



**Project Me – Advanced Workout Program**

Each workout should take you out of your comfort zone; HR Zone of 65% to 90%



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Week 1		Sprint Intervals - One Minute	Lifting Your Choice	Cardio/Band Interval - 80% MHR on Cardio; Toning One Full Minute	Tabata Set - Abs & 30 Minute Cardio (swim, run, bike, etc.)	20 Min bike, 20 min elliptical and 1 Set of Cardio Ab Round <small>(no machines? Sub out bike/elliptical with 40 min any cardio)</small>
Week 2	Chest/Butt Abs in Weight Room	60 Minute Run	Sprint 1 Min, Recover 1, 25 Push Ups, 25 Sit Ups. Repeat 6-8 times	Jog 30 Minutes & Recovery Lift 3 Sets of 8	10, 9, 8 Upper Body	50 Abs – Jog 1 mile
Week 3	Stacked Lift - 3 Sets of 8	MOP Toning 3 Rounds	1 Mile Tabata Set - Full Body	Free Weight Sprint Interval - Add 5 pull ups between each set of exercises	Sprint Cardio/Ab Interval - 3 times through	100 V Ups, 100 Diamond Push Ups, 1 Set of Cardio Ab Round
Week 4	Chest/Butt Abs in Weight Room	Sprint Intervals - Street – 30 Push ups directly after sprint	40 Minute Cardio - Preferably Swim MOP Toning - 1 round	Recovery Lift 1 Set of 15, 1 Set of 10 and 1 set of 5. Run fastest mile	Tabata Set - Weights	50 Abs – Jog 1 mile



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Week 5	Free Weight Sprint Interval - Add 7 pull ups between each set of exercises	60 minute Jog	Sprint Intervals - Street and Tabata Set - Abs		Sprint Cardio/Ab Interval	Jog for 10 songs & 2 Sets of Cardio Ab Round
Week 6	Tabata Set – Full Body	Sprint Intervals - Two Minute Accelerating	Jog for 10 songs 1 round MOP Toning	10, 9, 8 Upper Body	Free Weight Sprint Interval - Add 9 pull ups between each set of exercises	Machine Interval Cardio 25 minutes – 50 Abs
Week 7	Chest/Butt Abs in Weight Room	30 Min jog Cardio Tone in Place		Stacked Lift - 3 Sets of 8 1 Set of 15, 1 Set of 10 and 1 set of 5. Run fastest mile	Tabata Set - Abs	Cardio Ab Round 3 Rounds
Week 8	Tabata Set - Weights	Run Fastest Timed Mile, Jog mile. Run fastest timed mile	Sprint Cardio/Ab Interval - 3 times through	Free Weight Sprint Interval Add 11 pull ups between each set of exercises	60 minute jog	Century Workout .... 2 Times
Bonus Week!	50 Abs 2 times through = 100 of each	Jog 60 min, walk 30 Minutes	Sprint Intervals - One Minute and one Cardio Ab Round	Tabata Sets - Abs and Full Body	Sprint 1 Min, Recover 1 Min, 25 Push Ups, 25 Sit Ups. Repeat 8 times	4 Miles Cardio & 50 Abs



## Workout Descriptions

### One Minute Sprint Intervals: Equipment needed – None

<b>Exercise</b>	<b>Explanation</b>
<i>1 Min Sprint HARD</i>	Run as fast as you can for one minute. If outside, just go as fast as you can; your body will give out. If on treadmill, set 3 higher than you're used to. (Maybe an 8 or higher.)
<i>1 Min Walk</i>	Walk and recover. Breathe as best as you can to recover in one minute. If on treadmill go at a 3 or 4.
<i>Repeat above 10x for total of 20 min</i>	First 3 or 4 sprints may be ok, but they will get more difficult. Your speed on last 5 sprints will decrease.

### Cardio Band Interval: Equipment needed – Exercise Band

<b>Exercise</b>	<b>Explanation</b>
<i>4min Cardio</i>	Any Cardio; Jogging outside, biking, treadmill, elliptical etc. Repeat cardio or change each time.
<i>20 Bicep Curls</i>	Band underneath feet. Both arms extended w/ palms up. Curl arms up. Full extension each time.
<i>4min Cardio</i>	
<i>20 Military Press</i>	Band under one foot. Arms in goal post position (90 degrees over your head). Extend arms straight up. Squeeze stomach to protect back. Return to start position.
<i>4min Cardio</i>	
<i>20 Tricep Push Backs</i>	Band under both feet. Palms facing backwards. Straight arms entire time. Push band backwards and hold squeeze 2 seconds.
<i>4min Cardio</i>	
<i>20 Rows</i>	Wrap band around tree or pole facing tree. Extend arms straight in front of you, band taught. Pull band back w elbows up like rowing a boat.
<i>4min Cardio</i>	
<i>20 Shoulder Raises alt front and side</i>	Band under one foot. Straight arm raise forward (not above horizontal). Bring down. Straight arm raise to side (not above horizontal).
<i>4min Cardio</i>	
<i>20 Chest Press</i>	Wrap band around tree or pole facing away. Arms raised to shoulder height at 90 degree angle. Push or extend arms straight forward.
<i>4min Cardio</i>	
<i>20 Squats</i>	Band underneath feet. Hold handle in each hand up by shoulders.



**Tabata Set – Abs: Equipment needed – Tabata Timer App on your phone is helpful**

This is a muscle sprint. You are going to do an exercise for 20 seconds as HARD as you can. Then rest for 10 seconds. Repeat this cycle with that same exercise 8 times. The total for the exercise is 4 minutes. That muscle group should be totally depleted by end.

<b><u>Exercise</u></b>	<b><u>Explanation</u></b>
<i>In and Outs</i>	Sit on bottom legs bent together in front of you. Lean back and balance legs up. 'Open' or extend legs out while leaning back and return to start.
<i>Mountain Climbers</i>	Push up position. Step one leg towards your hand then switch.
<i>Leg Drops</i>	Lay on back hands under seat and legs straight up to sky. Drop legs down towards floor (inch above floor) and pull back up to start position.
<i>Bicycles</i>	Lay on back hands behind your ears legs extended out. Move one elbow towards opposite knee while bringing that knee up; switch.

**Cardio Ab Rounds: Equipment needed – None**

One round will take about 15 minutes. Complete 3 Rounds.

<b><u>Exercise</u></b>	<b><u>Explanation</u></b>
<i>15 Sit ups</i>	Full Sit Ups
<i>15 Burpees</i>	Start standing up. Drop down to the ground. Stand back up. Add jump at top if you can.
<i>15 Mason Twists</i>	Sit in same lean back position as in and outs. Twist shoulders side to side and try to touch hands to each side as you go.
<i>15 Squat Jacks</i>	Do normal jumping jack but bend legs in out position down to a plie squat position. Explode out of the bottom position
<i>15 Toes to Heaven</i>	Lay on back hands underneath seat and legs extended. Lift toes straight up towards sky working lower abs.
<i>16 Squat Thrusts to Sides</i>	Start standing up. Bend and put hands on the ground. Jump both feet out to the left to a sideways push position. Return to center and stand. Repeat on right side. (8 on each side)
<i>15 Straddle V Ups</i>	Lay flat on your back. Lift legs while apart in straddle. Lift upper body like a sit up - at same time lift legs and reach through the center of your legs. Return to start.
<i>15 Tuck Jumps</i>	Standing. Jump up and pull your knees up towards your chest.
<i>15 Pelvic Tilts</i>	Lay on your back knees bent, ft on floor. Roll your pelvis upwards, squeezing your butt; toes up and squeeze your TVA. Engage lower abs.
<i>15 Hollow Roll to Push Ups</i>	Lay on back. Sit up and roll over your feet and reach out into a push up position. Do a push up. Go back over your feet and roll down to laying again.
<b><i>This equals 1 Round</i></b>	



**Chest/Butt/Abs in Weight Room: Equipment needed – Bar w/65-85lbs**

There are only 3 exercises. Repeat all three for 1 round. Must complete 10 rounds. This routine is about form and FULL RANGE of MOTION

<u>Exercise</u>	<u>Explanation</u>
<i>8 Dead Lifts</i>	Preferably a heavier weight (65 - 85)
<i>10 Push ups</i>	Hands on barbells and still try to touch your chest at the floor
<i>12 Knees to Elbows or Leg Drops</i>	If you have access to a bar, hang and try to bring your feet towards your hands or knee up to your elbows. This is a difficult lower ab exercise. If you don't have a bar you can do leg drops

**Recovery Lift: Equipment Needed – Free Weights, Weight Room, or Exercise Bands**

Three exercises are grouped together to equal 1 Set. Go to Group One. Do each 3 exercises 10 times. That will be one set. Move to Group Two and then to Group Three. Repeat for a total of 3 sets.

<u>Exercise</u>	<u>Explanation</u>	<u>Alternate Equipment: If you don't have access to weights YOU can use bands or do alternate exercise below.</u>
<b>GROUP 1:</b>		
<i>Hamstring Curls</i>	Laying on stomach curl weight by bending at knees. Try to get heels to your butt. If you don't have a weight, have a partner resist your legs	Squats raising toes up (can sit if you want)
<i>Pull Ups</i>	Use an assisted pull up machine if needed. If you don't have access to a pull up machine or bar, do Mtn push ups	Mtn Push Ups
<i>Regular Bicep Curls</i>	When doing 10+ reps, do both arms at a time. When doing heavier weight and less than 10 reps, sit and do one arm at a time.	Bi curls w the band
<b>GROUP 2:</b>		
<i>Weighted Single Leg Lunge</i>	Hold one barbell in each hand. Balance on front foot w/ back foot up on a bench or chair. Bend front knee to a 90 degree angle. Make sure your foot does not go over your toe.	Use band for weight if you want
<i>Tricep Dips (on machine)</i>	Same machine as assisted pull up. If you don't have access, just do straight leg tricep dips on a chair.	Tri Dips on the chair
<i>Reverse Flies</i>	Bend at the waist 90 degrees w/ a straight back, head looking forward. Barbell in each hand straight down by knees. Extend arms outwards like wings.	Flies w/ the band
<b>GROUP 3:</b>		
<i>Weighted Calf Raises</i>	If you have access to a weighted calf machine, use it. If not, hold a barbell in each hand and full extend through the ankle to a full toe point	
<i>Bench Press</i>	Remember to keep your arms an equal distance apart from the middle. If you don't have access to a bench, use free weights.	Chest Press around tree w/ band
<i>Lat Pull Downs</i>	Arms extended overhead. Pull both arms down to 'goal post 90 degree arms'. If you don't have access to a machine, use a band.	Lat Pull downs w/ band



**10,9,8 Upper Body: Equipment needed – 5-10lb Weights**

<b><u>Exercise</u></b>	<b><u>Explanation</u></b>
<b>10 each of the following:</b>	
<i>Push Ups - Feet Up</i>	Feet on Chair Behind you, arms on floor. Normal push up where you try to get your chest within one inch of the ground w/o arching your back.
<i>Mtn Push Up, HS Push Up or Pull Up</i>	You choose - MTN push up - Go to push up position and bring hands and ft together so your butt is in the air. Bend 90 degree angles at elbows focusing on your lats. Drop down towards your nose. HS Push up (Handstand) against wall touching head each time. Or Full Pull Up
<i>Burpees</i>	Start standing up. Drop down to the ground. Stand back up. Add jump at top if you can.
<i>Tricep Push Up w/ Row</i>	Push up w/ hands on barbells. Keep elbows back on tricep push up. When you are back to plank, row one barbell up. Do another tri push up and row other hand at the top
<i>Reverse Flies w/ Barbells</i>	Focus on posture.
<i>Lay Hollow, Roll Through to Push Up</i>	Lay on back. Rock back towards head (ft come up to air). Roll forward reaching forward and walk hands out to push up plank. Do one push up. Walk hands back towards feet and lay back to start position.
<i>Plank Squat Thrust Side to Side</i>	Start in push up plank. Jump both ft towards hands. Jump both feet out to right. Jump both ft back towards hands. Jump both ft out to left. Jump both feet back to hands. Repeat side to side. (Must do both side for 1 count)
<b><i>Then repeat all above with 9 repetitions</i></b>	
<b><i>Then repeat all above with 8 repetitions</i></b>	
<b><i>7 reps. 6 reps, 5 reps, 4 reps, 3 reps,</i></b>	
<b><i>2 reps, 1 rep</i></b>	
<b><i>5 reps</i></b>	
<b><i>4 reps</i></b>	
<b><i>3 reps</i></b>	Don't start combining these b/c of the low numbers. There is a point to only doing 3, 2 or 1 at a time!
<b><i>2 reps</i></b>	
<b><i>1 rep</i></b>	



### **50 Abs: Equipment needed – None**

Complete 50 of each of the ab exercises total. You can break down sets as small as you like. Focus on good form so small sets are better. Complete as quick as you can and record your time for comparison in the future.

<b><u>Exercise</u></b>	<b><u>Explanation</u></b>
<i>Sit Ups</i>	Full Sit Ups
<i>Sit Back Side to Side</i>	Start sitting up and lean back as far as you can with control and no back pain. Tilt one shoulder down towards the ground. Repeat on the other side. Must do both sides to equal one rep
<i>Froggy In &amp; Outs</i>	Sit on bottom legs bent and lifted up; lean back. Reach in between knees to grab feet and then lean back and extend legs out. Repeat.
<i>Side to Side Crunches</i>	Lay on back. Lift shoulders engaging top abs. Lean one shoulder in and then the other. Must do both sides to equal one rep
<i>Leg Drops</i>	Lay on back hands underneath seat and legs extended. Drop legs down to floor. Keep them straight. Bring back to sky.
<i>Oblique Drops</i>	Standing hands down by side. Engage TVA. Drop arms from one side to the other keeping TVA tight
<i>Bicycles</i>	Lay on back hands behind your ears legs extended out. Move one elbow towards opposite knee while bringing that knee up; switch.
<i>V Ups</i>	Sit on bottom legs bent together in front of you. Lean back and balance legs up. 'Open' or extend legs out while leaning back and return to start. Keep legs straight if you can.



**Stacked Lifting: Equipment needed – Free weights or weight room**

Three exercises are grouped together to equal 1 Set. Go to Group One. Do each 3 exercises 10 times (or whatever amount of reps listed on the calendar for that day). That will be one set. Move to Group Two and then to Group Three. Repeat for a total of 3 sets.

<b>Exercise</b>	<b>Explanation</b>	<b>Alternative if no weights available</b>
<b>GROUP 1:</b>		
<i>Single Leg Step Ups W/ Weight</i>	Free weight in each hand. Step up onto bench or stair. Tap other leg to bench or stair and step back down on the same leg. Repeat all reps on one leg and then move to the other	Same step up w/ no weight
<i>Dead Lift</i>	Use bar if you have access to one; otherwise use free weights. Start w arms hanging down straight. Bend at waist keeping back straight and chest out and head up. Slowly let weight drop down the length of your leg and then lift back up to start position	Single leg dead lift no weight
<i>Leg Press Machine</i>	Remember not to let knees go over toes. If you don't have access to Press Machine, do weighted deep squats	Squats w/ back pack on
<b>GROUP 2:</b>		
<i>Seated or Standing Rows</i>	Use bar if you have access to one; otherwise use free weights. Start w arms hanging down straight and bend at waist almost 90 degrees. Keep back straight and chest out and head up. Slowly pull the weights up towards your belly button keeping chest out and return to the start position.	Soup Can Reverse Flies
<i>Tricep Extension (Cable Pull)</i>	Glue upper arms and elbows to your rib cage. Bend elbows at 90 degree. Extend and push arms straight. Make sure to get them to a full 180. Return to 90 degrees.	Tricep Dips
<i>Kettle Bell Swings</i>	Slight plié squat; weight hanging in between legs held by both arms. Use pelvic swing and full body to swing KB in front of your eyes. KEEP CORE TIGHT	Squat Jumps touching floor and then reaching over head
<b>GROUP 3:</b>		
<i>Pectoral Flies</i>	Lay on ball or bench w/ weights in each hand, arms over your body, and weights over your shoulders. Open arms in a soft bend outwards towards floor; bring back to start position.	Wide Push Ups
<i>Rotating Bi Curls</i>	Start curl w/ thumbs forward (hammer curl) as you bring the weight up, rotate in so your palm side is facing your body. At the top of the curl rotate your hands in so pinkies are closer to your face.	Partner Bi Curls or Bottom Barrel Tricep push ups (Tri Push up form w/ elbows in by ribs. Drop so that chest is one inch above the floor, push up half way and return to bottom.
<i>Military Press</i>	Start in goal post arm position, tummy tight. Press weights over head to a straight up position. Return to start.	Mtn Push Ups
<b>OPTIONAL GROUP:</b>		
<i>Bench Press</i>		
<i>Decline Bench</i>		
<i>Incline Bench</i>		





**MOP Training: Equipment needed – 3-10lb weights, Exercise band**

Do each exercise full out for 1 minute. Try to move right to the next exercise w/o a break. 15 second break at most. Drink in between rounds  
Complete 3 rounds

<b><u>Exercise</u></b>	<b><u>Explanation</u></b>
<i>Shuffle Drop</i>	Think football. Shuffle your feet up and down. Drop as quick as you can and pop back up as quick as you can
<i>Light Shoulder Lifts - front and side</i>	5lbs or less. Do not go over shoulder height
<i>Tricep Push Ups</i>	Push up position but have hands right underneath shoulders. Drop down to a push up but keep elbows back and rub along ribs. Use triceps to push back up.
<i>Side to Side Bands</i>	Band underneath both legs. Step side to side stretching band from side to side. Work side glutes.
<i>Side to Side Burpees</i>	Start standing up. Bend and put hands on the ground. Jump both ft out to the left to a sideways push position. Return to center and stand. Repeat on right side.
<i>Plank Leg lifts</i>	Push up plank position. Lift right leg up straight by squeezing butt. Bend leg in and out. Switch to other leg
<i>Weight Plate Twists</i>	Hold weight plate (10 - 25lb) in arms like a baby. Sway side to side engaging core working obliques
<i>Running Bicep Curls</i>	Hold 5 to 10lb barbells in each hand. Thumbs up and swing weights like you are running. Squeeze core so you don't twist at waist.
<i>Mountain Climbers</i>	Push up Plank position. Step r foot up towards r hand. Place back. Step left foot up towards left hand. Place back. Jump back and forth if can.
<i>Reverse Flies</i>	Light weights. Bend 90 degree at waist. Drops arms down. Chest out. Lift arms outwards like bird winds.
<b><i>This equals one round.</i></b>	

**Tabata Set – Full Body: Equipment needed – Tabata Timer App on your phone is helpful**

This is a muscle sprint. You are going to do an exercise for 20 seconds as HARD as you can. Then rest for 10 seconds.  
Repeat this cycle with that same exercise 8 times. The total for the exercise is 4 minutes. That muscle group should be totally depleted by end.

<b><u>Exercise</u></b>	<b><u>Explanation</u></b>
<i>Push Ups</i>	Start on toes if you can. Go to modified when needed
<i>Squat Jumps</i>	Bend at knees to touch ground. Keep chest up. Push through quads and jump up reaching for sky.
<i>Tricep Dips</i>	Sit on chair. Hands on seat. Move forward off chair. This is start position. Bend at elbows to 90 degree angle keeping back close to the chair.
<i>Lunge Hops</i>	Step forward on one leg to 90 degree single leg lunge. Step back to start position. Repeat on other leg. If you can, jump from one leg to the other.
<i>Sit Ups</i>	Full sit ups



**Free Weight Sprint Interval: Equipment needed – 3-8lb Weights**

	<b><u>Exercise</u></b>	<b><u>Explanation</u></b>
<i>2 Minute Accelerating</i>	30 sec jog at your comfortable pace 30 sec run at BASE +1 30 sec run at BASE +2 30 sec run at BASE +3	This is your BASE pace. Estimate if outside. If on treadmill go at your normal jog pace. At each interval increase by 1 level.  <b>THIS IS YOUR CARDIO THAT WILL BE REPEATED IN BETWEEN EXERCISES</b>
<i>2 Minutes Decelerating</i>	30 sec run at BASE +3 30 sec run at BASE +2 30 sec run at BASE +1 30 sec jog at your comfortable pace	
	2x15 Push Ups	
	REPEAT CARDIO	
	2x15 Bicep Curls	w/ free weights
	REPEAT CARDIO	
	2x15 Military Press	w/ free weights
	REPEAT CARDIO	
	2x15 Tricep Extensions	w/ light free weight. Hold extension back for 3 seconds
	REPEAT CARDIO	
	2x15 Bent Over Rows	w/ light free weight. Make sure your chest is out
	REPEAT CARDIO	
	2x15 Shoulder Raises Front	w/ free weight. Don't raise above horizontal
	REPEAT CARDIO	
	2x15 Shoulder Raises Side	w/ free weight. Don't raise above horizontal
	REPEAT CARDIO	
	2x15 Tricep Dips	



**Sprint Cardio Ab Interval: Equipment needed - None**

15-20 Minutes Once Through

<b><u>Exercise</u></b>	<b><u>Explanation</u></b>
30 Sec Sprint/1 min walk	Get to 95% on your cardio and recover on your minute walk.
20 standing Oblique Crunches	Stand up w/ arms by ears at head. Lift tall. Open to the left and crunch right elbow to right knee. All 20 on one side and then all 20 on the other side.
30 Sec Sprint/1 min walk	
20 V Ups	Sit on bottom legs bent together in front of you. Lean back and balance legs up. 'Open' or extend legs out while leaning back and return to start.
30 Sec Sprint/1 min walk	
20 Side Laying V Ups	Lie on one sit bent almost 90 degree at hips. Bottom arm down in front of you to use as assistor. Top arm bent and place behind ear. Fold in half at waist and lift bottom half and top half at same time bringing top elbow to knee.
30 Sec Sprint/1 min walk	
20 Sit Ups	Full Sit Ups
30 Sec Sprint/1 min walk	
40 Mason Twists	Sit in same lean back position as in and outs. Twist shoulders side to side and try to touch hands to each side as you go.

**Sprint Intervals – Street: Equipment needed – None**

<b><u>Exercise</u></b>	<b><u>Explanation</u></b>
Sprint 1, 2, 3	Pick a street. Sprint full speed to end of that street. Walk all of the way back. Repeat this street 3 times.
Sprint 4, 5, 6	Pick a new street; maybe a different angle, hill, length. Sprint full speed to the end and walk back. Repeat 3 times.
Sprint 7, 8, 9	Pick another new street and repeat.

**Tabata Set: - Weights: Equipment needed – Tabata Timer App, Kettle Bell, Weights, Weighted Ball**

This is a muscle sprint. You are going to do an exercise for 20 seconds as HARD as you can. Then rest for 10 seconds.

Repeat this cycle with that same exercise 8 times. The total for the exercise is 4 minutes. That muscle group should be totally depleted by end.

<b><u>Exercise</u></b>	<b><u>Explanation</u></b>
Kettle Bell Swings	KettleBell in both hands and swings between legs and out and up (Use dumbbell if kettle bell isn't available)
Hammer Curls	Lighter weight than normal alternating arms. Thumbs up
Mason Twists	Sit in same lean back position as in and outs. Twist shoulders side to side and try to touch hands to each side as you go.
Pull Ups	Assisted or free
Knees to Elbows	Hanging on bar pull legs up towards toes or knees to elbow. If this is too advance lay on incline and pull knees or toes up
Weighted Ball Squats	Heavy ball in both hands; squat down until ball hits the ground and stand and lift ball over head. (If no ball is available, do Burpees instead)



**Accelerating Sprint Intervals: Equipment needed – None**

	<b><u>Exercise</u></b>	<b><u>Explanation</u></b>
2 Minute Accelerating	<i>30 sec jog at your comfortable pace</i>	This is your BASE pace. Estimate if outside. If on treadmill go at your normal jog pace. At each interval increase by 1 level.
	<i>30 sec run at BASE +1</i>	
	<i>30 sec run at BASE +2</i>	
	<i>30 sec run at BASE +3</i>	
	<i>30 sec run at BASE +2</i>	
	<i>30 sec run at BASE +1</i>	
	<i>30 sec run at BASE +3</i>	
	<i>30 sec run at BASE</i>	
	<i>Walk for 2 minutes</i>	
	<i>30 Push Ups</i>	This is to break down your chest which will affect next sprint
	<i>30 Lunges each leg</i>	This is to break down your legs which will affect next sprint.
	<b><i>REPEAT 3X</i></b>	

**Cardio Tone in Place: Equipment needed – None**

	<b><u>Exercise</u></b>	<b><u>Explanation</u></b>
	<i>4 Minute jog in place</i>	
	<i>30 Push Ups</i>	Most importantly try to get your chest within one inch of the ground w/o arching your back.
	<i>200 Jumping Jacks</i>	
	<i>30 Push Up Plank Knee Crunches</i>	Push up position. Lift one leg and bend at knee bringing it up towards your head. Do 30 on one side and the other.
	<i>2x30 Squat Jumps</i>	Keep chest up. Bend at knees to touch hands to the floor. Explode through legs and jump up.
	<i>30 Tricep Push Ups</i>	Push up position but have hands right underneath shoulders. Drop down to a push up but keep elbows back and rub along ribs. Use triceps to push back up.
	<i>200 Toe Touch Hops</i>	Lift one leg and touch your toe w/ the opposite hand. Jump and switch.
	<i>30 Lunges W/ Back Leg up (Each Leg)</i>	Back leg propped up. Bend down keeping your chest up. Front knee should not exceed 90 degrees. Complete 30 on each leg.
	<i>20 Burpees</i>	Start standing up. Drop down to the ground. Stand back up. Add jump at top if you can.
	<i>30 Mountain Push Ups</i>	Go to push up position and bring hands and ft together so your butt is in the air. Bend 90 degree angles at elbows focusing on your lats. Drop down towards your nose,
	<i>30 Speed Squatters</i>	Stand w/ both legs together. Push to the left and hop onto your left leg. When you land, bend your left knee and try to touch your right arms to your left toe. Explode directly to the right onto the right leg bending down touching left hand to the right foot.



### **Century Workout: Equipment needed – Pull Up bar optional**

Complete 100 of each of the following exercises total. You can break down sets as small as you like. Focus on good form so small sets are better. Complete as quick as you can and record your time for comparison in the future.

<b><u>Exercise</u></b>	<b><u>Explanation</u></b>
<i>Run 1 mile</i>	This is a warm up. Go your own pace.
<i>Push Ups</i>	If you can do 5 or more regular push ups at a time; do ALL this way. Make the sets as small as you want to complete full range of motion push ups.
<i>Tricep Dips</i>	Try to complete all dips without modification
<i>Lunges w/ Back Leg up</i>	Back leg propped up. Bend down keeping your chest up. Front knee should not exceed 90 degrees. Complete 100 on each leg.
<i>Pull Ups (assisted if needed)</i>	If you do not have access to a pull up machine or bar; do Mountain Push Ups. (Go to push up position and bring hands and feet together so your butt is in the air. Bend 90 degree angles at elbows focusing on your lats.)
<i>Full Sit Ups</i>	Full Sit Ups
<i>Jog Another Mile</i>	This will be difficult but you are going to cool down with a full mile. The first half of the mile will be hard, but it will loosen up your muscles.