Workout #1

This workout contains 1 circuit, complete as many rounds as possible in 25 minutes. Rest as needed.

|  |  |  |  |
| --- | --- | --- | --- |
| **Exercise** | **Weight** | **Reps** | **Comments** |
| Squat/Press | Medium | 12 | Do press at top of squat |
| Lunge/Row | Medium | 5 each side | Alt legs, do row at bottom of lunge |
| Push up/Row | Medium | 5 each side | Can do push ups from knees |
| Burpee | N/A | 10 |  |

Workout #2

This workout contains 1 circuit, complete as many rounds as possible in 25 minutes. Rest as needed.

|  |  |  |  |
| --- | --- | --- | --- |
| **Exercise** | **Weight** | **Reps** | **Comments** |
| Incline bench Chest Press/Fly  | Medium | 10 each way | Alternate between a chest press and a chest fly |
| Single Arm DB Bench Row | Heavy | 10 Each arm |  |
| Seated DB Shoulder Press | Heavy | 10 |  |
| Bench Dips | N/A | 15 |  |

Workout #3

This workout contains 1 circuit, complete as many rounds as possible in 25 minutes. Rest as needed.

|  |  |  |  |
| --- | --- | --- | --- |
| Exercise | Weight | Reps | Comments |
| Lunge/Bicep Curl | Medium | 10 each leg | Do the curl at the bottom of the lunge |
| Standing Bi Curl/Overhead press | Heavy | 10 reps |  |
| Bent over row/Tricep Extension | Medium | 10 reps |  |
| Push ups | N/A | 10 reps or to failure |  |
| Squat Jumps | N/A | 15 reps |  |