



Day 1 Workout: Total Body
Equipment: Open Space (do outside if able)
Difficulty: 2
Total Time: 20 minutes

I. Superset A

- **Rest 30-45 seconds between sets (one set is considered a set of A1-A3 completed before performing the superset again)**

A1) Ankle Hops 3x30 seconds
A2) Bouncy Jog 3x30yds
A3) Tuck Jumps 3x10

II. Superset B

- **Rest 30-45 seconds between sets (one set is considered a set of A1-A3 completed before performing the superset again)**

B1) Body Squat 3x12-15 reps
B2) Side Plank 3x10-20 seconds
B3) Cat-Cow 3x10



Day 2 Workout: Total Body
Equipment: A Step or Ball, Open Space (do outside if able)
Difficulty: 2
Total Time: 20 minutes

I. Superset A

- **Rest 30-45 seconds between sets (one set is considered a set of A1-A3 completed before performing the superset again)**

A1) Skips 3x30yds

A2) Toe Taps on step or ball 3x30 seconds

A3) Vertical Jumps 3x10

II. Superset B

- **Rest 30-45 seconds between sets (one set is considered a set of A1-A3 completed before performing the superset again)**

B1) Shoulder Taps 3x 8-12 reps/side (alternate between touching shoulders)

B2) Supine Bridge 3x10-15

B3) Legs Only Deadbug 3x6-10 (must keep low back on the ground)



Day 3 Workout: Total Body
Equipment: A Wall, Open Space (do outside if able)
Difficulty: 2
Total Time: 20 minutes

I. Superset A

- **Rest 30-45 seconds between sets (one set is considered a set of A1-A3 completed before performing the superset again)**

A1) High Knees in Place 3x20 seconds
A2) Power Skips for Height 3x8/leg
A3) Sprints 3x30yd

II. Superset B

- **Rest 30-45 seconds between sets (one set is considered a set of A1-A3 completed before performing the superset again)**

B1) Wall Sit 3x30-45 seconds
B2) Push Up Plank 3x20-30 seconds
B3) Single Leg RDL Walk 3x8/leg



Day 4 Workout: Total Body
Equipment: A Step, Open Space (do outside if able)
Difficulty: 2
Total Time: 20 minutes

I. Superset A

- **Rest 30-45 seconds between sets (one set is considered a set of A1-A3 completed before performing the superset again)**

A1) Line Hops Forward and Back 3x15 seconds (Count Reps)

A2) Jumping Jacks 3x30 Seconds

A3) Broad Jump 3x8

II. Superset B

- **Rest 30-45 seconds between sets (one set is considered a set of A1-A3 completed before performing the superset again)**

B1) Hands Elevated Push Up 3x6-12 (If you get 12 try using less of an incline)

B2) Wide Stance Lateral Lunge 3x10/side

B3) Bird-Dog 3x8/leg



Day 5 Workout: Total Body
Equipment: A Step, Open Space (do outside if able)
Difficulty: 2
Total Time: 20 minutes

I. Superset A

- **Rest 30-45 seconds between sets (one set is considered a set of A1-A3 completed before performing the superset again)**

A1) Line Hops Side to Side 3x15 seconds (Count Reps)

A2) Carioca 3x20yds

A3) Shuffles 3x15yd/side (down and back facing same direction is one set)

II. Superset B

- **Rest 30-45 seconds between sets (one set is considered a set of A1-A3 completed before performing the superset again)**

B1) Split Squats 3x10/leg

B2) Plank on Elbows 3x20-30s

B3) Mountain Climbers 3x12/leg