

# Week #1 Workout

<b>Cardio</b>	<b>COMPLETED</b>
<b>Cardio 1</b>	<input type="checkbox"/>
Warm-up: fast walk 5 min	
20 min: jog 1 min walk 1 min	
<b>Cardio 2</b>	<input type="checkbox"/>
Warm-up: fast walk 5 min	
20 min: 10 air squats 10 walking lunges (5 each side)	
jog 30 sec	
walk 1 min	
<b>Cardio 3</b>	<input type="checkbox"/>
Warm-up: fast walk 5 min	
For 20 min: jog 1 min walk 30 sec	
<b>Upper Body</b>	<b>COMPLETED</b>
100 butt kickers	<input type="checkbox"/>
100 jump rope	
100 jumping jacks	
Rest 1 min	
5 rounds: 20 knee push-ups 20 bent-leg triceps dips 20 Supermans 20 jumping jacks	

<b>Lower Body</b>	<b>COMPLETED</b>
10 min AMRAP:	20 lunges (10 each side)
	20 air squats
	20 step-ups (10 each side)
	20 sumo squat touches
Rest 2 min	
Repeat	<input type="checkbox"/>
<b>Abs</b>	<b>COMPLETED</b>
5 min AMRAP:	40 high knees (20 each side)
	15 feet-anchored sit-ups
	40 butt kickers (20 each side)
	15 L-sit toe touches
Rest 1 min	
5 min AMRAP:	30 ab bikes (15 each side)
	30 ankle touches (15 each side)
	15 snap jumps
	30 easy mountain climbers (15 each side)
Rest 1 min	
Repeat	<input type="checkbox"/>
<b>Long Circuit</b>	<b>COMPLETED</b>
3 rounds:	10 air squats
	10 incline push-ups
	10 planks to downward dog
Rest 1 min	
Run 8 min	
Rest 2 min	
10 min AMRAP:	10 no-push-up burpees
	20 step-ups (10 each side)
	30 in/out
Rest 2 min	
100 knee push-ups	<input type="checkbox"/>

# Week #2 Workout

<b>Cardio</b>	<b>COMPLETED</b>
<b>Cardio 1</b>	<input type="checkbox"/>
Warm-up: fast walk 5 min	
20 min: jog 2 min walk 1 min	
<b>Cardio 2</b>	<input type="checkbox"/>
Warm-up: fast walk 5 min	
20 min: 20 air squats jog 30 sec walk 1 min	
<b>Cardio 3</b>	<input type="checkbox"/>
Warm-up: fast walk 5 min	
20 min: 20 walking lunges (10 each side) walk 30 sec jog 30 sec walk 30 sec	
<b>Upper Body</b>	<b>COMPLETED</b>
9 min AMRAP: 5 inchworms 10 no push-up burpees 15 knee push-ups	<input type="checkbox"/>
Rest 2 min	
9 min AMRAP: 5 dumbbell thrusters 10 Supermans 15 bent-leg triceps dips	
Rest 1 min	
4 min (20 sec on/20 sec off): plank	

<b>Lower Body</b>	COMPLETED
descending/ascending ladder: 15 > 1 > 15	<input type="checkbox"/>
broad jumps	
air squats	
<b>Abs</b>	COMPLETED
4 rounds:      20 feet-anchored sit-ups	<input type="checkbox"/>
20 no-push-up burpees	
20 L-sit toe touches	
20 straight-leg raises	
30 sec plank	
<b>Long Circuit</b>	COMPLETED
3 rounds:      butt kickers 30 sec	<input type="checkbox"/>
jumping jacks 30 sec	
lunges 30 sec	
rest 30 sec	
Rest 2 min	
400m run (.25 miles)	
30 push-ups	
400m run	
30 feet-anchored sit-ups	
400m run	
30 bench jumps	
400m run	
30 commandos (15 each side)	
400m run	
30 straight-leg raises	
400m run	
30 air squats with arms overhead	

# Week #3 Workout

<b>Cardio</b>	<b>COMPLETED</b>
<b>Cardio 1</b>	
Warm-up: fast walk 5 min	
20 min: right-side shuffle 20 sec	
left-side shuffle 20 sec	
jog 20 sec	
walk 1 min	
<b>Cardio 2</b>	
Warm-up: fast walk 5 min	
15 min: skip 30 sec	
walk 30 sec	
<b>Cardio 3</b>	
Warm-up: fast walk 5 min	
20 min: jog 30 sec	
walk 30 sec	
<b>Upper Body</b>	<b>COMPLETED</b>
1 min squat jacks	
1 min commandos	
1 min side-to-side quick steps	
1 min knee push-ups	
Rest 1 min	
Repeat the same moves for 30 sec each as fast as you can	
Rest 1 min	
1 min no push-up burpees	
1 min bent-leg triceps dips	
1 min jumping jacks	
1 min inchworm and push-up	
Rest 1 min	
Repeat the same moves for 30 sec each as fast as you can	

<b>Lower Body</b>	<b>COMPLETED</b>
5 rounds:	hop overs 40 sec
	rest 20 sec
	lunges 40 sec
	rest 20 sec
	squat jumps 40 sec
	rest 20 sec
	alternating squat and kick 40 sec
	rest 20 sec
	<input type="checkbox"/>
<b>Abs</b>	<b>COMPLETED</b>
5 min AMRAP:	20 right-side plank hip dips
	20 left-side plank hip dips
	high knees 30 sec
Rest 1 min	
5 min AMRAP:	30 mason twists (15 each side)
	30 crossover toe touches (15 each side)
	20 feet-anchored sit-ups
Rest 1 min	
Repeat	
	<input type="checkbox"/>
<b>Long Circuit</b>	<b>COMPLETED</b>
50 air squats	
Rest 2 min	
21-15-9:	dumbbell swings
	bench jumps
	squat jumps
	dumbbell squat curls and presses
Rest 2 min	
50 no-push-up burpees	
Rest 2 min	
21-15-9:	push-ups
	butterfly sit-ups
	shoulder presses
	curls and presses
	<input type="checkbox"/>

# Week #4 Workout

<b>Cardio</b>		<b>COMPLETED</b>
<b>Cardio 1</b>		<input type="checkbox"/>
Warm-up:	fast walk 5 min	
20 min:	10 no-push-up burpees	
	jog 30 sec	
	walk 1 min	
<b>Cardio 2</b>		<input type="checkbox"/>
Warm-up:	fast walk 5 min	
15 min:	10 broad jumps	
	walk 30 sec	
<b>Cardio 3</b>		<input type="checkbox"/>
Warm-up:	fast walk 5 min	
20 min:	20 hop overs (10 each side)	
	jog 30 sec	
	walk 1 min	
<b>Upper Body</b>		<b>COMPLETED</b>
8 rounds:	8 no-push-up burpees	<input type="checkbox"/>
	8 inchworms	
	8 knee push-ups with elbows in	
	8 bent-leg triceps dips	

<b>Lower Body</b>	<b>COMPLETED</b>
3 rounds: 30 air squats	<input type="checkbox"/>
30 step-ups (15 each side)	
30 reverse lunges and knee lifts	
1 min bench toe taps	
Rest 1 min	
Repeat	
<b>Abs</b>	<b>COMPLETED</b>
Tabata: Complete the full 4 minute Tabata cycle for each move, then a 1 min rest period before you start the next move.	<input type="checkbox"/>
butterfly sit-ups	
plank	
ab bikes	
easy mountain climbers	
<b>Long Circuit</b>	<b>COMPLETED</b>
Tabata: Complete the full 4 minute Tabata cycle for each move, then a 1 min rest period before you start the next move.	<input type="checkbox"/>
air squats	
jumping jacks	
hollow body hold	
2 rounds: 100 hop overs	
50 lunges (25 each side)	
100 jump ropes	
50 slam balls	
Rest 2 min	
3 rounds: 10 curls and presses	
10 reverse flies	
10 lateral raises	



# Week #5 Workout

<b>Cardio</b>		<b>COMPLETED</b>
<b>Cardio 1</b>		<input type="checkbox"/>
Warm-up:	walk 2 min	
	jog 2 min	
	walk 1 min	
20 min:	run 30 sec	
	walk 1 min	
<b>Cardio 2</b>		<input type="checkbox"/>
Warm-up:	walk 2 min	
	jog 2 min	
	walk 1 min	
20 min:	run 3 min	
	walk 2 min	
<b>Cardio 3</b>		<input type="checkbox"/>
Warm-up:	walk 2 min	
	jog 2 min	
	walk 1 min	
20 min:	20 walking lunges (10 each side)	
	run 20 sec	
	walk 1 min	
<b>Upper Body</b>		<b>COMPLETED</b>
50-40-30-20-10	slam balls	<input type="checkbox"/>
	straight-leg triceps dips	
	commandos	

<b>Lower Body</b>	<b>COMPLETED</b>
9 min AMRAP: 20 jumping lunges (10 each side)	<input type="checkbox"/>
20 weighted sumo squats	
20 step-ups and knee lifts	
10 squat jumps	
Rest 1 min	
9 min AMRAP: 10 broad jumps	
20 step-ups (10 each side)	
20 weighted lunges (10 each side)	
10 tuck jumps	
5 min: wall sit and arms overhead 30 sec	
rest 30 sec	
<b>Abs</b>	<b>COMPLETED</b>
8 min AMRAP: 30 hip dips (15 each side)	<input type="checkbox"/>
20 no-push-up burpees	
10 hollow rocks	
Rest 1 min	
8 min: 30 ab bikes (15 each side)	
20 mason twists (10 each side)	
10 straight-leg raises and hip lifts	
Rest 1 min	
Tabata: full mountain climbers	
<b>Long Circuit</b>	
800m run (.5 miles)	<input type="checkbox"/>
50 bench jumps	
50 push-ups	
Rest 3 min	
800m run	
50 in/outs and snap jump	
50 dumbbell thrusters	
Rest 3 min	
800m run	
50 full mountain climbers (25 each side)	
50 full burpees	

# Week #6 Workout

<b>Cardio</b>	<b>COMPLETED</b>
<b>Cardio 1</b>	
Warm-up: jog 3 min	
walk 2 min	
20 min: 10 no-push-up burpees and jumps	<input type="checkbox"/>
run 30 sec	
walk 1 min	
<b>Cardio 2</b>	
Warm-up: jog 3 min	
walk 2 min	
15 min: run 30 sec	<input type="checkbox"/>
walk 30 sec	
<b>Cardio 3</b>	
22 min: walk 1 min	
skip 1 min	<input type="checkbox"/>
run 1 min	
<b>Upper Body</b>	<b>COMPLETED</b>
4 rounds: 20 full burpees	
20 commandos (10 each side)	
20 dumbbell thrusters	<input type="checkbox"/>
20 push-ups with elbows in	

<b>Lower Body</b>	<b>COMPLETED</b>
Tabata: Rest 1 min between each movement	<input type="checkbox"/>
air squats	
hop overs	
in/out squat jumps	
jump ropes	
<b>Abs</b>	<b>COMPLETED</b>
50 jump rope	<input type="checkbox"/>
50 full mountain climbers (25 each side)	
50 jump rope	
50 mason twists (25 each side)	
50 jump ropes	
50 butterfly sit-ups	
50 jump ropes	
50 seated in/out	
50 jump ropes	
50 snap jumps	
50 jump ropes	
50 hip dips (25 each side)	
Repeat	
<b>Long Circuit</b>	<b>COMPLETED</b>
50-40-30-20-10 weighted overhead lunges	<input type="checkbox"/>
air squats	
bent-knee sit-ups	
Rest 3 min	
3 rounds: 30 hop overs (15 each side)	
15 burpees and tuck jumps	
rest 1 min	
Tabata: push-ups	

# Week #7 Workout

<b>Cardio</b>	<b>COMPLETED</b>
<b>Cardio 1</b>	
Warm-up: jog 4 min	
walk 1 min	
20 min: 10 butt kickers	<input type="checkbox"/>
10 high knees	
run 30 sec	
walk 1 min	
<b>Cardio 2</b>	
20 min: walking lunge 30 sec	
walk 30 sec	<input type="checkbox"/>
run 1 min	
walk 30 sec	
<b>Cardio 3</b>	
Warm-up: jog 4 min	
walk 1 min	<input type="checkbox"/>
20 min: run 30 sec	
walk 1 min	
<b>Upper Body</b>	<b>COMPLETED</b>
3 rounds: downward dog 30 sec	
5 reverse tabletop swings	
3 wall walks	
Rest 1 min	
100 jump ropes / 5 Superman push-ups	
80 jump ropes / 10 Superman push-ups	
60 jump ropes / 15 Superman push-ups	
40 jump ropes / 20 Superman push-ups	<input type="checkbox"/>
20 jump ropes / 25 Superman push-ups	
40 jump ropes / 20 Superman push-ups	
60 jump ropes / 15 Superman push-ups	
80 jump ropes / 10 Superman push-ups	
100 jump ropes / 5 Superman push-ups	
Rest 1 min	
Tabata: push-ups	

<b>Lower Body</b>	<b>COMPLETED</b>
10 tuck jumps	<input type="checkbox"/>
20 squat jumps	
30 jumping lunges (15 each side)	
40 step-ups (20 each side)	
50 air squats	
40 step-ups (20 each side)	
30 jumping lunges (15 each side)	
20 squat jumps	
10 tuck jumps	
Rest 3 min	
2 rounds:            50 weighted sumo squats	
50 weighted lunges (25 each side)	
<b>Abs</b>	<b>COMPLETED</b>
6 rounds:            10 V-ups	<input type="checkbox"/>
20 planks knee to elbow (10 each side)	
10 hollow rocks	
20 twisting sit-ups with feet elevated (10 each side)	
rest 1 min	
<b>Long Circuit</b>	<b>COMPLETED</b>
Run 10 min	<input type="checkbox"/>
Rest 3 min	
25 slam balls / 25 push-ups	
20 slam balls / 20 push-ups	
15 slam balls / 15 push-ups	
10 slam balls / 10 push-ups	
5 slam balls / 5 push-ups	
Rest 3 min	
50 ab bikes (25 each side) / 50 full mountain climbers (25 each side)	
40 ab bikes / 40 full mountain climbers	
30 ab bikes / 30 full mountain climbers	
20 ab bikes / 20 full mountain climbers	
10 ab bikes / 10 full mountain climbers	
Rest 3 min	
25 tuck jumps / 25 squat jumps	
20 tuck jumps / 20 squat jumps	
15 tuck jumps / 15 squat jumps	
10 tuck jumps / 10 squat jumps	
5 tuck jumps / 5 squat jumps	

# Week #8 Workout

<b>Cardio</b>	<b>COMPLETED</b>
<b>Cardio 1</b>	
24 min: run 2 min	<input type="checkbox"/>
walk 1 min	
<b>Cardio 2</b>	
Warm-up: jog 4 min	<input type="checkbox"/>
walk 1 min	
20 min: 10 squat jumps	
run 30 sec	
walk 1 min	
<b>Cardio 3</b>	
Warm-up: jog 4 min	<input type="checkbox"/>
walk 1 min	
15 min: sprint 30 sec	
walk 30 sec	
<b>Upper Body</b>	<b>COMPLETED</b>
6 min AMRAP: 15 dumbbell squat curls and presses	<input type="checkbox"/>
30 plank shoulder taps (15 each side)	
16 dumbbell press (8 each side)	
8 inchworm + push-up with elbows in	
Rest 1 min	
6 min AMRAP: 15 decline push-ups	
15 full burpees	
15 reverse flies	
15 slam balls	
Rest 1 min	
Repeat	
<b>Lower Body</b>	<b>COMPLETED</b>
Butt kickers + arms up 1 min	<input type="checkbox"/>
Yogi squat 30 sec	
Jumping jacks 1 min	
Yogi squat 30 sec	
High knees 1 min	

<b>Lower Body (continued)</b>	<b>COMPLETED</b>
Yogi squat 30 sec	<input type="checkbox"/>
Repeat	
15 min AMRAP:      10 full burpees	
10 reverse lunge + knee hop (5 each side)	
10 sumo squat jumps with 2 sec hold at the bottom	
<b>Abs</b>	<b>COMPLETED</b>
6 min AMRAP:      15 roll back to stand	<input type="checkbox"/>
15 plank in/outs + snap jumps	
15 tuck jumps	
Rest 1 min	
6 min AMRAP:      15 right-side sit-ups	
15 left-side sit-ups	
15 straight-leg raise + hip lift	
Rest 1 min	
Repeat	
<b>Long Circuit</b>	<b>COMPLETED</b>
100 jump ropes	<input type="checkbox"/>
90 air squats	
80 lunges (40 each side)	
70 butterfly sit-ups	
60 push-ups with elbows in	
50 step-ups (25 each side)	
40 mason twists (20 each side)	
30 dumbbell push press	
20 burpees	
10 broad jumps	
20 burpees	
30 dumbbell push presses	
40 mason twists (20 each side)	
50 step-ups (25 each side)	
60 push-ups with elbows in	
70 butterfly sit-ups	
80 lunges (40 each side)	
90 air squats	
100 jump ropes	



# Week #9 Workout

<b>Cardio</b>	<b>COMPLETED</b>
<b>Cardio 1</b>	
24 min:	right-side shuffle 30 sec
	left-side shuffle 30 sec
	walk 1 min
	sprint 30 sec
	walk 30 sec
<b>Cardio 2</b>	
Warm-up:	jog 4 min
	walk 1 min
20 min:	10 jumping lunges
	15 air squats
	sprint 20 sec
	walk 1 min
<b>Cardio 3</b>	
Warm-up:	jog 4 min
	walk 1 min
15 min:	run 20 sec
	sprint 10 sec
	walk 30 sec
<b>Upper Body</b>	<b>COMPLETED</b>
3 rounds:	100 jump rope
	3 wall walks
Rest 2 min	
15 min AMRAP:	10 man makers
	20 dumbbell swings
	handstand hold 30 sec
<b>Lower Body</b>	<b>COMPLETED</b>
Tabata: Rest 1 min after each move	
	jump ropes
	squat jumps
	jumping lunges
10 min AMRAP:	30 side sumo squats + kicks (15 each side)
	30 weighted step-ups
	20 broad jumps
	20 weighted reverse lunges (10 each side)

<b>Abs</b>	<b>COMPLETED</b>
3 rounds:           twisting sit-ups with feet elevated 1 min rest 30 sec upright ab bikes 1 min rest 30 sec hip dips 1 min rest 30 sec double mountain climbers 1 min rest 30 sec high knees 1 min rest 30 sec	<input type="checkbox"/>
<b>Long Circuit</b>	<b>COMPLETED</b>
Jumping lunges 1 min Air squats 1 min Squat jumps 1 min Alternating side-step sumo squats 1 min No-push-up burpees 1 min Lunges 1 min Repeat the same moves for 30 sec each as fast as you can Rest 3 min Ab bikes 1 min Full mountain climbers 1 min Butterfly sit-ups 1 min L-sit toe touches 1 min Hip dips 1 min Crossover toe touches 1 min Repeat each move for 30 sec each as fast as you can Rest 3 min Push-ups 1 min Bent-leg triceps dips 1 min Plank in/outs 1 min Full burpees 1 min Snap jumps 1 min Commandos 1 min Repeat each move for 30 sec each as fast as you can	<input type="checkbox"/>

# Week #10 Workout

<b>Cardio</b>	<b>COMPLETED</b>
<b>Cardio 1</b>	<input type="checkbox"/>
20 min: walk 45 sec	
run 30 sec	
sprint 15 sec	
<b>Cardio 2</b>	<input type="checkbox"/>
Warm-up: jog 4 min	
walk 1 min	
20 min: sprint 30 sec	
walk 30 sec	
<b>Cardio 3</b>	<input type="checkbox"/>
Warm-up: jog 4 min	
walk 1 min	
20 min: 20 hop overs (10 each side)	
run 30 sec	
walk 30 sec	
<b>Upper Body</b>	<b>COMPLETED</b>
Tabata: Rest 1 min between movements	<input type="checkbox"/>
push-ups	
bent-leg triceps dips	
jump rope	
slam balls	
handstand holds	

<b>Lower Body</b>	<b>COMPLETED</b>
10 min AMRAP: 15 burpee hop overs	<input type="checkbox"/>
20 double-pulse squat jumps	
20 dumbbell back squats	
30 jumping lunges (15 each side)	
Rest 2 min	
10 min AMRAP: 15 burpee bench jumps	
30 reverse lunges + knee hops (15 each side)	
20 crossover jump squats (10 each side)	
30 bench hops	
<b>Abs</b>	
10 burpee tuck jumps	<input type="checkbox"/>
20 V-ups	
30 twisting sit-ups with feet elevated (15 each side)	
40 hip lifts	
50 weighted mason twists (25 each side)	
60 butterfly sit-ups	
70 snap jumps	
80 ab bikes (40 each side)	
Plank hold 90 sec	
100 alternating side squats + front kicks (50 each side)	
<b>Long Circuit</b>	<b>COMPLETED</b>
Run 1 mile	<input type="checkbox"/>
100 sit-ups	
100 push-ups	
100 air squats	
100 dumbbell push press	
Run 1 mile	

# Week #11 Workout

<b>Cardio</b>		<b>COMPLETED</b>
<b>Cardio 1</b>		
Warm-up:	jog 4 min	
	walk 1 min	
20 min:	run 1 min	
	walk 1 min	
<b>Cardio 2</b>		
Warm-up:	jog 4 min	
	walk 1 min	
15 min:	5 tuck jumps	
	10 air squats	
	sprint 30 sec	
	walk 30 sec	
<b>Cardio 3</b>		
20 min:	run 4 min	
	walk 1 min	
<b>Upper Body</b>		<b>COMPLETED</b>
7 min AMRAP:	20 squat curls and presses	
	20 full burpees	
	20 reverse flies	
Rest 1 min		
7 min AMRAP:	20 slam ball push-ups (10 each side)	
	20 lateral raises	
	20 slam balls	
Rest 1 min		
Repeat		

<b>Lower Body</b>	<b>COMPLETED</b>
5 min AMRAP: 50 jump ropes	<input type="checkbox"/>
25 air squats	
Rest 1 min	
50 bench jumps	
50 jumping lunges (25 each side)	
50 hop overs (25 each side)	
50 dumbbell thrusters	
50 dumbbell back squats	
50 bench hops (25 each side)	
50 double mountain climbers	
<b>Abs</b>	<b>COMPLETED</b>
3 rounds: 50 high knees (25 each side)	<input type="checkbox"/>
50 full mountain climbers (25 each side)	
50 butt kickers (25 each side)	
50 weighted mason twists (25 each side)	
rest 30 sec	
3 rounds: 20 tuck jumps	
20 twisting sit-ups with feet elevated (10 each side)	
20 snap jumps	
20 knee-ups	
rest 30 sec	
<b>Long Circuit</b>	<b>COMPLETED</b>
3 rounds: 60 jump ropes	<input type="checkbox"/>
60 jumping jacks	
yogi squat 60 sec	
Rest 1 min	
21-15-9: dumbbell thrusters	
full burpees	
Rest 5 min	
3 rounds: 30 push-ups with elbows in	
30 slam balls	
30 bench jumps	
Rest 2 min	
Tabata: hollow body hold	

# Week #12 Workout

<b>Cardio</b>	<b>COMPLETED</b>
<b>Cardio 1</b>	<input type="checkbox"/>
Warm-up: jog 4 min	
walk 1 min	
20 min: run 40 sec	
walk 20 sec	
<b>Cardio 2</b>	<input type="checkbox"/>
Warm-up: jog 4 min	
walk 1 min	
20 min: 10 jumping lunges (5 each side)	
10 air squats	
run 30 sec	
walk 30 sec	
<b>Cardio 3</b>	<input type="checkbox"/>
Warm-up: jog 4 min	
walk 1 min	
20 min: sprint 20 sec	
walk 40 sec	
<b>Upper Body</b>	<b>COMPLETED</b>
50 jumping jacks	<input type="checkbox"/>
40 air squats	
30 snap jumps	
20 squat jumps	
10 push-ups	
Rest 2 min	
20 min AMRAP: 5/5, 10/10, 15/15, 20/20, 25/25, etc.	
dumbbell thrusters	
burpee hop overs	
<b>Lower Body</b>	<b>COMPLETED</b>
6 min AMRAP: 12 bench jumps	<input type="checkbox"/>
12 bench knee pulls (12 each side)	
12 step-ups (6 each side)	
Rest 3 min	

<b>Lower Body (continued)</b>	<b>COMPLETED</b>
6 min AMRAP: 12 slam ball sumo squats	<input type="checkbox"/>
12 slam ball toe taps (12 each side)	
12 slam ball hop overs (6 each side)	
Rest 3 min	
6 min AMRAP: 12 broad jumps	
12 dumbbell thrusters	
12 dumbbell back squats	
<b>Abs</b>	<b>COMPLETED</b>
2 rounds: 20 V-ups	<input type="checkbox"/>
20 butterfly sit-ups	
20 L-sit toe touches	
Tabata: full moutain climbers (25 each side)	
Rest 1 min	
2 rounds: 20 weighted mason twists (10 each side)	
20 upright ab bikes (10 each side)	
20 crossover toe touches (10 each side)	
Tabata: plank knee to elbow	
Rest 1 min	
2 rounds: 20 right-side sit-ups	
20 left-side sit-ups	
20 hip lifts	
Tabata: hollow body hold	
<b>Long Circuit</b>	<b>COMPLETED</b>
8 min AMRAP: 200m run (.12 miles)	<input type="checkbox"/>
rest 30 sec	
Rest 4 min	
8 min AMRAP: 12 slam balls	
12 straight-leg triceps dips	
12 decline push-ups	
Rest 4 min	
8 min AMRAP: 12 tuck jumps	
12 jumping lunges (6 each side)	
12 air squats	
Rest 4 min	
8 min AMRAP: 12 plank in/outs + snap jumps	
12 bent-knee sit-ups	
12 weighted mason twists (6 each side)	