**Workout 1**

4 Rounds:

bodyweight squat x12

alternating split squat jump x 10 each leg

Walking lunges x 10 each leg

bicycle crunches x 20 seconds

do this for 10 minutes:

Sprint x 30seconds (outside or in place)

Mountain Climbers x 30 seconds

Plank for 20 seconds

Jump rope or jump over a line 20 times

3 rounds:

Jumping Jacks x 30

Burpees x 8

Flutter kick on back x 20 seconds

**Workout 2**

sprint x 30sec  
[weighted squat and press up](https://www.youtube.com/watch?v=RoCk2e_1zhg) x 10 (can use a water bottle or soup cans)  
[split stance weighted row](https://www.youtube.com/watch?v=vaiWXunNywE)x 12-15e (stand with legs apart and pull arm to yourself in a row)  
2 rounds

sprint x 30sec  
weighted chest press laying on ground, press up the water bottle or can x 15-20  
[Romanian deadlift](https://www.youtube.com/watch?v=LmaaLFNT1vs) (keep your legs together, knees SLIGHTLY bent and try to touch toes) x 10  
2 rounds

sprint x 30sec  
reverse lunges x 10e  
[bent over reverse fly](https://www.youtube.com/watch?v=evXOlgLTPCw)x 15-20 (bend over and put arms out as if you were going to hug someone and then close arms, repeat)  
2 rounds

sprint x max  
plank x max  
  
**Workout 3**

weighted push press x 12 (take cans and press overhead)  
alt. lunges x 15e  
weighted [pullover](https://www.google.com/search?q=youtube+pullover+exercise&rlz=1C5CHFA_enUS890US891&oq=pullover+youtube+ex&aqs=chrome.1.69i57j0.7575j0j7&sourceid=chrome&ie=UTF-8) x 12 lay on back, hands over head and move can in front of face and then back behind head again)  
side plank x 25sec ea  
[plank punches](https://www.youtube.com/watch?v=8PL7t9NzcXY) x 15e  
2 rounds  
  
[bent over row](https://www.youtube.com/watch?v=QFq5jdwWwX4)x 12  
[single leg dead lift](https://www.youtube.com/watch?v=HtHxnWmMgzM) x 10e  
split jump x 15e  
[bulgarian split squat](https://www.youtube.com/watch?v=2C-uNgKwPLE) x 12e  
1 round  
  
step ups x 10e  
dips x 10-15  
jumping jacks x 15  
db lateral raise x 10-12  
[superman hold](https://www.youtube.com/watch?v=z6PJMT2y8GQ) x 20-30s  
3 rounds  
 **Workout 4**

sprint x 30sec  
burpee x 10  
sprint x 30sec  
squat jumps x 20  
sprint x 30sec  
alt. lunges x 15e  
sprint x 30sec  
db [diagonal chop](https://www.youtube.com/watch?v=jFoEFLTkFMM) x 10e  
sprint x 30sec  
2min rest - 2 rounds