

## Endurance

1 min OTC High knees holding plate above head to Burpee (mix it up with Burpees, half and or Combos ) w10-25 m25-45

30/30 Pulse squat with heel toe rotation to plyo jumps (No weight!)

30/30 KB figure 8 squat to KB swings w20-35 m25-53 \*each time they come up on the figure 8 squat they should be squeezing their glutes at the top.

30/30 DB side plank thread the needle w5-15 m10-25

30/30 DB Single arm knee ups SWA

30/30 suicides to spidermans

1 min around the world MB Slams on knees

\*no leaning back on heels, keeping good posture to engage their core with this movement.

30/30 MB press out and up Jacks to squat to press

4 Rounds 32min 3min Brink

## Endurance

Recommended weight for DB w10-20 m20-30 Kettle bell w15-20 m25-35

✓ 5 Half Burpee

✓ 20 suicides

✓ 5 Half Burpee

✓ 20 crab kicks

✓ 5 half Burpees

✓ 20 KB or DB squat to press w20-40 m30-50

✓ 5 Burpee

✓ 20 KB or DB swings

✓ 5 Burpee

✓ 20 DB jump squats

🕒 25min How many Rounds can you complete? 🏃 Post your Rounds in the Fit Booked chat room with the hash tag #finishyourworkout

## Endurance

20 Speed skaters

10 Half Burpee

10 Jump squats

20 sit ups

10 Squats

10 Suicides

20 crab kicks

10 Burpees

How many Rounds can you complete in 25min?

## Endurance

20 seal Jacks

6 Broad Jump Burpees

20 Siucides

20 Mt climber's

20 crunches

20 step ups on box

6 half Burpees

4 Bear crawl 4x4 to Jump squat

Ask everyone to do a favor by posting

Complete 5 Rounds 25mior DNF and post your Rounds online for a chance to win a Free gift card

## Endurance

20 RM bicep curls

25 seal Jacks

10 Wall balls w10-20mFF 20-30FF

10 Push ups

10 DB jump squats w20-30FF m30-50FF

10 KB squat to press w15-44FF m25-53FF

10 KB swings SWA

20 Mt climbers

20 sit ups

10 burpee Combos

FF lap w plate w10-25FF m25-45FF

How many Rounds? 25min.

Encourage all members to post their Rounds online. Please announce to classes so they are informed. Those that post their Rounds will be entered into a raffle to win a \$10 Giftcard 😊 We also have sent out messages to everyone as well.

## Endurance

Single arm KB swing 20 w15-35FF  
m35-44FF

RM 25

Broad jump burpee 6

Suicides 20

RM 25

Wall balls 10 w10-15FF m20-30FF

Suspended dynamic lunges 10

RM 25

Sit ups 20

Ladders 2ft in 2ft out (one long ladder placed by door jog down to the end of turf) 2xs

Complete 6 Rounds or DNF 25min make adjustments torounds if needed during 530am class.

## Endurance

Cross jacks to squat 10 (with each squat =1 rep)

Knee under leg ext 10

Sit ups 10

Suicides 20

Spidermans 20

Inch worms 5

Reverse lunge to knee drive 10

Ladders single leg shuffle 2xs

(1leg then jog down to garage then opposite leg and jog down to garage.

How many Rounds 25min have clients post rounds online for Fridays raffle with hash tag #finishyourworkout for a chance to win a \$10 AMC card.

## Endurance Home workout video

Reccomended weight Dumbell w10-25 m15-40

30sec side lunge to speed Jack

30sec DB squat to press

1min High Knee to Burpee OTC

30/30sec single leg lunge to Bicep curl

30sec Double plank Jack to Double speed Jack

30sec OH Jacks

1min Inch worm to 6 mt climber's

3 Rounds 16 1/2 min