

# EXERCISE PLAN

## High-intensity

Weeks 1 - 4



Complete all exercises, rest for 3 minutes, repeat, rest 3 minutes, repeat.

### **Standing: Jumping jack**

Reps: 10 | Sets: 1 | Rest period: 30 s

### **Standing: Cross body punch**

Reps: 10 | Sets: 1 | Rest period: 30 s

### **Chair squat to jump**

Reps: 10 | Sets: 1 | Rest period: 30 s

### **Floor push-up**

Reps: 10 | Sets: 1 | Rest period: 30 s

### **High knee jog in place**

Reps: 10 | Sets: 1 | Rest period: 30 s

### **Forward lunge, alternating**

Reps: 10 | Sets: 1 | Rest period: 30 s

### **Plank shoulder taps**

Reps: 10 | Sets: 1 | Rest period: 30 s

## **TERMINOLOGY**

**Reps:** The amount of times you repeat the exercise move

**Sets:** The amount of times you complete the number of reps. For example, if there is 10 reps and 2 sets, you will ultimately complete 20 reps.

**Rest period:** The amount of time you rest between each set. In the previous example, you would rest once you completed one set (10 reps) and then complete the last set (10 reps).

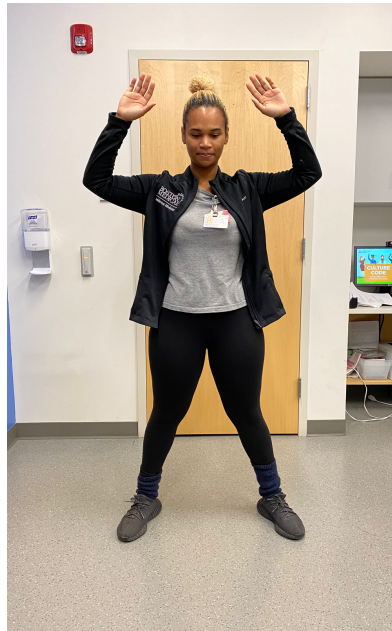
## STANDING: JUMPING JACK

Instructions: Stand with your feet together. Jump and land with your feet apart and your arms above your head. Jump and land in the starting position.

**REPS: 10**

**SETS: 1**

**REST PERIOD: 30 S**



## STANDING: CROSS BODY PUNCH

Instructions: Make fists with your hands and hold them in front of your chest. Punch towards the right with your left hand. Punch towards the left with your right hand.

**REPS: 10**

**SETS: 1**

**REST PERIOD: 30 S**



# CHAIR SQUATS TO JUMP

Instructions: Place a chair behind you. Stand with your legs spread apart and your hands together in front of your chest. Bend your knees and lower your bottom until almost touching the chair. Jump up and land in starting position.

**REPS: 10**

**SETS: 1**

**REST PERIOD: 30 S**



# FLOOR PUSHUP

Instructions: Lay on the ground with your hands beside your chest, legs straight, and the bottom of your toes pushed against the ground. Use your arms to push your body up and then lower it down. **Some people prefer to do a modified pushup, which can be found on the next page.**

**REPS: 10**

**SETS: 1**

**REST PERIOD: 30 S**



## MODIFIED FLOOR PUSH-UP

Instructions: Lay on the ground with your hands beside your chest, elbows out, and knees on the ground. Use your arms to push your body up, keeping your knees on the ground. Lower your body back down

**REPS: 10**

**SETS: 1**

**REST PERIOD: 30 S**



## HIGH KNEE JOG IN PLACE

Instructions: Lift your left knee above your hip. Bring your right knee up as you place your left foot down on the ground.

**REPS: 10**

**SETS: 1**

**REST PERIOD: 30 S**



# FORWARD LUNGE ALTERNATING

Instructions: Bring your right foot forward and bend your right knee. Allow your left knee to bend towards the ground. Return to standing position and repeat on other side.

**REPS: 10**

**SETS: 1**

**REST PERIOD: 30 S**



# PLANK SHOULDER TAPS

Instructions: Use both of your arms to hold your body up, keeping your back and legs straight. Use your left hand to tap your right shoulder while holding this pose. Repeat with your right hand.

**REPS: 10**

**SETS: 1**

**REST PERIOD: 30 S**



# EXERCISE PLAN

## High-intensity

Weeks 5 - 8



Complete all exercises, rest for 2 minutes, repeat, rest 2 minutes, repeat.

### High knees to jumping jack, alternating

Reps: 10 | Sets: 1 | Rest period: 15 s

### Sumo squat with cross body punch

Reps: 20 | Sets: 1 | Rest period: 15 s

### Air squat to jump

Reps: 10 | Sets: 1 | Rest period: 15 s

### Floor push-up with two mountain climbers

Reps: 10 | Sets: 1 | Rest period: 15 s

### Modified burpee with step down to high plank

Reps: 10 | Sets: 1 | Rest period: 15 s

### Plank shoulder taps (x2) with plank jumping jack (x2)

Reps: 20 | Sets: 1 | Rest period: 15 s

## TERMINOLOGY

**Reps:** The amount of times you repeat the exercise move

**Sets:** The amount of times you complete the number of reps. For example, if there is 10 reps and 2 sets, you will ultimately complete 20 reps.

**Rest period:** The amount of time you rest between each set. In the previous example, you would rest once you completed one set (10 reps) and then complete the last set (10 reps).

## HIGH KNEES TO JUMPING JACK

Instructions: Make fists with your hands and hold them in front of your chest. Lift your left knee up and place back on the ground. Place your feet apart and move your hands above your head at the same time (jumping jack). Repeat with your other knee

**REPS: 10**

**SETS: 1**

**REST PERIOD: 15 S**



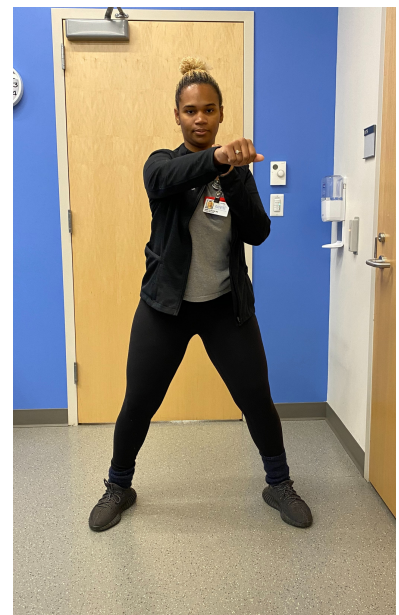
## SUMO SQUAT WITH CROSS BODY PUNCH

Instructions: Stand with your legs apart, knees bent, and hands together. Straighten your legs and punch your left fist towards the right side of your body. Go back into the first position, then straighten your legs, and punch your right fist towards the left side.

**REPS: 20**

**SETS: 1**

**REST PERIOD: 15 S**



# AIR SQUAT TO JUMP

Instructions: Stand with your legs apart, knees bent, and hands together. Jump as high as you can and move your arms to your side. When you land, you will go to the first position.

**REPS: 10**

**SETS: 1**

**REST PERIOD: 15 S**



# FLOOR PUSH-UP WITH 2 MOUNTAIN CLIMBERS

Instructions: Place your palms on the floor and hold your body up, making sure your arms, back, and legs are straight (plank). Bring your left knee towards your arms and then step back into the plank. Repeat with the other leg.

**REPS: 10**

**SETS: 1**

**REST PERIOD: 15 S**





## BURPEE WITH JUMP AND STEP DOWN INTO HIGH PLANK

Instructions: Jump as high as you can. After you land, put your hands on the floor and then move both of your legs backward to be in the "plank" position. Bring your legs back to your where your hands are and repeat.

**REPS: 10**

**SETS: 1**

**REST PERIOD: 15 S**



## PLANK SHOULDER TAPS (X2) PLANK JUMPING JACK (X2)

Instructions: Place your palms on the floor and hold your body up, making sure your arms, back, and legs are straight (plank). Touch your right shoulder with your left hand. Repeat with right hand to left shoulder. Bring your feet to your hands, stand up, and do two jumping jacks.

**REPS: 20**

**SETS: 1**

**REST PERIOD: 15 S**



# EXERCISE PLAN

High-intensity

Weeks 9-12



Complete all exercises, rest for 2 minutes, repeat, rest 2 minutes, repeat.

## High knees (x3) to lateral lunge

Reps: 10 | Sets: 1 | Rest period: 15 s

## Bird dogs

Reps: 20 | Sets: 1 | Rest period: 15 s

## Double leg jumps

Reps: 10 | Sets: 1 | Rest period: 15 s

## Standing to plank walkouts

Reps: 10 | Sets: 1 | Rest period: 15 s

## Burpee with jump and step down into high plank then push-up

Reps: 10 | Sets: 1 | Rest period: 15 s

## Reverse lunge with hold in lunge

Reps: 20 | Sets: 1 | Rest period: 15 s

## Jumping jacks

Reps: 20 | Sets: 1 | Rest period: 15 s

## TERMINOLOGY

**Reps:** The amount of times you repeat the exercise move

**Sets:** The amount of times you complete the number of reps. For example, if there is 10 reps and 2 sets, you will ultimately complete 20 reps.

**Rest period:** The amount of time you rest between each set. In the previous example, you would rest once you completed one set (10 reps) and then complete the last set (10 reps).

## HIGH KNEES TO LATERAL LUNGE

Instructions: Do three high-knees (lifting one knee up and then lifting the other knee up while you put the other knee down), and then step one leg out to the side and bend your knee. Keep your other leg straight. Step feet together and repeat, using different leg.

**REPS: 10**

**SETS: 1**

**REST PERIOD: 15 S**



## BIRD-DOGS

Instructions: Place your hands and knees on the floor with your knees bent. Reach your left arm forward and left leg backwards. Repeat with the right arm and right leg.

**REPS: 20**

**SETS: 1**

**REST PERIOD: 15 S**



## DOUBLE LEG JUMPS

Instructions: Bend your legs a little and hold your hands together, similar to a squat position. Jump as high as you can and move your arms to the side. From the jump, land in the starting position.

**REPS: 10**

**SETS: 1**

**REST PERIOD: 15 S**



## STANDING TO PLANK HAND WALKOUTS

Instructions: Stand up straight, and then touch your hands to the floor close to your feet. Move one of your hands forward and then the other hand. Do this until you are in a position to where your body is straight and your feet and hands are touching the floor, known as a "plank."

**REPS: 10**

**SETS: 1**

**REST PERIOD: 15 S**



# MODIFIED BURPEE

Instructions: Jump as high as you can. After you land, put your hands on the floor and then move both of your legs backward to be in the "plank" position. Do a push-up and then bring your feet back to your hands. From this position you can jump to repeat the burpee.

**REPS: 10**

**SETS: 1**

**REST PERIOD: 15 S**



# REVERSE LUNGE WITH HOLD IN LUNGE

Instructions: Bend your knee and bring your foot backwards into a lunge position. Hold the lunge for a few seconds and then bring your feet back together with your legs straight. Repeat with the other leg.

**REPS: 20**

**SETS: 1**

**REST PERIOD: 15 S**



# JUMPING JACKS

Instructions: Stand with your legs together and arms against your leg. Move your feet apart and lift your hands above your head at the same time. Bring your feet together and hands to your legs

**REPS: 20**

**SETS: 1**

**REST PERIOD: 15 S**

