

Day 5-6

DAY 5

WARM-UP: 3 ROUNDS

- 6x Shoulder taps (each side)
- 12x Hip bridge
- 12x Superman back extension

4 ROUNDS 30 SECONDS EACH

- BW squat
- Squat hold
- Sit-up

4 ROUNDS 30 SECONDS EACH

- Push-up
- Plank hold
- Leg raise

3 ROUNDS

- 12x KB push-press
- 6x KB woodchopper (each side)
- 12x KB swing

DAY 6

WARM-UP: 4 ROUNDS 30 SECONDS EACH

- Walking lunge
- High knees
- Single leg deadlift R/L
- Instep stretch R/L
- Lateral shuffle R/L

CHOOSE A, B, OR C BASED ON YOUR EXPERIENCE AND CONDITIONING LEVEL

- A.** Walk, jog, or run for at least 20-25 minutes. If you're new to exercise, use a walk/jog technique: Walk for 1-2 minutes then jog until you're tired. Repeat until time is up.
- B.** If a 20 minute run is easy, complete 3 max-effort mile repeats: Run one-mile all out. Rest 3-4 minutes. Repeat for 3 total miles.
- C.** Find a moderately steep hill. Sprint uphill for 60-90 seconds. Walk down. Repeat for 20-25 minutes.