

THE CHALK BOARD

Warm up - skipping rope 5 min or indoor (Treadmill) or outdoor jog

No equipment needed

CIRCUIT REPEAT 3X	ROUNDS 3X	REPS	TEMPO
JUMP SQUATS		3 ALMOST FAILURE OR FAILURE	N/A
BULGARIAN SPLIT SQUATS		3 ALMOST FAILURE OR FAILURE	N/A
HIP THRUSTS		3 ALMOST FAILURE OR FAILURE	N/A
DECLINE PUSH UPS		3 ALMOST FAILURE OR FAILURE	N/A
DIAMOND PUSH-UPS		3 ALMOST FAILURE OR FAILURE	N/A
MOUNTAIN CLIMBERS		3 ALMOST FAILURE OR FAILURE	N/A
SUPERMANS		3 ALMOST FAILURE OR FAILURE	N/A

This is a circuit, complete each exercise in order, once you've gone through them complete it another 2x. 90 sec rest between each round (this means after you go through each workout, rest then continue to do the next round).

No rest or minimal rest between exercises.

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CIRCUIT REPEAT 3X	ROUNDS 3X	REPS	TEMPO
BURPEE'S		3 ALMOST FAILURE OR FAILURE	N/A
REVERSE LUNGES		3 ALMOST FAILURE OR FAILURE	N/A
SINGLE LEG CHAIR SQUATS		3 ALMOST FAILURE OR FAILURE	N/A
CHIN UPS		3 ALMOST FAILURE OR FAILURE	N/A
BENCH DIPS		3 ALMOST FAILURE OR FAILURE	N/A
INVERTED ROW		3 ALMOST FAILURE OR FAILURE	N/A
CRUNCHES		3 ALMOST FAILURE OR FAILURE	N/A
PUSH UPS		3 ALMOST FAILURE OR FAILURE	N/A

This is a circuit, complete each exercise in order, once you've gone through them complete it another 2x. 90 sec rest between each round

So these will be done 3 times each.

No rest or minimal rest between exercises.

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Warm up - skipping rope 5 min or indoor (Treadmill) or outdoor jog

CIRCUIT REPEAT 3X	ROUNDS 3X	REPS	TEMPO
WALL HAND STAND		3 ALMOST FAILURE OR FAILURE	N/A
SPLIT SQUAT JUMPS		3 ALMOST FAILURE OR FAILURE	N/A
BODY WEIGHT TRICEP EXTENSIONS		3 ALMOST FAILURE OR FAILURE	N/A
SINGLE LEG V-UPS		3 ALMOST FAILURE OR FAILURE	N/A
GLUTE BRIDGE		3 ALMOST FAILURE OR FAILURE	N/A
BODY WEIGHT SISSY SQUATS		3 ALMOST FAILURE OR FAILURE	N/A
SEATED PULLUPS		3 ALMOST FAILURE OR FAILURE	N/A

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So these will be done 3 times each.

No rest or minimal rest between exercises.