

## Travel or I Missed Class Workouts Below

### You need to be working out at least 5 days per week.

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*Foam Roll, Perform Your Correctives and Warm Up-See Activations on pg. 5*

**AMPRAP Circuit**, Perform As Many Perfect Rounds As Possible in 20 minutes

1. 5 Burpees
2. 15 Jump Squats
3. 15 DB bent over rows (B:10 A:15)
4. 15 walking lunges per side
5. 15 roll ups
6. 15 squat Jacks

++Plus Cardio for 10 Minutes

**VIDEO:** [http://youtu.be/J6R6fu\\_JZ-s](http://youtu.be/J6R6fu_JZ-s)

Cardio can be:

- KB Swings 30/30
- Jump Rope 40/20
- Sleds 60/30
- Ropes 40/20
- Chopper (front, diagonal, rotation)
- Hill Repeats either running up & walking down or walking up & walking down
- Weighted Walk
- Running

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*Foam Roll, Perform Your Correctives and Warm Up-See Activations on pg. 5*

**Countdown circuit**, perform 10 reps of each exercise, then 9 reps of each exercise, 8 reps of each exercise until you finish with 1 rep of each exercise

1. Push ups
2. DB fly from the bridge
3. Prone T
4. Bent over DB row
5. Squat & Press
6. Crunch
7. DB reverse lunge

B: 10lb A: 15lb

**Plus** Perform the following Met con circuit for 10 minutes

1. 10 box jumps OR squat jumps
2. 10 DB wood chops / KB swings (B: 15 A:20)
3. 50 jump ropes or jumping jacks

**VIDEO:** <http://youtu.be/Anx8b9OuJYo>

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*Foam Roll, Perform Your Correctives and Warm Up-See Activations on pg. 5*

**AMPRAP Circuit**, Perform As Many Perfect Rounds As Possible in 20 minutes  
(B:10lb A:15lb)

1. 12 DB squat and press
2. 12 DB sumo deadlift high pull
3. 12 DB curls from a static lunge change legs halfway
4. 12 DB RDL and lateral raise (perform the raise in the upright position)
5. 12 roll ups
6. 12 Mountain climbers per side

**VIDEO:** <http://youtu.be/oeOVBZCh-2M>

**Plus** Perform the following Tabata for 9 minutes

-Sprint Forward & Back Pedal Back

-3-Step Shuffle

One Minute Rest

-Jump Rope

-Ball Slam or Chopper

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*Foam Roll, Perform Your Correctives and Warm Up-See Activations on pg. 5*

**Deck of Cards** for 20 Minutes

Draw a 2, 3, 4, 5, 6, 7, 8, 9, 10 Do the following exercise for 10 Reps

Hearts = Push ups

Diamonds=Squats

Clubs=Bent Over Row

Spades=Roll

Draw a J, Q, K, A

Do the following exercise for 10 Reps

Jack=Jump Squat

Queen=Burpee

King=Cross Countries

Ace=Skaters

Perform the following Met con circuit for 10 minutes

1. 10 3 Step Shuffles
2. 10 Jack Squats
3. 50 jump ropes or jumping jacks

**VIDEO:** <http://youtu.be/kZ8JRwtWRal>

**More Deck of Cards Options**

Workout #1

- Spades = push ups
- Clubs = prone t
- Hearts = Squats
- Diamonds = Mountain Climbers

Workout #2

- Spades = 8 count body builder
- Clubs = prone y
- Hearts = Alternating forward lunges
- Bicycle crunches

#### Workout #3

- Spades = Burpee
  - Club= Prisoner good morning
  - Squat Jacks
  - Alt v ups
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## RBT Band Circuits

### Workout # 1

*Foam Roll, Perform Your Correctives and Warm Up-See Activations on pg. 5*

Use red band or black band unanchored

- RDL
- Deadlift
- Bent over row
- Squat and forward press
- Band jacks
- 3 to Use a timer 50 work 10 rest for 3 to 5 rounds or
- 12 reps each or per side for 5 rounds

VIDEO: <https://www.youtube.com/watch?v=2uzPprZSz1g>

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### Workout # 2

*Foam Roll, Perform Your Correctives and Warm Up-See Activations on pg. 5*

Use red band or black band unanchored

- Jump Squat
- Squat and overhead press
- Upright row
- 90/90 split squats right and left
- Overhead lateral band walks
- 3 to Use a timer 50 work 10 rest for 3 to 5 rounds or
- 12 reps each or per side for 5 rounds

VIDEO: <https://www.youtube.com/watch?v=vdGpJz3Ile0>

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### Workout # 3

*Foam Roll, Perform Your Correctives and Warm Up-See Activations on pg. 5*

Use red or black bands anchored to the bus and use handles

- Band press and alt step
- Band archer
- Band rotations right and left
- Band swimmer
- RIP

VIDEO: <https://www.youtube.com/watch?v=rfHoWVg8Ugg>

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# Band Recovery Routine

## Stretch Routine

- Calf Stretch
- Hamstring Stretch
- Quad / Hip flexor
- Lateral hip / glutes
- Pecs / anterior shoulder
- Lats / posterior shoulder
- Upper Traps

VIDEO: <https://www.youtube.com/watch?v=2RtDBGA6Oc4>

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## Modifications, Regressions, Progressions

If you are new to fitness, or need a scaled back day due to fatigue, please adhere to the following modifications.

If I have not given you what you need here, then YOU MUST COMMUNICATE with me so I can help you one on one.

Beginners: New to Exercise – you use minimum 8 lb. dumbbells for all workouts. Exception: if you have a band that prevents you from doing an exercise or you have pain with an exercise, then you will reduce the weight for that exercise only. And, when the workout calls for choppers you will use a 15 lb. dumbbell.

Advanced: Been in camp for quite some time-- you use minimum 15 lb. dumbbells for all workouts. Exception: if you have a band that prevents you from doing an exercise or you have pain with an exercise, then you will reduce the weight for that exercise only. And, when the workout calls for choppers you will use a 20 lb. dumbbell.

Burpees: to modify or regress the Burpee, you can step out rather than jump out. You can lower to your knees for the push up part. Or you can just do push ups from an elevated surface.

Jump Squats: to modify or regress the Jump Squat, you can squat and rise up to your toes on the way up OR just do a bodyweight squat with a 1-2 second hold at the bottom.

Running: if you have a band that prevents you from running or it is causing you pain you may do any of the following instead (with the exception of interval days on Thurs and Sat. you need to do the Tabata below)

- KB Swings 30 sec. work /30 sec. rest
- Jump Rope 40/20
- Sleds 60/30
- Ropes 40/20
- Chopper (front, diagonal, rotation)

## Activation Warm Ups

### ACTIVATION CIRCUITS

Time for 50-Seconds Work/ 10 Seconds Rest OR if you haven't downloaded the track from members section

Do 12 Reps each or per side on Activations and for Distance on Dynamic (like 25 yards)

#### ACTIVATION 'A'

Front Plank / Down Dog Combo

Modified Cobra

Pulsing Supine Bridges

Walkout to Deep Squat to Overhead Stand

Prisoner Good Morning

#### ACTIVATION 'B'

Front to Side Plank Transfer

Spiderman Planks

Single Leg Bridges (switch half way)

W's (standing)

Alternating Forward Reaching Lunges with Overhead Press

#### ACTIVATION 'C'

Pulsing Supine Bridges

Lower Body Rotations

Upper Body Rotations Right

Arm Sweeps Right Arm

Upper Body Rotations Left

Arm Sweeps Left

Modified Cobra

Spiderman Plank

Alternating Lateral Reaching Lunge

Alternating Forward Reaching Lunges with Overhead Press

#### DYNAMIC WARM UP

Heel to Toe Walks with Arm Rotations  
Overhead

Straight Leg March

Walking Knee Hugs

Alternating Lunge with Hip Flexor Stretch and Arms

Skipping

Cariocas

Butt Kickers