

Dynamic Warm-ups: 50 meters of each exercise

- Lunge and twists
- Walking straight leg Roman Deadlifts (one leg at a time)
- Karaokes
- Power skips
- High Knees
- Butt Kicks
- Shuffle side to side lunge
- Open and close hip gate
- Trunk twists

Monday	Tuesday	Wednesday	Thursday	Friday
2x 25 meter sprints	2x 25 meter karaokes	2x 25 meter single leg hops	2x 25 meter karaokes	2x 25 meter sprints
10 Sit ups	10 Russian Twists	1 min. Plank Hold	10 Russian Twists	10 Sit ups
10 Box Jumps	10 Penguin jumps	10 Box jumps	10 Penguin jumps	10 Box jumps
10 Burpees	10 Burpees	10 Burpees	10 Burpees	10 Burpees
10 Push ups	10 Push ups	10 Push ups	10 Push ups	10 Push ups
10 Air squats	10 Squat Jumps	10 Air squats	10 Squat Jumps	10 Air squats
25 meter Lunges	10 Lunges with twists	10 Side Lunges	10 Lunges with twists	10 Lunges
10 Inchworms with pushup	1 min. Superman holds	10 Inchworms with pushup	1 min. Superman holds	1 min. Plank hold
Repeat 2 more times ... 3 sets total				

Example of 5 day lifting plan:

Legs/Lower Back

- Squats: 4-5 sets of 3-5 reps
- Deadlifts: 4-5 sets of 3-5 reps
- Leg extensions: 3 sets of 6-10 reps
- Lunges: 2 sets of 6-10 reps
- Calf raises: 4 sets of 6-10 reps
- Back extensions: 3 sets of 6-10 reps

Chest/Upper Back

- Wide-grip barbell bench press: 4-5 sets of 3-5 reps
- Incline dumbbell bench press: (Explosive) 3 sets of 8-10 reps
- Close-grip barbell bench press: 4-5 sets of 3-5 reps
- Pull-ups: 3 sets of 6-10 reps
- One-arm dumbbell rows: 3 sets of 6-10 reps

Abs

- Decline sit-ups (weighted): 4 sets of 4-6 reps
- Leg raises: 4 sets of 5-8 reps
- Plate twist: (Explosive) 4 sets of 6-10 reps

- V sit-ups: (Lie with back on floor, hands extended above head, feet extended and slightly off floor. To do one rep you bring your legs and hands forward but still extended and touch each other to create a V. If this is too easy use ankle weights and hold a weight in your hands) 3 sets of 4-8 reps

Olympic Lifts

- Front squats: 3 sets of 4-5 reps
- Power clean: 3 sets of 4-5 reps
- Snatch: 3 sets of 4-5 reps

Arms

- Reverse-grip barbell bench press: 4-5 sets of 3-5 reps
- Dips: (Explosive) 3 sets of 8-10 reps
- Single-arm reverse-grip push-downs: 3 sets of 6-10 reps
- Chin-ups: 3 sets of 6-10 reps
- Close-grip EZ-bar bicep curls: 3 sets of 6-10 reps
- Alternating dumbbell curls: 6-10 reps