Weekly **WORKOUT** *Schedule*

FEBRUARY 6-12, 2017

MONDAY
TOTAL BODY MET CIRCUIT

☐

TUESDAY
YOGA

☐

WEDNESDAY
HIIT + BACK

☐

THURSDAY
BUILD A SKILL

☐

FRIDAY
LEGS + ABS

☐

SATURDAY
CARDIO

☐

SUNDAY
ACTIVE RECOVER

☐

NOTES

Weekly **WORKOUT** *Schedule*

FEBRUARY 6-12, 2017

MONDAY

TOTAL BODY METABOLIC CIRCUIT
20 MIN
5x pushups
10x alternate lunges (5x each leg)
5x windmill push-ups
5x wide hands push-up
10x flutter kicks
5x close hands push-ups
10x single leg deadlift

REST 60 SECONDS REPEAT

Weekly **WORKOUT** *Schedule*

FEBRUARY 6-12, 2017

TUESDAY

YOGA

20 minutes of your favorite yoga practice

Weekly **WORKOUT** *Schedule*

FEBRUARY 6-12, 2017

WEDNESDAY

HIIT + BACK
4 rounds
30 SECONDS/ 30 SECONDS REST
Burpees 30”
Rest 30”
Squats 30”
Rest 30”
Burpees 30”
Rest 30”
Isometric squat hold 30”
Rest 30” REPEAT

REST 1-3 MINUTES BETWEEN WORKOUTS
4x10
Bird dog

Weekly **WORKOUT** *Schedule*

FEBRUARY 6-12, 2017

THURSDAY

BUILD A SKILL

This day use to build a skill for your fitness goals.
It can be headstands, handstands, muscle-ups, pull-ups, ring work,
martial arts: boxing, kick boxing, capoeira, karate, kung-fu, parkour, etc.

Weekly **WORKOUT** *Schedule*

FEBRUARY 6-12, 2017

FRIDAY

LEGS +ABS
5 rounds
6x Alternate lunges (each leg)
10x Walkouts
10x Side lunge
Rest 60 SECONDS REPEAT

REST 1-3 MINUTES BETWEEN WORKOUTS
3 rounds
10-20x
Leg raise
Sit-ups

Weekly **WORKOUT** *Schedule*

FEBRUARY 6-12, 2017

SATURDAY

SPRINTING
5X Sprint 10" Run 20" Jog 30"

SUNDAY

ACTIVE RECOVERY
Foam Rolling
30 minutes