

WORKOUTS

1-20

- #1: Upper Body - Biceps, Triceps, Shoulders
- #2: Jump Rope Cardio
- #3: Core and Compound
- #4: Chest and Back
- #5: Legs with a Repeater
- #6: Core and Balance
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- #19: Legs, Plyo, and Core
- #20: Compound and Planks



#1: Upper Body - Biceps, Triceps, Shoulders

EQUIPMENT: 2 Dumbbells

TIME: 50 seconds work / 10 seconds rest

BREAKDOWN:

<ul style="list-style-type: none">• Cardio choice• Shoulder press• Bicep curl• Overhead triceps extension x3• Cardio choice• Lateral raise• Hammer curl• Skull crusher x3• Cardio choice• Arnold press variation• Zotman Curls• Triceps kickback x3• Cardio choice	<p><u>Cardio Choice</u></p> <p><u>Weights Used</u></p> <p>Shoulder press:</p> <p>Bicep curl:</p> <p>Overhead triceps extension:</p> <p>Lateral raise:</p> <p>Hammer curl:</p> <p>Skull crusher:</p> <p>Arnold press variation:</p> <p>Zotman Curls:</p> <p>Triceps kickback:</p>
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NOTES:

#2: Jump Rope Cardio

This workout is designed to be a stand-alone cardio workout or a cardio add-on to any strength workout.

EQUIPMENT: Jump Rope

TIME: 75 seconds work / 15 seconds rest

BREAKDOWN:

- Easy pace
- Medium pace
- Fast pace

- High knees
- Butt kicks
- Irish dance
- Single leg side to side
- Toe taps
- Single leg left
- Single leg right
- Zipped legs side to side
- Jacks
- Twists

- Easy pace
- Medium pace
- Fast pace

NOTES:

#4: Chest and Back

EQUIPMENT:

- 2 heavy dumbbells, 2 light to medium dumbbells
 - Marked with *

TIME: 50 seconds work / 10 seconds rest

BREAKDOWN:

<u>Warm up</u> <ul style="list-style-type: none">● Push ups● Scapula push ups	
<ul style="list-style-type: none">● Chest press left*● Chest press right*● Chest press both* ● Row left*● Row right*● Bent over row* <p>x2</p>	<u>Weights used:</u>
<ul style="list-style-type: none">● Chest fly left*● Chest fly right*● Chest fly both* ● Back fly left*● Back fly right*● Back fly both* <p>x2</p>	<u>Weights used:</u>
<ul style="list-style-type: none">● Pull overs*● Superman pulls <p>x2</p>	<u>Weights used:</u>

NOTES:

#6: Core and Balance

EQUIPMENT:

- 1 medium-heavy dumbbell*

TIME: 55 seconds work / 10 seconds rest

BREAKDOWN:

<ul style="list-style-type: none">● Cardio warm up x2 ● Tabletop hover● Tabletop hover, alternating knee to elbow● Tabletop hover, shoulder taps ● Single leg deadlift left*● Single leg deadlift to lunge left*● Single leg deadlift to lunge to stand and press left* ● Single leg deadlift right*● Single leg deadlift to lunge right*● Single leg deadlift to lunge to stand and press right* ● Criss cross jacks● Plank bird dogs left and right● Slow plank kick through left and right● Reverse tabletop opposite toe tap left and right ● Half moon to opposite knee crunch left● Half moon to opposite knee crunch right● See saw lunge left● See saw lunge right ● Static sit up punches● Leg hovers● Tabletop legs crunch ● Standing pendulum kicks forward and back left● Standing pendulum kicks forward and back left ● Skaters● Butterfly sit ups● Skaters	<p>NOTES:</p>
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#7: Full Body Mini-Timecap with Plyo Legs

EQUIPMENT:

- 2 light dumbbells
- 2 medium dumbbells

TIME: 1 minute plyo legs / 2 minutes strength

BREAKDOWN:

<u>1min</u> <ul style="list-style-type: none">• Jump lunges	
<u>2 min</u> <ul style="list-style-type: none">• 10 push ups• 10 mountain climbers	
<u>1min</u> <ul style="list-style-type: none">• Jump lunges	
<u>2 min</u> <ul style="list-style-type: none">• 10 bent over rows• 10 bent over flys	<u>Weights used:</u>
<u>1min</u> <ul style="list-style-type: none">• Jump squats to jump lunges	
<u>2 min</u> <ul style="list-style-type: none">• 10 bicep curls• 10 hammer curls	<u>Weights used:</u>
<u>1min</u> <ul style="list-style-type: none">• 180 squat jumps	
<u>2 min</u> <ul style="list-style-type: none">• 10 shoulder press• 10 standing chest flys	<u>Weights used:</u>
<u>1min</u> <ul style="list-style-type: none">• Lunge hops left	
<u>2 min</u> <ul style="list-style-type: none">• 10 lateral raises• 10 overhead triceps extension	<u>Weights used:</u>

<u>1min</u> <ul style="list-style-type: none"> • Lunge hops right 	
<u>2 min</u> <ul style="list-style-type: none"> • Hammer curl →lateral raise→clean→shoulder press→return rotation→lateral lower→hammer lower 	<u>Weights used:</u>
<u>1min</u> <ul style="list-style-type: none"> • Frog jumps 	
<u>2 min</u> <ul style="list-style-type: none"> • 10 superman lat pulls • 10 superman heal taps 	
<u>1min</u> <ul style="list-style-type: none"> • Choice 	
<u>2 min</u> <ul style="list-style-type: none"> • 10 leg lifts • 10 pops 	
<u>1min</u> <ul style="list-style-type: none"> • Burpees 	

NOTES:

#8: Swings, Planks, Compounds

EQUIPMENT:

- 1 kettlebell (and/or 1 dumbbell)*

TIME: 70 seconds work / 10 seconds rest

BREAKDOWN:

<ul style="list-style-type: none">• Kb swings*• Forearm plank hip taps• Wide leg row to press left * • High/low Kb swings*• Plank shoulder taps• Wide leg row to press right * • Lunge Kb swings left*• Plank alternating knee to elbow• Single leg deadlift to shoulder press left * • Lunge Kb swings right*• Static bear crawls• Single leg deadlift to shoulder press right * • Kickstand Kb swings left*• Side plank left• Squat press to crunch press left * • Kickstand Kb swings right*• Side plank right• Squat press to crunch press right * • Jackpress *• Plank jacks• ½ Burpee to weighted squat	<p><u>Weights Used:</u></p>
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NOTES:

#9: Upper Body & Leg Bookends

EQUIPMENT:

- 2 medium dumbbells*

TIME: 53 seconds work / 7 seconds rest

BREAKDOWN:

<ul style="list-style-type: none">• Shoulder press & chest fly *• Squat jump• Shoulder press & chest fly *• Bicep curl & front shoulder press *• Jump lunges• Bicep curl & front shoulder press *• Row to triceps extension left *• In & out squat jump touchdowns• Row to triceps extension right *• Back fly to lateral shoulder raise *• Squat jump to jump lunge• Back fly to lateral shoulder raise *• Push up to side plank dip left• Mountain climber switch kicks• Push up to side plank dip right• Squat jump• Shoulder press & chest fly *• Squat jump• Jump lunges• Bicep curl & front shoulder press *• Jump lunges• In & out squat jump touchdowns• Row to triceps extension *• In & out squat jump touchdowns• Squat jump to jump lunge• Back fly to lateral shoulder raise *• Squat jump to jump lunge• Lunge hops left• Push up to side plank dip• Lunge hops right	<p>NOTES:</p>
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#10: Core & Cardio Alternations

EQUIPMENT:

- 1 kettlebell (optional)*

TIME: 50 seconds work / 10 seconds rest

BREAKDOWN:

- Cardio choice (jump rope, jumping jacks, high knees, etc.)
- Forearm plank
- Cardio
- High plank knee to elbow taps
- Cardio
- Forearm plank hip taps
- Cardio
- Side plank left
- Cardio
- Side plank right
- Cardio
- Russian twist sit ups *
- Cardio
- Sit up punches
- Cardio
- Suitcase crunch *
- Cardio
- Starfish full body crunch
- Cardio
- Leg lifts
- Cardio
- Hip pops
- Cardio
- Wipers
- Cardio
- Scissor legs
- Cardio
- Bridge heel taps
- Cardio
- Superman pulls
- Cardio

NOTES:

#11: Legs and Back Timecap

EQUIPMENT:

- 1 heavy kettlebell *
- 1 light-medium kettlebell **

TIME: 4 minutes 40 seconds work / 20 seconds rest

BREAKDOWN:

<ul style="list-style-type: none">● 10 suitcase squats left *● 10 rows left ** Repeat until time's up	Weights used: Rounds Completed:
<ul style="list-style-type: none">● 10 suitcase squats right *● 10 rows right ** Repeat until time's up	Weights used: Rounds Completed:
<ul style="list-style-type: none">● 10 alternating back lunges **● 10 plank pulls * Repeat until time's up	Weights used: Rounds Completed:
<ul style="list-style-type: none">● 10 single leg deadlift left *● 10 side plank pulls left ** Repeat until time's up	Weights used: Rounds Completed:
<ul style="list-style-type: none">● 10 single leg deadlift right *● 10 side plank pulls right ** Repeat until time's up	Weights used: Rounds Completed:
<ul style="list-style-type: none">● 10 see saw lunges left● 10 see saw lunges right Repeat until time's up	Rounds Completed:

NOTES:

#12: Upper Body Variations

EQUIPMENT:

- 2 heavy dumbbells
- 2 lighter dumbbells (optional)

TIME: 55 seconds work / 15 seconds rest

BREAKDOWN:

<ul style="list-style-type: none">• Cardio• Bent over rows (palms in)• Bent over rows (palms forward)• Bent over rows (palms back)• Bent over flys	Weights used:
<ul style="list-style-type: none">• Cardio• Biceps curl (standard)• Biceps curl (hammer)• Biceps curl (wide)• Zotman curls	Weights used:
<ul style="list-style-type: none">• Cardio• Chest press (standard)• Chest press (narrow)• Chest flys• Push ups	Weights used:
<ul style="list-style-type: none">• Cardio• Shoulder press (standard)• Shoulder press (narrow)• Front raise• Lateral raise	Weights used:
<ul style="list-style-type: none">• Cardio• Bent over triceps kickback (palms in)• Bent over triceps kickback (palms back)• Bent over triceps kickback (palms forward)• Overhead triceps press• Cardio	Weights used:

NOTES:

#13: Bodyweight Strength

EQUIPMENT:

- 2 light dumbbells (optional) *

TIME: 60 seconds work / 10 seconds rest

BREAKDOWN:

<p>Round 1</p> <ul style="list-style-type: none">• Jumping Jacks• Krav get-up alternating L & R• Prisoner get-up with hops alternating L & R• Knee hover tabletop shoulder taps• Bear crawl alternating L & R• Bridge hold in & out• Pendulum kickstand lunge hops L & R• Sit up straight punches	<p>NOTES:</p>
<p>Round 2</p> <ul style="list-style-type: none">• Criss-cross jacks• Krav get-up left with kick• See saw lunge left• Knee hover tabletop spider crunch• Bear crawl left• Bridge heel taps• Plyometric side lunge left• Sit up hook punches	<p>NOTES:</p>
<p>Round 3</p> <ul style="list-style-type: none">• Jumping jacks• Krav get-up right with kick• See saw lunge right• Knee hover tabletop hops (or heel taps)• Bear crawl right• Bridge overhead reaches L & R• Plyometric side lunge right• Sit up cross body punches	<p>NOTES:</p>

#14: Balance and Core

EQUIPMENT:

- 2 light-heavy dumbbells *
- Elevation/stability **

TIME: 50 seconds work / 10 seconds rest

BREAKDOWN:

- Cardio (jumping jacks, criss-cross jacks, high knees, butt kicks)
- Tabletop hover
- Tabletop hover, shoulder taps
- Tabletop hover, alternating knee to elbow

- Skaters
- Warrior 3 row left *
- Single legs deadlift to shoulder press left *
- Elevated split squat left **

- Skaters
- Warrior 3 row right *
- Single legs deadlift to shoulder press right *
- Elevated split squat right **

- See-saw lunges left
- ½ moon (to knee in crunch optional) left **
- Single leg hops left or calf raises

- See-saw lunges right
- ½ moon (to knee in crunch optional) right **
- Single leg hops right or calf raises

- Tabletop birdog left
- Single leg walkouts, pushup, walk in to stand left
- Slow plank kick through left
- Bridge alt knee to elbow
- Cardio (jumping jacks, criss-cross jacks, high knees, butt kicks)

- Tabletop birdog right
- Single leg walkouts, pushup, walk in to stand right
- Slow plank kick through right
- Bridge alt knee to elbow
- Cardio (jumping jacks, criss-cross jacks, high knees, butt kicks)

NOTES:

#17: Upper Body with a Mini Finale

EQUIPMENT:

- 2 weights

BREAKDOWN:

<p>TIME: 55 seconds work / 5 seconds rest</p> <ul style="list-style-type: none">• Bicep curl to shoulder press• Bicep curl• Shoulder press• Triceps shoulder to shoulder skull crushers• Push ups or chest press • Hammer curl to narrow shoulder press• Hammer curls• Narrow shoulder press• Triceps kickback• Push ups or chest press • Kneeling single arm bicep curl left• Kneeling shoulder press left• Kneeling overhead triceps extension left• Push ups or chest press • Kneeling single arm bicep curl right• Kneeling shoulder press right• Kneeling overhead triceps extension right• Push ups or chest press	<p><u>Weights Used:</u></p>
<p>TIME: 20 seconds work / 2 seconds transition</p> <ul style="list-style-type: none">• Bicep curl bottom half• Bicep curl top half• Bicep curl full • Lateral shoulder raise• Front shoulder raise• Bent over rear delts • Push up or chest press• Narrow push up or narrow chest press• Staggered push ups or chest press • Single arm 2-point skull crusher left• Single arm 2-point skull crusher right• Tricep kickbacks	<p><u>NOTES:</u></p>

#18: Compound and Cardio with a Core Burnout

EQUIPMENT:

- 1 dumbbell (option of several weights if possible -- light/medium & heavy)

BREAKDOWN:

<p>TIME: 60 seconds cardio / 90 seconds compound</p> <ul style="list-style-type: none">• Cardio choice (jump rope, jumping jacks, high knees, etc.)• Alternating clean and press left & right *• Cardio choice• Alternating lunge with woodchop left & right *• Cardio choice• Squat to around the world left & right *• Cardio choice• See saw lunge, lump lunge to switch sides• Cardio Choice• Static bearcrawl left & right, walk hands back to weighted squat*• Cardio Choice• Single leg deadlift 2 rows to lunge 2 bicep curls left *• Cardio Choice• Single leg deadlift 2 rows to lunge 2 bicep curls right *• Cardio Choice• Squat & press to standing oblique crunch to windmill left *• Cardio Choice• Squat & press to standing oblique crunch to windmill right*• Cardio Choice	<p><u>Weights Used:</u></p>
<p>TIME: 45 seconds work / 7 seconds transition</p> <ul style="list-style-type: none">• Plank knee to elbow, cross, return, alternating left & right• Side plank dips left• Side plank dips right• Leg lift• Suitcase crunch• Bridge heel taps• Leg lift scissors	

NOTES:

#19: Legs, Plyo, and Core

EQUIPMENT:

- 2 medium-heavy weights *

TIME: 55 seconds work / 5 seconds rest

BREAKDOWN:

<ul style="list-style-type: none">• Squats *• Jump squats x2• Sit ups• Leg lifts x2• Lunges *• Jump lunges x2• Suitcase crunch• Wipers x2• Side lunges *• Skaters x2• Butterfly sit ups• Side plank hip taps left & right x2• Curtsey lunge left *• Lunge hops left x2 (right)• Weighted overhead sit ups *• Bridge heel taps x2• Squat hold	<p><u>Weights Used:</u></p>
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NOTES:

#20: Compound and Planks

EQUIPMENT:

- 2 weights *

BREAKDOWN:

<p>TIME: 65 seconds strength/35 seconds planks</p> <ul style="list-style-type: none">• Alternating clean & press *<ul style="list-style-type: none">○ Plank• Lunge row x2, step switches *<ul style="list-style-type: none">○ Plank press up• Suitcase squat to lunge left *<ul style="list-style-type: none">○ Plank dips• Suitcase squat to lunge right *<ul style="list-style-type: none">○ Plank knee to elbow left & right• Lunge fly x2, tricep extension on stand x2 left *<ul style="list-style-type: none">○ Plank to down dog opposite toe tap left & right• Lunge fly x2, tricep extension on stand x2 right *<ul style="list-style-type: none">○ Plank drag *• Bridge + chest press *<ul style="list-style-type: none">○ Side plank tap left• Single leg lift chest press crunch left *<ul style="list-style-type: none">○ Side plank tap right• Single leg lift chest press crunch right *<ul style="list-style-type: none">○ Plank jacks• Suitcase squat to press to deadlift with row *<ul style="list-style-type: none">○ Plank trench crawl	<p><u>Weights Used:</u></p>
<p>BONUS ROUND</p> <p>TIME: 50 seconds strength/3 seconds transition</p> <ul style="list-style-type: none">• Alternating clean & press *• Lunge row x2, step switches *• Suitcase squat to lunge left *• Suitcase squat to lunge right *• Lunge fly x2, tricep extension on stand x2 left *• Lunge fly x2, tricep extension on stand x2 right *• Bridge + chest press *• Single leg lift chest press crunch left *• Single leg lift chest press crunch right *• Suitcase squat to press to deadlift with row *	<p><u>Weights Used:</u></p>

NOTES: