



Casual Level Workouts

| Week | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------|--|--|--|---|---|--|---------------------------------|
| 1 | <p>For Time:</p> <p>21-15-9 Reps of: Dumbbell Thrusters Jumping Pullups or Push-ups</p> <p>Rest 5 minutes, then: Run 200m x 2 Rest 1 minute in between</p> | <p>5 Rounds of: 5 Push Press 10 Box Steps 15 Squats</p> <p>For Push press, weight of your choice. For box steps, 12-20" height, bench works great)</p> | <p>Rest Day (Stretch or daily warm-up preferred)</p> | <p>For Time: Run 1 mile 20 Squats 20 Sit-ups 20 push-ups Run 1 mile</p> | <p>EMOTM for 15 minutes: 3 Burpees 6 Mountain Climbers</p> <p>Rest 5 minutes, then: Tabata Squats</p> | <p>AMRAP in 15 minutes of: 6 Walking Lunges (no weight) 12 Knees-to-Chin 24 Jump Ropes</p> <p>(If you don't have a jump rope, do standing hops)</p> <p>Rest 5 min, then: Plank Holds 3 x 30 seconds each</p> | <p>Rest Day (Full Rest)</p> |
| 2 | <p>For Time: 4 Rounds 50 Jump Ropes 25 Squats 25 Sit Ups</p> | <p>AMRAP in 15 minutes: 5 Pushups 10 Situps 15 Mountain Climbers Run 100m</p> | <p>Rest Day (Stretch or daily warm-up preferred)</p> | <p>EMOTM for 15 minutes: 6 Squats 6 Knees to chest 6 Push Ups</p> | <p>2 Rounds: 40 Push-ups 30 Sit-ups 20 Walking Lunges 10 Burpees</p> | <p>For Time: 60 Burpees</p> <p>Rest 5 minutes, then: Tabata Sit-ups</p> | <p>Rest Day (Full Rest)</p> |



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| 3 | <p>EMOTM for 10 minutes: 3 Burpees 20 Jump Ropes</p> <p>Rest 5 min then:</p> <p>Run 800m x 2 Rest 1 minute between each</p> | <p>12 Rounds: Sprint 50m Every other round, do 10 Situps</p> | <p>Rest Day (Stretch or daily warm-up preferred)</p> | <p>AMRAP in 10 minutes: 5 Step Ups 10 Mtn. Climbers 15 Squats</p> | <p>For Time: 30 Walking Lunges 40 Push-ups 50 Sit-ups 60 Squats</p> <p>Rest 5, then: Tabata Jump Rope</p> | <p>For Time: 70 Burpees</p> <p>Rest 5 minutes, then: Tabata Sit-ups</p> | <p>Rest Day (Full Rest)</p> |
| 4 | <p>For Time: Run 2 miles</p> | <p>EMOTM for 10 minutes: 6 Mountain Climbers 3 Sit-Ups</p> <p>Rest 5 Minutes, then:</p> <p>3 Rounds: Sprint 50m</p> | <p>For Time: Complete 80 Burpees</p> | <p>Active Rest Day (Stretch or daily warm-up preferred)</p> | <p>For Time: 200 Jump Ropes 20 Sit Ups 20 Pushups 20 Squats 200 Jump Ropes</p> | <p>For Time: Run 1 mile 25 Mountain Climbers 25 Burpees Run ½ mile</p> | <p>Rest Day (Full Rest)</p> |



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WARM-UP: Each day, perform at least 10 minutes of [dynamic stretching](#) and the following warm-up prior to your workout.

Run 200m

15 Squats

15 Sit-ups

15 Push-ups

Run 200m

POST WORKOUT: 10-15 minutes of static stretching (very important). Fuel and hydrate within 30 minutes. What does that mean? Eat a portion of protein, carbohydrate (fruits or vegetables) and drink water or electrolyte replacement.

TERMS:

EMOTM: (Every-minute-on-the-minute) On these style workouts, you will set a timer and start the movements for the workout at the top of the minute. Once you finish the movements, you will have the remainder of the minute to rest. Once the next minute starts, begin the next set of movements.

AMRAP: As many rounds/reps as possible (in a given time). For example, an AMRAP for 10 minutes would mean you perform as many rounds of the given movements as you can until the 10 minutes is up.

FOR TIME: Quite simply, you're racing against yourself to see how quickly you can complete the workout. But don't forget to pay close attention to your form!

TABATA: Tabata workouts are tough. They are usually comprised of one movement. For example, squats. You would do continuous squats for 20 seconds straight, then rest for 10 seconds. After the 10 second rest, you continue with another 20 seconds of squats, and so on. You would repeat the 20 on/10 off for a total of 8 rounds.