WEEK 1 - Day 1

WARMUP

Same Before Every Workout

	Exercise	Work	Rest
1	90/90	30	/
2	Worlds Greatest Stretch	4/4 reps	/
3	Hamstring Kick	30	/
4	Leg Kick Back	30	/
5	Arm Circles	30	/
6	Squat Thoracic Rot	30	/

MAIN EXERCISES

	Exercise	Work	Rest
1	Jumping Jacks	30	30
2	Pushups	30	30
3	Ab Scissors	30	30
4	Spiderman Mountain Climbers	30	30
5	Jab Jab Skip	30	30
2 MINUTE REST			
1	Jumping Jacks	30	30
2	Pushups	30	30
3	Ab Scissors	30	30
4	Spiderman Mountain Climbers	30	30
5	Jab Jab Skip	30	30

STRETCHING

Same After Every Workout

	Exercise	Work	Rest
1	Standing Rear Delt Stretch R	30	/
2	Standing Rear Delt Stretch L	30	/
3	Couch Stretch R	30	/
4	Couch Stretch L	30	/
5	Standing Hamstring Stretch	30	/
6	Glute Stretch R	30	/
7	Glute Stretch L	30	/

WEEK 1 - Day 2

WARMUP

Same Before Every Workout

	Exercise	Work	Rest
1	90/90	30	/
2	Worlds Greatest Stretch	4/4 reps	/
3	Hamstring Kick	30	/
4	Leg Kick Back	30	/
5	Arm Circles	30	/
6	Squat Thoracic Rot	30	/

MAIN EXERCISES

	Exercise	Work	Rest
1	Burpees [1]	30	30
2	Plank Rotation	30	30
3	Shouder Taps	30	30
4	Lunge Jumps	30	30
5	Side Toe Taps [2]	30	30
2 MINUTE REST			
1	Burpees [3]	30	30
2	Plank Rotation	30	30
3	Shouder Taps	30	30
4	Lunge Jumps	30	30
5	Side Toe Taps [4]	30	30

STRETCHING

Same After Every Workout

	Exercise	Work	Rest
1	Standing Rear Delt Stretch R	30	/
2	Standing Rear Delt Stretch L	30	/
3	Couch Stretch R	30	/
4	Couch Stretch L	30	/
5	Standing Hamstring Stretch	30	/
6	Glute Stretch R	30	/
7	Glute Stretch L	30	/

WEEK 1 - Day 3

WARMUP

Same Before Every Workout

	Exercise	Work	Rest
1	90/90	30	/
2	Worlds Greatest Stretch	4/4 reps	/
3	Hamstring Kick	30	/
4	Leg Kick Back	30	/
5	Arm Circles	30	/
6	Squat Thoracic Rot	30	/

MAIN EXERCISES

	Exercise	Work	Rest
1	Jumping Jacks	30	30
2	Pushups	30	30
3	Ab Scissors	30	30
4	Spiderman Mountain Climbers	30	30
5	Jab Jab Skip	30	30
2 MINUTE REST			
1	Jumping Jacks	30	30
2	Pushups	30	30
3	Ab Scissors	30	30
4	Spiderman Mountain Climbers	30	30
5	Jab Jab Skip	30	30

STRETCHING

Same After Every Workout

	Exercise	Work	Rest
1	Standing Rear Delt Stretch R	30	/
2	Standing Rear Delt Stretch L	30	/
3	Couch Stretch R	30	/
4	Couch Stretch L	30	/
5	Standing Hamstring Stretch	30	/
6	Glute Stretch R	30	/
7	Glute Stretch L	30	/

[1] This, just jump when you stand up

[2] Without the DB

[3] This, just jump when you stand up

[4] Without the DB