

Beginner / Standard Level

30 / 30 Workout 1 - (6 Exercises 4 Rounds)

Lunges	https://vimeo.com/595536800/f657cba1eb
Knee Press Up	https://vimeo.com/683030279/7a23b93e18
Squats	https://vimeo.com/595539027/f4b25850dc
Plank	https://vimeo.com/595537061/9483b45fdc
Side Lunge	https://vimeo.com/595538434/4b97fade3a
High Knees	https://vimeo.com/595536479/04a41f9fe5

30 / 30 Workout 2 - (6 Exercises 4 Rounds)

Sumo Squats	https://vimeo.com/595539306/aac542a107
Y Raise	https://vimeo.com/683022900/7848ebd1fd
Reverse Lunge	https://vimeo.com/595538265/7ea91c5956
Renegade Row	https://vimeo.com/595537510/2dd9ab4d41
Prisoner Squats	https://vimeo.com/595529745/5359bb93b0
No Jump Burpees	https://vimeo.com/595537011/3e9dc8161b

30 / 30 Workout 3 - (6 Exercises 4 Rounds)

Step Ups	https://vimeo.com/595539224/e75e6f01f1
Close Grip Press Ups	https://vimeo.com/595526499/d0f7836b92
Ski Squats	https://vimeo.com/683032276/d001c269aa
Foot Raised Plank	https://vimeo.com/595527360/be4abbb05c
Supine Bridge	https://vimeo.com/595539343/4f1e177629
Bear Crawl	https://vimeo.com/595535980/8a156b15f5

Choose one of these blasts to do on your days in-between the above HIIT workout days

(We work on progression throughout the program)

PLEASE PICK ONE OF THESE BLASTS	6 Minute Blasts
<p>Leg Blazer – Use the 30/30 Music or stop watch</p>	<p>30 sec lunges (no break) 30 sec squat (no break) 30 sec rest 30 sec lunges (no break) 30 sec squat (no break) 30 sec rest Repeat until 6 minutes is over</p>
<p>Cardio Jam – Use the 30/30 Music</p>	<p>30 sec high knees (no break) 30 sec squat (no break) 30 sec rest 30 sec high knees (no break) 30 sec squat (no break) 30 sec rest Repeat until 6 minutes is over</p>
<p>Chest Blast - Use the 30/30 Music</p>	<p>30 sec press ups (no break) 30 sec side lunge (no break) 30 sec rest 30 sec press ups (no break) 30 sec side lunge (no break) 30 sec rest Repeat until 6 minutes is over</p>

Progression / More Advanced

If you want to make the above workout harder, these are your options

30 / 30 Workout 1 - (6 Exercises 4 Rounds)

Lunges to Jumping Lunges	https://vimeo.com/595536576/ede370f1f4
Knee Press Up to Normal Press Ups	https://vimeo.com/595537283/2526325048
Squats to Jump Squats	https://vimeo.com/595536526/3ff2f36184
Plank to Arm Extended Plank	https://vimeo.com/595526396/6632f4221e
Side Lunge	https://vimeo.com/595538434/4b97fade3a
High Knees – Faster High Knees	https://vimeo.com/595536479/04a41f9fe5

30 / 30 Workout 2 - (6 Exercises 4 Rounds)

Sumo Squats to Prisons S Squats	https://vimeo.com/595529887/49c6f9ac95
Y Raise to Weighted Y Raise	https://vimeo.com/595537283/2526325048
Reverse Lunge to Prisoner RL	https://vimeo.com/595529633/056c53651c
Renegade Row	https://vimeo.com/595537510/2dd9ab4d41
Prisoner Squats to Jump Squats	https://vimeo.com/595536526/3ff2f36184
No Jump Burpee to Burpee Jumps	https://vimeo.com/595536023/76f944ee98

30 / 30 Workout 3 - (6 Exercises 4 Rounds)

Step Ups to Fast Step Ups	https://vimeo.com/595539224/e75e6f01f
Close Grip Press Ups to Full CGPS	https://vimeo.com/595537283/2526325048
Ski Squats to Jump Squat	https://vimeo.com/595536526/3ff2f36184
Foot Raised Plank	https://vimeo.com/595527360/be4abbb05c
Supine Bridge to SB with Leg	https://vimeo.com/595530947/ee25b65ab2
Bear Crawl to Bear Crawl Jump	https://vimeo.com/595535980/8a156b15f5

Beginner / Standard Level

40 / 20 Workout 1 - (6 Exercises 4 Rounds)

Lunges	https://vimeo.com/595536800/f657cba1eb
Knee Press Up	https://vimeo.com/683030279/7a23b93e18
Squats	https://vimeo.com/595539027/f4b25850dc
Plank	https://vimeo.com/595537061/9483b45fdc
Side Lunge	https://vimeo.com/595538434/4b97fade3a
High Knees	https://vimeo.com/595536479/04a41f9fe5

40 / 20 Workout 2 - (6 Exercises 4 Rounds)

Sumo Squats	https://vimeo.com/595539306/aac542a107
Y Raise	https://vimeo.com/683022900/7848ebd1fd
Reverse Lunge	https://vimeo.com/595538265/7ea91c5956
Renegade Row	https://vimeo.com/595537510/2dd9ab4d41
Prisoner Squats	https://vimeo.com/595529745/5359bb93b0
No Jump Burpees	https://vimeo.com/595537011/3e9dc8161b

40 / 20 Workout 3 - (6 Exercises 4 Rounds)

Step Ups	https://vimeo.com/595539224/e75e6f01f1
Close Grip Press Ups	https://vimeo.com/595526499/d0f7836b92
Ski Squats	https://vimeo.com/683032276/d001c269aa
Foot Raised Plank	https://vimeo.com/595527360/be4abbb05c
Supine Bridge	https://vimeo.com/595539343/4f1e177629
Bear Crawl	https://vimeo.com/595535980/8a156b15f5

<p style="text-align: center;">Use these Workouts in between the above Workout Days</p>	<p style="text-align: center;">6/12 Minute Blasts</p>
<p>Leg Blast – Use the 30/30 Music</p>	<p>30 sec jump squat (no break) 30 sec squat (no break) 30 sec rest 30 sec jump squat (no break) 30 sec squat (no break) 30 sec rest Repeat until 6 minutes is over (If you want to repeat this again you can)</p>
<p>Bear Blast – Use the 30/30 Music</p>	<p>30 sec bear crawl (no break) 30 sec squat (no break) 30 sec rest 30 sec bear crawl (no break) 30 sec squat (no break) 30 sec rest Repeat until 6 minutes is over (If you want to repeat this again you can)</p>
<p>Chest Blast – Use the 30/30 Music</p>	<p>30 sec close grip press ups (no break) 30 sec prisoner reverse lunge (no break) 30 sec rest 30 sec close grip press ups (no break) 30 sec prisoner reverse lunge (no break) 30 sec rest Repeat until 6 minutes is over (If you want to repeat this again you can)</p>

Progression / More Advanced

If you want to make the above workout harder, these are your options

40 / 20 Workout 1 - (6 Exercises 4 Rounds)

Lunges to Jumping Lunges	https://vimeo.com/595536576/ede370f1f4
Knee Press Up to Normal Press Ups	https://vimeo.com/595537283/2526325048
Squats to Jump Squats	https://vimeo.com/595536526/3ff2f36184
Plank to Arm Extended Plank	https://vimeo.com/595526396/6632f4221e
Side Lunge	https://vimeo.com/595538434/4b97fade3a
High Knees – Faster High Knees	https://vimeo.com/595536479/04a41f9fe5

40 / 20 Workout 2 - (6 Exercises 4 Rounds)

Sumo Squats to Prisons S Squats	https://vimeo.com/595529887/49c6f9ac95
Y Raise to Weighted Y Raise	https://vimeo.com/595537283/2526325048
Reverse Lunge to Prisoner RL	https://vimeo.com/595529633/056c53651c
Renegade Row	https://vimeo.com/595537510/2dd9ab4d41
Prisoner Squats to Jump Squats	https://vimeo.com/595536526/3ff2f36184
No Jump Burpee to Burpee Jumps	https://vimeo.com/595536023/76f944ee98

40 / 20 Workout 3 - (6 Exercises 4 Rounds)

Step Ups to Fast Step Ups	https://vimeo.com/595539224/e75e6f01f
Close Grip Press Ups to Full CGPS	https://vimeo.com/595537283/2526325048
Ski Squats to Jump Squat	https://vimeo.com/595536526/3ff2f36184
Foot Raised Plank	https://vimeo.com/595527360/be4abbb05c
Supine Bridge to SB with Leg	https://vimeo.com/595530947/ee25b65ab2
Bear Crawl to Bear Crawl Jump	https://vimeo.com/595535980/8a156b15f5

Beginner / Standard Level

45 / 15 Workout 1 - (6 Exercises 4 Rounds)

Lunges	https://vimeo.com/595536800/f657cba1eb
Knee Press Up	https://vimeo.com/683030279/7a23b93e18
Squats	https://vimeo.com/595539027/f4b25850dc
Plank	https://vimeo.com/595537061/9483b45fdc
Side Lunge	https://vimeo.com/595538434/4b97fade3a
High Knees	https://vimeo.com/595536479/04a41f9fe5

45 / 15 Workout 2 - (6 Exercises 4 Rounds)

Sumo Squats	https://vimeo.com/595539306/aac542a107
Y Raise	https://vimeo.com/683022900/7848ebd1fd
Reverse Lunge	https://vimeo.com/595538265/7ea91c5956
Renegade Row	https://vimeo.com/595537510/2dd9ab4d41
Prisoner Squats	https://vimeo.com/595529745/5359bb93b0
No Jump Burpees	https://vimeo.com/595537011/3e9dc8161b

45 / 15 Workout 3 - (6 Exercises 4 Rounds)

Step Ups	https://vimeo.com/595539224/e75e6f01f1
Close Grip Press Ups	https://vimeo.com/595526499/d0f7836b92
Ski Squats	https://vimeo.com/683032276/d001c269aa
Foot Raised Plank	https://vimeo.com/595527360/be4abbb05c
Supine Bridge	https://vimeo.com/595539343/4f1e177629
Bear Crawl	https://vimeo.com/595535980/8a156b15f5

<p style="text-align: center;">Use these Workouts in between the above Workout Days</p>	<p style="text-align: center;">6/12 Minute Blasts</p>
<p>Leg Blast – Use the 30/30 Music</p>	<p>30 sec Jump Squat (no break) 30 sec Ski Squat (no break) 30 sec Rest 30 sec Jump Squat (no break) 30 sec Ski Squat (no break) 30 sec Rest Repeat until 6 minutes is over (If you want to repeat this again you can)</p>
<p>Burpee Blast – Use the 30/30 Music</p>	<p>30 sec Burpee with Jump (no break) 30 sec Squat (no break) 30 sec Rest 30 sec Burpee with Jump (no break) 30 sec Squat (no break) 30 sec Rest Repeat until 6 minutes is over (If you want to repeat this again you can)</p>
<p>Chest Blast - Use the 30/30 Music</p>	<p>30 sec Press ups (no break) 30 sec High Knees – Fast (no break) 30 sec Rest 30 sec Press ups (no break) 30 sec High Knees – Fast (no break) 30 sec Rest Repeat until 6 minutes is over (If you want to repeat this again you can)</p>

Progression / More Advanced

If you want to make the above workout harder, these are your options

45 / 15 Workout 1 - (6 Exercises 4 Rounds)

Lunges to Jumping Lunges	https://vimeo.com/595536576/ede370f1f4
Knee Press Up to Normal Press Ups	https://vimeo.com/595537283/2526325048
Squats to Jump Squats	https://vimeo.com/595536526/3ff2f36184
Plank to Arm Extended Plank	https://vimeo.com/595526396/6632f4221e
Side Lunge	https://vimeo.com/595538434/4b97fade3a
High Knees – Faster High Knees	https://vimeo.com/595536479/04a41f9fe5

45 / 15 Workout 2 - (6 Exercises 4 Rounds)

Sumo Squats to Prisons S Squats	https://vimeo.com/595529887/49c6f9ac95
Y Raise to Weighted Y Raise	https://vimeo.com/595537283/2526325048
Reverse Lunge to Prisoner RL	https://vimeo.com/595529633/056c53651c
Renegade Row	https://vimeo.com/595537510/2dd9ab4d41
Prisoner Squats to Jump Squats	https://vimeo.com/595536526/3ff2f36184
No Jump Burpee to Burpee Jumps	https://vimeo.com/595536023/76f944ee98

45 / 15 Workout 3 - (6 Exercises 4 Rounds)

Step Ups to Fast Step Ups	https://vimeo.com/595539224/e75e6f01f
Close Grip Press Ups to Full CGPS	https://vimeo.com/595537283/2526325048
Ski Squats to Jump Squat	https://vimeo.com/595536526/3ff2f36184
Foot Raised Plank	https://vimeo.com/595527360/be4abbb05c
Supine Bridge to SB with Leg	https://vimeo.com/595530947/ee25b65ab2
Bear Crawl to Bear Crawl Jump	https://vimeo.com/595535980/8a156b15f5

Beginner / Standard Level

50 / 10 Workout 1 - (6 Exercises 4 Rounds)

Lunges	https://vimeo.com/595536800/f657cba1eb
Knee Press Up	https://vimeo.com/683030279/7a23b93e18
Squats	https://vimeo.com/595539027/f4b25850dc
Plank	https://vimeo.com/595537061/9483b45fdc
Side Lunge	https://vimeo.com/595538434/4b97fade3a
High Knees	https://vimeo.com/595536479/04a41f9fe5

50 / 10 Workout 2 - (6 Exercises 4 Rounds)

Sumo Squats	https://vimeo.com/595539306/aac542a107
Y Raise	https://vimeo.com/683022900/7848ebd1fd
Reverse Lunge	https://vimeo.com/595538265/7ea91c5956
Renegade Row	https://vimeo.com/595537510/2dd9ab4d41
Prisoner Squats	https://vimeo.com/595529745/5359bb93b0
No Jump Burpees	https://vimeo.com/595537011/3e9dc8161b

50 / 10 Workout 3 - (6 Exercises 4 Rounds)

Step Ups	https://vimeo.com/595539224/e75e6f01f1
Close Grip Press Ups	https://vimeo.com/595526499/d0f7836b92
Ski Squats	https://vimeo.com/683032276/d001c269aa
Foot Raised Plank	https://vimeo.com/595527360/be4abbb05c
Supine Bridge	https://vimeo.com/595539343/4f1e177629
Bear Crawl	https://vimeo.com/595535980/8a156b15f5

Use these Workouts in between the above Workout Days	6/12 Minute Blasts
<p>Leg Blazer – Use the 30/30 Music or stop watch</p>	<p>30 sec Jump Lunges (no break) 30 sec Squat (no break) 30 sec Rest 30 sec Jump Lunges (no break) 30 sec Squat (no break) 30 sec Rest Repeat until 6 minutes is over</p>
<p>Cardio Jam – Use the 30/30 Music</p>	<p>30 sec Speed High knees (no break) 30 sec Squat (no break) 30 Sec Rest 30 sec Speed High knees (no break) 30 sec Squat (no break) 30 Sec Rest Repeat until 6 minutes is over</p>
<p>Chest Blast – Use the 30/30 Music</p>	<p>30 sec Press ups (no break) 30 sec Side Lunge (no break) 30 Sec Rest 30 sec Press Ups (no break) 30 sec Side Lunge (no break) 30 Sec Rest Repeat until 6 minutes is over</p>

Progression / More Advanced

If you want to make the above workout harder, these are your options

50 / 10 Workout 1 - (6 Exercises 4 Rounds)

Lunges to Jumping Lunges	https://vimeo.com/595536576/ede370f1f4
Knee Press Up to Normal Press Ups	https://vimeo.com/595537283/2526325048
Squats to Jump Squats	https://vimeo.com/595536526/3ff2f36184
Plank to Arm Extended Plank	https://vimeo.com/595526396/6632f4221e
Side Lunge	https://vimeo.com/595538434/4b97fade3a
High Knees – Faster High Knees	https://vimeo.com/595536479/04a41f9fe5

50 / 10 Workout 2 - (6 Exercises 4 Rounds)

Sumo Squats to Prisoner Squats	https://vimeo.com/595529887/49c6f9ac95
Y Raise to Weighted Y Raise	https://vimeo.com/595537283/2526325048
Reverse Lunge to Prisoner RL	https://vimeo.com/595529633/056c53651c
Renegade Row	https://vimeo.com/595537510/2dd9ab4d41
Prisoner Squats to Jump Squats	https://vimeo.com/595536526/3ff2f36184
No Jump Burpee to Burpee Jumps	https://vimeo.com/595536023/76f944ee98

50 / 10 Workout 3 - (6 Exercises 4 Rounds)

Step Ups to Fast Step Ups	https://vimeo.com/595539224/e75e6f01f
Close Grip Press Ups to Full CGPS	https://vimeo.com/595537283/2526325048
Ski Squats to Jump Squat	https://vimeo.com/595536526/3ff2f36184
Foot Raised Plank	https://vimeo.com/595527360/be4abbb05c
Supine Bridge to SB with Leg	https://vimeo.com/595530947/ee25b65ab2
Bear Crawl to Bear Crawl Jump	https://vimeo.com/595535980/8a156b15f5