

Equipment: BW Level: A

Warm-Up	Warm-Up Activity	Sets	Reps	Rest Int	
	<a href="#">Jumping Jacks</a>	4 Circuits	20	No Rest	
	<a href="#">Squat w/Front Kick</a>		10/Leg		
	<a href="#">Butt Kicks</a>		20/Leg		
Circuit Workout	Exercise	Sets	Reps	Rest Int	Notes
	<a href="#">Linear jump to hack squat</a>	3 - 5 supersets	15 to 20	30-60 seconds	
	<a href="#">Pushup Hold at 90 Degrees</a>		30 sec		
	<a href="#">120-Degree Marching Pelvic Lift</a>	3 - 5 supersets	10-15/leg	30-60 seconds	
	<a href="#">SL Cross-Over Crunch</a>		10-15/arm		
	<a href="#">Caterpillar Walkout w/ 3 Pushups</a>	3 - 5 supersets	15 to 20	30-60 seconds	
	<a href="#">High Knees</a>		30 sec		
	<a href="#">Reverse Lunge w/ Front Kick R</a>	3 - 5 supersets	15 to 20	30-60 seconds	
	<a href="#">Reverse Lunge w/ Front Kick L</a>		15 to 20		
	<a href="#">UB Crunch Hold</a>	3 - 5 supersets	30sec	30-60 seconds	
	<a href="#">Pushup Hold w/ Opp. Arm/Leg Lift</a>		10-15/side		
	<a href="#">Butt Kick Jump</a>	3 - 5 supersets	15 to 20	30-60 seconds	
	<a href="#">Plank w/ LB Twist</a>		30 sec		
Stretching	Stretch	Sets	Duration	Rest Int	
	<a href="#">Piriformis Stretch</a>	3/leg	20s	N/A	
	<a href="#">Seated Hamstring Stretch</a>	3	20s	N/A	
	<a href="#">Internal R/C Stretch</a>	2/arm	20s	N/A	

**Notes:**

- 1) Perform a warm-up BEFORE and stretching AFTER each workout.
- 2) Perform all movements in the order they appear.
- 3) All movements are meant to be performed in "superset" fashion. Perform both movements in the superset, then take the prescribed rest.
- 4) Perform a minimum of 3, and a maximum of 5 supersets.
- 5) Attempt to achieve the high-end of the rep/time range whenever possible (while maintaining good technique).
- 6) Rest 30-60 seconds between supersets.
- 7) Perform ALL supersets in a pairing before moving to the next pair of super-setted exercises.
- 8) Exercises should be performed as quickly as possible, maintaining proper technique.
- 9) If resistance (other than body weight) is used for a given exercise, select a weight that allows you to move through the range of motion quickly with good technique. When this resistance is no longer a challenge, increase the weight to the next increment.