

#1

5X:

Run 400 meters

25 Air Squats

#2

10X:

10 Push Ups

10 Walking Lunges

#3

20 Minutes:

5 Pull Ups or body rows

10 Push Ups

15 Air Squats

#4

100 Burpees for time

#5

4X:

On a 400 meter track:

Run the straights and perform walking lunges on the curves

#6

4X:

Run 100 meters

10 Push Ups

Run 100 meters

10 Air Squats

Run 100 meters

1 minute Plank Hold

#7

3X:

20 Air Squats

10 Decline Push Ups (feet elevated on a bench or chair)

20 Reverse Lunges (10 each leg)

10 Plank w/Leg Lifts (10 leg lifts rt. & left)

#8

TABATA: 8 rounds of 20 seconds of work followed by 10 seconds of rest

Kettlebell swings

Air Squats

Push Ups