MPH)

13-15 Min- Speed (6 MPH)

15-16 Min- Speed (8.5 MPH)

16-18 Min- Speed (6 MPH)

18-19 Min- Speed (8.5 MPH)

19-21 Min-Speed (6 MPH)

21-25 Min- Speed (3.6 MPH)

**Card 7**

Fat Burner Treadmill or GPS run
Walk 5 minutes- (3.5 MPH)
Run Fast .25 miles (7.5-10 MPH)
10 Burpees
Walk 2 min- (3.2 MPH)
----------REPEAT THAT 6 TIMES
Then finish with:
Run- 2 Min (7MPH)
Run- 2 Min (6MPH)
Run-2 Min (6.7MPH)
Run- 2 Min (6 MPH)
Run- 2 Min (6.5 MPH)

**Card 8**

HIIT IT HARD
Squat Jumps- 60 sec, Reg Squats- 30 sec, Rest- 30 sec, Burpees- 60 sec
Military Press (40-70lbs)- 30 sec (Use any form of weight if assets are not available)
Rest- 30 sec, Groiners- 60 sec, Push-ups- 30 Sec, Rest- 30 sec, Plank Jacks- 60 sec (front plank but, your bringing heels together then separating), Lateral Raise (20-60lbs)- 30 sec, Rest- 30 sec, Jump Tuck- 60 sec (Jump straight up and bring your knees to your chest), Bicep Curls- 30 sec (If Gym Weights are not avail use anything with weight), Rest- 30
----------Repeat Everything 3X

**Card 9**

20 Minute Workout

Side Straddle Hops- 1 min, Side Lunges- 30 sec, Squats- 30 sec, High Knees- 1 min, Burpees- 30 sec, Lunges- 30 sec, Jump Rope- 1 min, Groiners- 30 sec, Speed Skaters- 30 sec, Butt Kicks- 1 min, Lunges- 30 sec, Squats- 30 sec, High Knees- 1 min, Side Lunges- 30 sec, Push-ups- 30 sec

_____Repeat 2X

**Card 10**

Full Body Workout

Timer Setup:

20 Rounds of 30/ 50 sec

Do as many reps as possible in the given time. No rest between exercises. Rest for 50 sec at the end of circuit. Repeat full circuit 4 times.

Exercises: High Knees: 30 sec, Air Squats: 50 sec, Push-ups: 30 sec, Air Squats: 50 sec, Incline Push-ups: 30 sec, Lunges: 50 sec, Decline Push-ups: 30 sec, Lunges: 50 sec, Diamond Push-ups: 30 sec, Rest: 50 sec

**Card 11**

Full Body Workout #2

Split Squat to the left: 50 sec, Rest 5 sec, Split Squat to the right: 50 sec, Rest 5 sec

Spiderman Push-ups: 50 sec, Rest 60 sec, Air Squat: 50 sec, Rest 5 sec, Close Grip Push-ups: 50 sec, Rest 5 sec, Jump Squats: 50 sec, Rest 5 sec (Ensure you go all the way down and explode up into the air),Rest 60 sec

----------Repeat Circuit 3X

## Card 12

Interval Training
400M Run- Target time (50 percent effort), 400M Run- Target time (75 Percent effort), 400M Run- Target time 1:00-1:30 (100 percent)
200M Run- Target time (50 percent effort), 200M Run- Target time (75 percent effort), 200M Run- Target time 30-42 Seconds (100 percent)
100M Run- Target time (50 percent effort), 100M Run- Target time (75 percent effort), 100M Run- Target time max effort
3 max sets of Pull-ups, 2 min of crunches, 1 min of crunches, 30 sec of crunches

## Card 13

**Stair challenge:**
400M Jogging pace
Run up bleachers/stairs (Between 15-30 steps), Run down at 50 percent. (execute 4 times)
400M Jogging pace
Run up bleachers/stairs (Between 15-30 steps), Run down at 50 percent. (execute 4 times)
400M Jogging pace
Run up bleachers/stairs (Between 15-30 steps), Run down at 50 percent. (execute 4 times)
Execute the following X3, V-ups (20), Jumping Lunges (20), Push-ups (20), Front, Left, Right Planks (60 seconds each)

## Card 14

Park Bench Workout
Sprint 200M/Walk 200M until you reach a Bench (between ½ mile-1 mile)
Push-ups onto bench - 15 reps , Step-ups (step up onto bench – 15 reps each leg), Triceps dips off bench - 15 reps
Split squats using bench - 15 reps each leg, Elevated push-ups (feet on bench, hands on ground) - 15 reps
Box jumps on bench - 15 reps , Sprint 200M/Walk 200M until you reach the next Bench (between ½ mile-1 mile)
Repeat process X3

**Card 15**

Murph Challenge

1 Mile Run Target Time 7:00-8:00 Minutes (Regular P.T Gear)

Pull-ups (100 reps) (No time limit and you can alternate exercises)

Push-ups (200 reps) (No time limit and you can alternate exercises)

Squats (300 reps) (No time limit and you can alternate exercises)

1 Mile Run Target Time 7:30-8:30