MON.	TUE.	WED.	THU.	FRI.	SAT.
1 min. jump rope	30/40/50 crunches	10 minute run	1 min. jumping jacks	30/40/50 plank	1 min. jump rope
30/40/50 curls with cord	6 long jumps	20/30/40 Jumping jacks	30/40/50 upright row - cord	6/8/10 squat jumps	1 min. jumping jacks
30/40/50 run - high knees	30/40/50 squats - cord	STRETCH	30/40/50 run - butt kicks	30/40/50 side leg raise - band	1 min run
4/6/8 pushups to open plank	30/40/50 leg lifts - flutter	Deck of cards	30/40/50 double arm pull - cord	30/40/50 V-sit kicking	1 min run - high knees
30/40/50 jumping jacks	30/40/50 deadlift - cords	Hearts - Vertical row - cord	1 min. jump rope	30/40/50 seated leg ext. - band	1 min . run - butt kick
30/40/50 external rotation - cord	30/40/50 jump lunges- continuous	Spades - Mtn. climbers	30/40/50 standing arm press to SL	30/40/50 lateral squats - ankles 5 left-5 right	STRETCH
30/40/50 burpees with pushup	30/40/50 hip bridges	Diamond - front raise	30/40/50 tricep pushouts - cord	30/40/50 Superman	Deck of cards
1 min. jump rope	1-1.5-2 wall sit	Club - bike crunches	1 min. jumping jacks	30/40/50 leg press - cord	Hearts - lunges ea. leg
30/40/50 internal rotation	30/40/50 squat to streamline - cord	Ace- 10 lunges	30/40/50 Thrusters	6/8/10 squat jumps to SL	Spades - squat jump
4/6/8 push ups	30/40/50 sit ups	Face card - 4/5/6 tricep pushups	30/40/50 Lateral raise - cord	6/8/10 burpees	Diamond - curls with cord
30/40/50 run - butt kicks	30/40/50 reverse lunges in SL	STRETCH	30/40/50 run - high knees	6/8/10 squats with wgt. backpack	Clubs - lateral raise - cord
30/40/50 front flys - cord	4/6/8 tuck jumps	Core video	30/40/50 internal rotation - cord	30/40/50 standing rear leg lift - band	Face cards - 6 tricep pushouts - cord
20/25/30 tricep push ups	6/8/10 Russian twists	Shoulder stability video	30/40/50 external rotation - cord	4/6/8 V - ups	Aces -20 lunge jumps continuous
1 min. jump rope	6/8/10 squat jumps		1 min. jumping jacks	30/40/50 lateral squats - thighs 5 left-5 right	STRETCH
1-2 min. rest	1-2 min. rest		1-2 min. rest	1-2 min. rest	Core video
					Shoulder video
2 - 3 - 4	2 - 3 - 4		2 - 3 - 4	2 - 3 - 4	
Stretch after 1st and last sets	Stretch after 1st and last sets		Stretch after 1st and last sets	Stretch after 1st and last sets	
5-7-10 mins.	5-7-10 mins.	5-7-10 mins.	5-7-10 mins.	5-7-10 mins.	5-7-10 mins.