



FIT & STRONG

NO GEAR REQUIRED

[Dynamic Stretch & Mobility] **WARM-UP**

MOVEMENT PREP

- **Walkout & Leg Cradle (4-6 REPS)**



- **Lunge Stretch & Torso Rotations (8-10 REPS)**



- **Cook Squats (6-8 REPS)**



- **Hip Circles & Side Lunges (8-10 REPS)**



PILLAR PREP [Core & Glute Activation]

- **Dead bugs (10-20 REPS)**



- **Bird Dog (10-20 REPS)**



- **Plank leg lifts (10-20 REPS)**



- **Glute Bridge (10-20 REPS)**





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WORKOUT #1

4 BLOCKS

30 SECONDS WORK | 10 SECONDS REST

BLOCK 1



HIGH KNEES



PUSH UPS

MODIFIED EXERCISES



Push up from knees

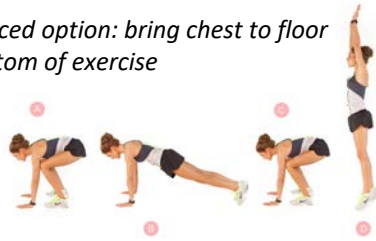


BLOCK 2



JUMP LUNGES

Advanced option: bring chest to floor at bottom of exercise



BURPEES



Step back into lunge instead of jump

BLOCK 3



MOUNTAIN CLIMBERS



GLUTE BRIDGES



Double leg instead of single leg glute bridge.

BLOCK 4



SINGLE LEG DEADLIFTS



JUMPING JACKS

REST 10 SECONDS
BETWEEN EXERCISES
AND REST 30 SECONDS
BETWEEN BLOCKS



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WORKOUT #2

BEGINNER



RUSSIAN TWISTS



SINGLE LEG DROP



MODIFIED PLANK WITH KNEE LIFT



HIGH PLANK (KNEES OR TOES)



ADVANCED



PLANK HIP DIPS



DOUBLE LEG DROP



SIDE PLANK LEG LIFT



MILITARY PLANK (UP/DOWN PLANK)

Choose the workout that suits your experience and strength level, and complete the workout from top to bottom.

- ✓ 4 EXERCISES
- ✓ 5 ROUNDS
- ✓ 30 SECONDS WORK
- ✓ 30 SECONDS REST BETWEEN ROUNDS



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WORKOUT #3

Perform these moves in order, completing as many reps as you can in one set.
Complete the total number of reps before moving on to the next exercise.
If you're feeling good, complete more than one round!

1



50 PUSHUPS
(ON TOES OR KNEES)



2



100 JUMP SQUATS OR
BODY WEIGHT SQUATS



3



100 MOUNTAIN CLIMBERS OR
ELEVATED MOUNTAIN CLIMBERS



4



100 BICYCLE CRUNCHES OR
MODIFIED BICYCLES



5



100 SPLIT SQUATS (50 EACH LEG)
OR BULGARIAN SPLIT SQUATS



6



100 JUMPING JACKS
OR SIDE STEP JACKS



7



50 TRICEPS DIPS
(ON FLOOR OR CHAIR)





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WORKOUT #4

4 BLOCKS

REPEAT EACH BLOCK 5 TIMES

30 SECONDS WORK

10 SECONDS REST

BLOCK 1



JUMP SQUATS

T-rotation from the knees



T-ROTATION

MODIFIED EXERCISES



Squat into calf raise

BLOCK 2



SEAL JUMPING JACKS



WALL SIT



Alternating single leg wall sits

BLOCK 3



SKATERS

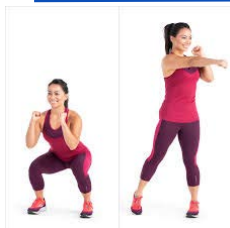


SIDE LUNGES



Jumping skaters

BLOCK 4



SQUAT AND JAB

Touch the knees instead of the toes



ALTERNATING TOE TOUCHES

REST 10 SECONDS
BETWEEN EXERCISES
AND REST 30 SECONDS
BETWEEN BLOCKS



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WORKOUT #5

BEGINNER



GLUTE BRIDGES



DEAD BUG



MODIFIED SIDE PLANK KNEE TO ELBOW CRUNCH



BIRD DOGS

ADVANCED



SINGLE LEG GLUTE BRIDGES



UP AND DOWN PLANKS



BICYCLES



BIRD DOG WITH CRUNCH

Choose the workout that suits your experience and strength level and go through the workout from top to bottom.

- ✓ 4 EXERCISES
- ✓ 5 ROUNDS
- ✓ 30 SECONDS WORK
- ✓ 30 SECONDS REST BETWEEN ROUNDS



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WORKOUT #6

Perform each exercise below for 40 seconds, then take a 20 second rest before moving onto the next exercise. Complete the circuit 3 times for a total of 30 minutes of work.

<p>1</p>  <p>CROSS JACKS</p>	<p>6</p>  <p>PLANKS</p>
<p>2</p>  <p>BUNNY HOPS</p>	<p>7</p>  <p>SUMO SQUATS</p>
<p>3</p>  <p>ALTERNATING LUNGES</p>	<p>8</p>  <p>JUMPING JACKS</p>
<p>4</p>  <p>HIGH KNEE SKIPS</p>	<p>9</p>  <p>PUSH UPS</p>
<p>5</p>  <p>JABS AND CROSSES</p>	<p>10</p>  <p>ALTERNATING KNEE CROSS PUNCH</p>



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WORKOUT #7

4 BLOCKS

REPEAT EACH BLOCK 5 TIMES

30 SECONDS WORK

10 SECONDS REST

BLOCK 1



PLANK JACKS



PULSING LUNGES (15 secs each side)

MODIFIED EXERCISES



Regular planks on toes or knees

BLOCK 2



SQUAT TO HIGH KICK



PUSH UPS WITH SHOULDER TAPS



Push-ups on toes

BLOCK 3



JUMP LUNGES



BACK EXTENSIONS



Replace jump lunges with regular lunges

BLOCK 4



RUNNING BUTT KICKS



BICYCLE CRUNCHES

REST 10 SECONDS
BETWEEN EXERCISES
AND REST 30 SECONDS
BETWEEN BLOCKS



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WORKOUT #8

BEGINNER



ALTERNATING LEG DROPS



ALTERNATING SINGLE LEG KNEE TUCKS



STANDING OBLIQUE SIDE CRUNCH



BEAR HOLD



ADVANCED



FLUTTER KICKS



LYING KNEE TUCKS



SIDE PLANK HIP DIPS



ALTERNATING HIGH PLANK KNEE TUCK

Choose the workout that suits your experience and strength level and go through the workout from top to bottom.

- ✓ 4 EXERCISES
- ✓ 5 ROUNDS
- ✓ 30 SECONDS WORK
- ✓ 30 SECONDS REST BETWEEN ROUNDS



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WORKOUT #9

Set a timer for 7:00 Minutes and complete an AMRAP (As Many Rounds As Possible) of the exercises listed below. Take a break and repeat a second round for each AMRAP block.

AMRAP #1



1
10 JUMP SQUATS
OR SQUAT INTO CALF RAISE



2
10 PUSHUPS
ON TOES OR KNEES



3
10 SQUAT ELBOW TO KNEE



4
5 PLANK SPRAWL

AMRAP #2



1
10 MILITARY PLANK ON TOES
OR KNEES



2
10 SURRENDERS



3
10 (PER SIDE) SINGLE LEG
GLUTE BRIDGES



4
10 (PER SIDE) SIDE LYING TRICEPS PRESS