

Body Work

Bodywork

👉 Here is a full body cardio workout 🌍 🏠 that you can do at home! 🏠 Only two movements but very effective. If you can and do not have a set of Dumbbells substitute with jump squats in place of a squat to press. 😊

👉 Complete 2 rounds in 25mins or DNF. This is a full body workout that will test your mental toughness. 🧠

👉 Push yourself to complete without taking and breaks. 📌 Make sure you you don't forget your pushup in your burpee. When doing squat to press do a full squat and lock your arms out for a complete DB press.

Let us know how you did!

Post your time 🕒 in the Fit Factory Booked chat room with the hashtag #finishyourworkout.

🏋️‍♀️🏋️‍♂️ Recommended weight

w20-40 m30-50

✅ Burpees 25

✅ DB squat to press 25

✅ Burpees 20

✅ DB squat to press 20

✅ Burpees 15

✅ DB squat to press 15

✅ Burpees 10

✅ DB squat to press 10

✅ Burpees 5

Thank you all for choosing Fit Factory booked for your fitness motivation. 😊

Cardio Beginner's

Reccomend wt DB w20-30 m30-50

1 min press out and up Jack's

15 sit ups

15 push ups

15 DB squat to press

15 Half Burpees

30 DB lunge to Bicep curls

Complete 6 Rounds 30min

Cardio Advanced Edit

4 Speed skaters to half Burpee 1 min

Seal Jacks w Band 30sec to 30squat jacks

Sit ups to punches w / 30sec to 30sec squat punches w10-16 m16-24

OH lunges with plate 30 sec w10-15. m25-(holding plate above head arms locked up) to 30 sec plate press to push out jacks 30 sec

Crab kicks 30 sec to 30sec Bear crawls to Jump squat 4x4

KB swings 30sec to spidermans 30sec w20-44 m35-53

High plank Jacks 30sec to mt climbers 30sec

Toe taps on 45lb plate 30sec /30sec side ups

4Rounds 32min 2-3brink

Tomorrow will be our check in Challenge. Make sure that at the beginning and end of each class every client is encouraged to check in at Fit Factory on their FB page

Monday- Wednesday (consecutively) for a chance to win a \$15 gift card. Thanks for the amazing work everyone. 🤗

**** check in Challenge does not work if coaches are not notifying clients about this competition *****

Cardio Advanced/ Name of WOD: Buck Furpees edit

Recommended weight w20-50FF m30-60FF

2 Burpee combos

2 DB squat to Press

4 Burpee Combos

4 DB squat to Press

FF lap

6 Burpee Combos

6 DB squat to press

8 Burpee Combos

8 DB squat to Press

FF lap

10 Burpee Combos

10 DB squat to Press

12 Burpee Combos

12 DB squat to Press

FF lap

14 Burpee Combos

14 DB squat to Press

16 Burpee Combos

16 DB squat to Press

FF lap

18 Burpee Combos

18 DB squat to Press

20 Burpee Combos

20 DB squat to press

FF lap

30 min for time!

Please record FFs

Cardio (Body weight)

1 min to Burpee OTC

30 sit ups

30sec O.H to Speed Jack's

30sec crab kicks

30sec Suicides

30sec High plank shoulder taps

30 sec plank hold

30/30sec reverse lunge to knee drives

30 plyo jumps

30sec Mt climber's

3 Rounds 24min

Welcomes to Fit Factory on Demand! I'm Sierra! I will be your coach for today's workout. Here is a high intensity cardio workout that will definitely get your heart rate up and help you burn some serious calories.

Cardio Max

partner up - stations:

1. Station -

High knee / Squat hold

Squats with hands placed out arms extended while the partner does high knees. Their knees should touch partners hands. 1 min/1 min

2. Station -

Rocking plank to Hand slap/

Both partners facing each other reach out while alternating arms and slap each other's hands. 1 min/1 min

3. Station - 6 inch leg hold to lateral high knee hops/ One partner lays on back 6 inch leg hold (legs together) The other partners side hops over both legs. Then the partner on back opens legs so the standing partner can high knee laterally over both legs.

1 min/1 min

4. Station-

Reverse lunge kicks with a foot tap

Both partners face each other while they reverse lunge and high kick and tap each other's foot at the high point of the kick

2min (1 min per leg)

8min total for all stations

20min group workout 3 rounds *3min Brink

Seal Jack's to Burpee OTC 1min

Suicides 30sec to 30sec crab kicks

Lateral bear crawls 4x4 to 4 Jump squats 30sec (four to the right four to the left)

KB figure 8 swings 30sec w15-25 m25-53

KB plyo jumps 30sec (SWA)

KB squat to press 30sec (SWA)

Fit Factory lap

Cardio on Demand

1 min High knees to Burpee OTC

30 DB squat to Press w20-40 m30-50

30 crab kicks

30 suicides

30 High Plank shoulder taps

30 Speed Jack's 3x3

30 plyo Jumps

30 sit ups

3 Rounds 16:30 min Workout

Cardio stations

1 min Ball slams w10-15 m20-30

1 min KB swings 10 to 10 Squat to press w20-44 m35-53

1 min RM (speed)

1 min rope swings with low walks 4×4 (hips locked down four steps forward four steps back)

1 min Shuffles back and forth to cones (keep hips down step and replace) *place cones on turf by the door and a few feet away from rope swings.

30/30 Toe taps to Side ups on bosu balls

4 rounds 24min 3-5min brink

First day of bootcamp! We have eleven Bootcampers right now. Let's make sure we give everyone a great experience. We need to retain each Bootcamper and transition them into members. Keep up the great work everyone!

CARDIO STATIONS

Station #1 (1min)

5 Burpees 5 ball slams w15-20 m20-30

Station #2 (1min)

30sec DB squat punches / 30 Seal Jacks
w10-20 m20-30

Station #3 (1min)

RM high row pulls

Station #4 (1min)

Rope swings (1min) *mix it up

Station #5 (1min)

Plank hold

Station #6 (1min)

Ladders 2ft in 2feet out *use all 3 ladders
4 Rounds 24min 5min Brink

Lets keep this workout fast paced each client needs to transition to each station quickly. Give rest in between each station accordingly. 15sec rest only if needed. (make the call as a coach your choice)

Play some fun music, have some fun and push clients to burn off some of those weekend calories.

As fitness coaches we must be positive, motivational and high energy. Remember we are here to help change lives so make sure that we are engaging with clients and providing great customer service, which leads to every client having a great experience at the Fit Factory.

Also don't forget to promote bootcamp throughout classes and our referral program. (Every client that refers 2 people to our Nov 4th bootcamp receives 1 month FREE. Thanks everyone! 😊)

Cardio Stations

1 min Plank Hold with plate on back or weighted Jackets w10 m25

1 min RM seated bicep curls

30sec Rope swings with Alternating lunges

(knee down to the ground) to 30sec Rope swing shuffles 3x3

1 min High knees to cone to Bear crawls

(High knees to cone then bear crawl back) down repeat 1 min

30sec Plyo Jumps

(jump with both feet on bosu ball then back down deep squat straddling the bosu ball) to 30sec Mt climber's on Bosu ball

1 min Step ups *no weight to 10 to 5 med ball slams w10-20 m20-30

4 Rounds 24min 5-6min Brink

Cardio stations

Each station 1 min with 10-15 seconds to transition to the next station. Give rest as needed between Rounds 15-20 seconds

Station #1

30/30 OH Jack's with DB to Press up and out Jack's w8-12 m10-15

Station #2

RM Seated Bicep curls

Station #3

20/30 Bosu Oblique Rope waves

Station #4

30/30 DB Single leg lunge to single arm press SWA (lunge with left leg while pressing up with rt arm)

Station #5

30/30 High plank shoulder taps combo to Plank hold

Station#6

30/30 side ups on plate to MB slams w10-20 m20-30

4 Rounds 3-5min Brink

Cardio Stations

1. RM (speed Rows)
2. Rope swings (mix it up)
3. Ladder plyo jumps (use two ladders so there can be two lines)
4. Wall balls 30/30 Ball slams w10-15 m20-30
5. 30/30 reverse lunge to knee drives on Bosu Balls
6. 30/30 Rocking Planks/ Bus drivers on. balance disc

4 Rounds 24 min 5-6min Brink 30min total and done! The first 2 rounds give no rest quick transitions to the next station. Last two rounds give them 15-20sec rest in between each station.

After Burn:

25 Burpees

25 KB swings w15-35 m35-44

FF Lap

Cardio

30sec squat high knee Alt press w10 -24 m20-30

1min DB squat punches

30sec seal Jacks

30sec KB low walks 4x4 w15-35 m25 -44

30 KB swings SWA

30 sit ups

30/30 DB Split lunge tricep extensions w8-15 m10-25

30sec Alt lunge to press

30sec Push up

30sec high knees 4x4

20sec Burpee

30sec Butt kickers

1min plank hold

3 Rounds

Cardio

1 min Butt Kickers to Half Burpee OTC

30sec MT climbers

30sec DB squat to press

30sec DB tactical lunge

30sec Seal Jack's

1 min plank hold

1 min DB squat punches (mix it up)

1 min Squat hold to Jump squats OTC

3 Rounds 30sec Rest in between each Round! 21 min

Script starter for intro....

Hey I'm Dre! I'm here today to help you burn off those calories that you may accumulated over the weekend. Here's a cardio workout brought to you by Fit Factory!

Cardio

8 KB Swings w15-35 m25-53

8 KB squat to press

8 Alternate DB lunges to curl

8 OH Jack's

8 Burpee

16 step ups

10 sit ups

3xs high knee ladders with plate

Complete 4 Rounds 25min

Cardio

30 Dynamic lunges with DB punches w10-16 m16-20

30/30 Half Burpe elbow to cross to knee crunch

30sec KB swings to 10 DB jump squats w15-44 m25-53

30 sec push ups

30sec KB squat to press SWA

30sec Sit ups

30 Squat to Alt pike kick

30 sec 4or High Knees

30/30sec Ball slams /Butt kickers

4 Rounds

Cardio

30 DB hammer curl to press

30 KB swing

1 min push up OTc

30 KB figure 8 squat

1 min high knees to Burpee

30 KB tactical lunge

30 Speed Jack's 3×3

30 sit ups

30KB plyo jumps

Cardio

Station #1

30/ 30 half Burpee to DB squat punches w10-16 m16-30

Station #2

1 minRM high row pulls

Station #3

1 min Rope waves with side ups on 45lb plate

Station #4

Place cones down. high knees to back peddle with plate w10 m25

Station #5

30/30 Wall balls/ sit ups

Station #6

30/30 Bosu ball toe taps to side ups

4 rounds. 10-15 sec rest in between intervals for rest as needed.

33-4min Brink

Cardio

30 Cross Jack's to Squat

30 Plank

30 DB squat hammer curl to press

30 Ball slams

30 sit ups

30 Butt Kickers 4X4

30 KB figure 8 squats

30 Suicides

30 leg lifts up and over

30 KB swing

30 DB squat punches

Cardio

30/30 Jumping Jack to OH jack to bear crawl 4x4 to jump squat

30sec/ Half Burpee with two knee tucks

1min Toe taps on medball to 5 Ball slams OTC

30 plyo squat with DB alt cross body punches SWA

30/30 Single arm press DB Jacks w5-8 m8-15

30/30 KB swings to squat to press w15-35 m25-53

30/30 Plank hold to 6 inch leg hold

4 Rounds 29min 10sec rest in between each sequence of movements.

3-4min Brink kick their Butts!!

Tomorrow starts the first full week of work outs in 20/20 let's push all members and bootcampers to their fullest potential and keep them motivated and looking forward to their next classes. Fill the room with fun, positive energy and high intensity. 😊

Burn more calories 🔥

Burpees 25

Fit Factory lap

4 sled pulls or pushes down=1 back =2

40 sit ups

100 seal Jacks

Cardio

30sec cross butt kickers

30sec Broad jump to hop back

45sec scissor DB punches w10-16 m16-20

30High plank side hop , jack to side hop

30 KB swing to 30kB plyo jumps

30 KB squat to press

30/30 reverse lunge to knee drive

1min Butterfly fly sit up punches

1minHigh knee 4or forward and back to Burpee OTC

3 Rounds

Cardio

Station 1

Toe taps 30/side ups 30 (on 45lb plate)

Station 2

KB squat to press 10 to 15 KB swings 1 min
w20-44 m35-53

Station 3

Row machine 1 min (make sure they are rowing at a fast pace)

Station 4

Rope swings 1 min (mix it up)

Station 5

Ladders plyo jumps (no weight) 1 min

Station 6

Step ups on boxes 5 Burpees after every 10 step ups 1 min

4 Rounds 24min 3-5min break

Lets keep this workout fast paced each client needs to transition to each station quickly. Give rest in between each station accordingly. 15sec rest only if needed. (make the call as a coach your choice)

Play some fun music, have some fun and push clients to burn off some of those weekend calories.

Cardio

30/30 Toe taps / side ups

30/30 KB swings / KB tactical lunges w20-44 m35-53

1 min High knees to Burpee OTC

(mix it up seal Jack's, shuffles etc)

30/30 KB squat to press / KB swings SWA

30/30 KB core ups / Alt planks

30/ Ball slams w10-15 m20-30

1 min DB squat punches w10-16 m16-30 *mix it up

4 Rounds *should be about 30min total with rest period included. 3-4min Brink

(No rest in between Rounds for the first 2 Rounds. 15-20 rest only in between for the last Rounds)

Cardio

1 min high knees to Burpee OT

30 sec O.H. to Speed jacks

30 sit ups

30 sec Lunges to Squat

30 sec High plank shoulder taps

30 sec sit ups

30/30sec reverse lunge to Knee drives

30sec Suicides

30 crab kicks

27 minutes 4 R m

Cardio

Station #1

30/30 toe taps on Medball to slams w10-15 m20-30

Station #2

30/30 KB plyo jumps to Squat to press w15-44 m25-53

Station #3 RM fast Rows 1min

Station #4 30/30 Rope swing shuffles 3x3 to rope jump squats

Station #5 Bear crawls forward on turf to high knees back 1min

Station #6. 30/30 Burpee combos to side ups on Bosu ball

4 Rounds 24min 3-5min Brink

It's a cardio day let's keep members moving

to burn off those weekend calories. Lets come to the gym ready to push members. Come prepared with great music and a ready and willing kick ass attitude to help change some lives. We have to love what we do cause what we do is pretty awesome. Its never work all FUN! 😊💪

Please let me know if you have any questions about the work out. This way all the workouts are the same throughout each class we cant just make things up and wing it. 🍗

Thanks for everything that you guys do you ladies are AWESOME!! Happy international women's day! 😊

Cardio

30/30 Toe taps on 45lb plate holding MB to Ball slams w10-15 m20-30

1 min BB squat to press 7 to 7 KB swings w35-45FF m45-75FF

30/30 DB Burpee with 5 DB Hammer curls *both arms same time to Seal Jack's w16-30 m30-50

30/30 KB oblique squat to push out w15-25 m25-44 to Figure 8 squats

30/30 OTC Climbing planks to Plank hold

30/ Bear crawls to jump squat 4x4

5 Rounds 35min *with rest time included*

10-15 second rest in between transitions.

2-3min Brink

Burn more:

40 Sit ups

25 Half burpee

DB HEAVY farmer walks (6xs) down=1rep Back=2reps w50-80 m60-120

Cardio

duck walks with KB 1 min w15-25 m25-44

(make sure they keep their hips locked down)

KB swings 30sec to KB plyo jumps 30sec (swa)

single leg reverse lunge to knee drive 30/30sec (make sure they are exploding up on the knee drive should be a jump that foot should be coming off the ground)

High knee to Burpee 1 min

press up and out Jacks w plate 30sec w10 m25

speed skaters 30 sec

Dynamic lunges 30sec

sit ups 30 sec

push ups 30sec

DB squat punches 1 min w10-16 m16-20

4 Rounds 30min kill them on brink 3min