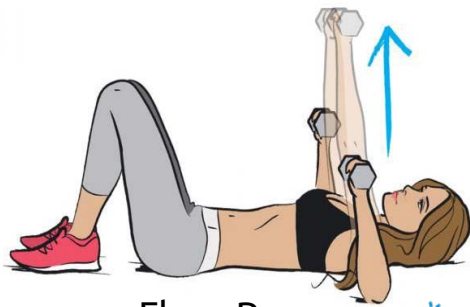




WEEK 3: HEAVY HITTER

INTENSE INTERVAL

Monday's focus is upper body! Complete the work out buy-in by doing 2 x 30 seconds of each exercise. After the buy in, complete the 5 exercise interval by doing 3 x 30 seconds of each exercise with 30 seconds rest. Take 1 minute rest in between exercises and choose Champion, Warrior, or Super Hero to repeat the series.



Floor Press



Skull Crushers



Floor T Lifts



Floor Flys



1 Buy-in: 2 x 30 seconds of

- High Knees
- Jump Squats

2 3 x 30 seconds Floor Press
30 seconds rest

3 1 minute rest

4 3 x 30 seconds Skull Crushers
30 seconds rest

5 1 minute rest

6 3 x 30 seconds Floor T Lifts
30 seconds rest

7 1 minute rest

8 3 x 30 seconds Floor Flys
30 seconds rest

9 2 minutes rest & drink some water!

10 Champion: Repeat 1 more time
Warrior: Repeat 2 more times
Super Hero: Repeat 3 more times



Good Work!
Time to Cool Down



Good Work! Take a Break &
Go for 1 More Round!



Good Work! Take a Break &
Keep Going!