

Week #1 Workout

Cardio		COMPLETED
Cardio 1		<input type="checkbox"/>
Warm-up:	fast walk 5 min	
20 min:	jog 1 min	
	walk 1 min	
Cardio 2		<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	
Cardio 3		<input type="checkbox"/>
Warm-up:	fast walk 5 min	
For 20 min:	jog 1 min	
	walk 30 sec	
Upper Body		COMPLETED
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	

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

Week #2 Workout

Cardio		COMPLETED
Cardio 1		<input type="checkbox"/>
Warm-up:	fast walk 5 min	
20 min:	jog 2 min	
	walk 1 min	
Cardio 2		<input type="checkbox"/>
Warm-up:	fast walk 5 min	
20 min:	20 air squats	
	jog 30 sec	
	walk 1 min	
Cardio 3		<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	
Upper Body		COMPLETED
9 min AMRAP:	5 inchworms	<input type="checkbox"/>
	10 no push-up burpees	
	15 knee push-ups	
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	

Lower Body		COMPLETED
descending/ascending ladder: 15 > 1 > 15		<input type="checkbox"/>
broad jumps		
air squats		
Abs		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	
Long Circuit		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

Cardio		COMPLETED
Cardio 1		<input type="checkbox"/>
Warm-up:	fast walk 5 min	
20 min:	right-side shuffle 20 sec	
	left-side shuffle 20 sec	
	jog 20 sec	
	walk 1 min	
Cardio 2		<input type="checkbox"/>
Warm-up:	fast walk 5 min	
15 min:	skip 30 sec	
	walk 30 sec	<input type="checkbox"/>
Cardio 3		
Warm-up:	fast walk 5 min	
20 min:	jog 30 sec	
	walk 30 sec	
Upper Body		COMPLETED
1 min squat jacks		<input type="checkbox"/>
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		

Lower Body		COMPLETED
5 rounds:	hop overs 40 sec	<input type="checkbox"/>
	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	
Abs		COMPLETED
5 min AMRAP:	20 right-side plank hip dips	<input type="checkbox"/>
	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		
Long Circuit		COMPLETED
50 air squats		<input type="checkbox"/>
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	

Week #4 Workout

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

Lower Body		COMPLETED
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		
Abs		COMPLETED
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	
Long Circuit		COMPLETED
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

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

Lower Body		COMPLETED
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	
Abs		COMPLETED
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		
Long Circuit		COMPLETED
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

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

Lower Body	COMPLETED
Tabata: Rest 1 min between each movement	<input type="checkbox"/>
air squats	
hop overs	
in/out squat jumps	
jump ropes	
Abs	COMPLETED
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/outs	
50 jump ropes	
50 snap jumps	
50 jump ropes	
50 hip dips (25 each side)	
Repeat	
Long Circuit	COMPLETED
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

Cardio		COMPLETED
Cardio 1		<input type="checkbox"/>
Warm-up:	jog 4 min	
	walk 1 min	
20 min:	10 butt kickers	
	10 high knees	
	run 30 sec	
	walk 1 min	
Cardio 2		<input type="checkbox"/>
20 min:	walking lunge 30 sec	
	walk 30 sec	
	run 1 min	
	walk 30 sec	
Cardio 3		<input type="checkbox"/>
Warm-up:	jog 4 min	
	walk 1 min	
20 min:	run 30 sec	
	walk 1 min	
Upper Body		COMPLETED
3 rounds:	downward dog 30 sec	<input type="checkbox"/>
	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		
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		

Lower Body	COMPLETED
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)	
Abs	COMPLETED
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	
Long Circuit	COMPLETED
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

Cardio		COMPLETED
Cardio 1		<input type="checkbox"/>
24 min:	run 2 min	
	walk 1 min	
Cardio 2		<input type="checkbox"/>
Warm-up:	jog 4 min	
	walk 1 min	
20 min:	10 squat jumps	
	run 30 sec	
	walk 1 min	
Cardio 3		<input type="checkbox"/>
Warm-up:	jog 4 min	
	walk 1 min	
15 min:	sprint 30 sec	
	walk 30 sec	
Upper Body		COMPLETED
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		
Lower Body		COMPLETED
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		

Lower Body (continued)		COMPLETED
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	
Abs		COMPLETED
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		
Long Circuit		COMPLETED
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

Cardio		COMPLETED
Cardio 1		<input type="checkbox"/>
24 min:	right-side shuffle 30 sec	
	left-side shuffle 30 sec	
	walk 1 min	
	sprint 30 sec	
	walk 30 sec	
Cardio 2		<input type="checkbox"/>
Warm-up:	jog 4 min	
	walk 1 min	
20 min:	10 jumping lunges	
	15 air squats	
	sprint 20 sec	
	walk 1 min	
Cardio 3		<input type="checkbox"/>
Warm-up:	jog 4 min	
	walk 1 min	
15 min:	run 20 sec	
	sprint 10 sec	
	walk 30 sec	
Upper Body		COMPLETED
3 rounds:	100 jump rope	<input type="checkbox"/>
	3 wall walks	
Rest 2 min		
15 min AMRAP:	10 man makers	
	20 dumbbell swings	
	handstand hold 30 sec	
Lower Body		COMPLETED
Tabata: Rest 1 min after each move		<input type="checkbox"/>
	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)	

Abs		COMPLETED
3 rounds:	twisting sit-ups with feet elevated 1 min	<input type="checkbox"/>
	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	
Long Circuit		COMPLETED
Jumping lunges 1 min		<input type="checkbox"/>
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		

Week #10 Workout

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

Lower Body		COMPLETED
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	
Abs		COMPLETED
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)		
Long Circuit		COMPLETED
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

Cardio		COMPLETED
Cardio 1		<input type="checkbox"/>
Warm-up:	jog 4 min	
	walk 1 min	
20 min:	run 1 min	
	walk 1 min	
Cardio 2		<input type="checkbox"/>
Warm-up:	jog 4 min	
	walk 1 min	
15 min:	5 tuck jumps	
	10 air squats	
	sprint 30 sec	
	walk 30 sec	
Cardio 3		<input type="checkbox"/>
20 min:	run 4 min	
	walk 1 min	
Upper Body		COMPLETED
7 min AMRAP:	20 squat curls and presses	<input type="checkbox"/>
	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		

Lower Body		COMPLETED
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		
Abs		COMPLETED
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	
Long Circuit		COMPLETED
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

Cardio		COMPLETED
Cardio 1		<input type="checkbox"/>
Warm-up:	jog 4 min	
	walk 1 min	
20 min:	run 40 sec	
	walk 20 sec	
Cardio 2		<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	
Cardio 3		<input type="checkbox"/>
Warm-up:	jog 4 min	
	walk 1 min	
20 min:	sprint 20 sec	
	walk 40 sec	
Upper Body		COMPLETED
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	
Lower Body		COMPLETED
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		

Lower Body (continued)		COMPLETED
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	
Abs		COMPLETED
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		
Long Circuit		COMPLETED
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)	