



Noob Level Workouts

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	EMOTM for 10 minutes: 3 Burpees 10 Jump Ropes Rest 5 min then: 4 Rounds: 5 Burpees 5 Push-ups 5 Air Squats Bike or Jog 2 minutes	2 Rounds: 10 Push-ups 10 Sit-ups 5 Walking Lunges per side Rest 5 minutes, then run ½ mile (800meters)	Rest Day (Stretch or daily warm-up preferred)	Dynamic Stretch for 10 minutes, then: For Time: Run 2 miles	AMRAP in 10 minutes: 5 Step Ups 10 Mountain Climbers 15 Jumping Jacks	For Time: Complete 50 Burpees	Rest Day (Full Rest)
2	For Time: 20 Squats 20 Push-ups 20 Sit-ups 20 Walking Lunges 20 Step Ups	Run 1/2 mile (800m) 10 Burpees 10 Knees to Chest 10 Mountain Climbers Run 1/2 mile	For Time: Complete 60 Burpees	Active Rest Day	For Time: 5 Rounds: 5 Push-ups 10 Walking Lunges 15 Sit-ups 25 yard Bear Crawl	EMOTM for 15 minutes: 3 Squats 3 Knees to chest 3 Push Ups	Rest Day (Full Rest)



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3	For Time: 5 Rounds 50 Jump Ropes 25 Squats	4 Rounds: 8 Burpees 8 Push-ups 8 Squats	For Time: 21-15-9 Reps of each: Squats, Push-ups Rest 5 minutes, then: 3 rounds: 30 Sec Plank Holds	Active Rest Day (Stretch or daily warm-up preferred)	AMRAP in 15 minutes: 6 Pushups 12 Situps 18 Jump Ropes Run 100m	For Time: Run 1 mile 25 Sit Ups 25 Pushups Run 1 mile	Rest Day (Full Rest)
4	For Time: Run 2 miles	EMOTM for 10 minutes: 6 Mountain Climbers 3 Sit-Ups Rest 5 Minutes, then: 3 Rounds: Sprint 50m	For Time: Complete 70 Burpees	Active Rest Day (Stretch or daily warm-up preferred)	For Time: 200 Jump Ropes 20 Sit Ups 20 Pushups 20 Squats 200 Jump Ropes	For Time: Run 1 mile 25 Mountain Climbers 25 Burpees Run ½ mile	Rest Day (Full Rest)

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

2 Rounds of:



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5 Pushups

5 Situps

5 Burpees

5 Squats

Jog 100m (Roughly the distance of a football field)

Explanation: For the warm-up, you will do 5 pushups, then move to 5 sit ups, then do 5 burpees and 5 squats. Immediately after those movements, jog 100m. When you return from the jog, immediately begin the second round with 5 pushups, 5 sit ups and so on. You will finish this round with another 100m jog. Move slowly, but try to not stop for long periods. After the warm-up is finished, don't wait too long before starting your workout.

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.