

90/3 - LOWER-BODY TRAUMA

- Body Weight Squats (90 seconds)
 - Jump Squats (90 seconds)
 - 3 Minutes of cardio
 - Jump rope – 1 minute
 - Mountain climbers - 1 minute
 - Run in place – 1 minute
 - 1 Leg Squats – w/DB's (90 seconds)
 - Alternating lunges – w/DB's (90 seconds)
 - 3 minutes of cardio
 - Ski hops
 - Jumping lunges
 - Mountain climbers
 - Alternating back-lunges (90 seconds)
 - DB Romanian deadlift (90 seconds)
 - 3 minutes of cardio
 - Hindu jump squats
 - Monkey squats
 - Back lunge w/crossover
-

10 X 3 (A CARD)

- **60 seconds per exercise**
 - **15 second rest b/n sets – 2 minute rest b/n circuits**
 - **Perform full circuit 3X**

 - Goblet Squat
 - Mountain Climber
 - Single arm DB Swing – 30 seconds each side
 - T-push-up
 - Jumping Lunge
 - DB Row
 - DB Side Lunge & Touch (lunge and touch DB's to deck – 30 seconds each side)
 - Push-up Row
 - DB Lunge & twist (alternate sides for 60 seconds)
 - DB push press
-

10 X 3 (B CARD) – “GANIKUS”

- **60 seconds per exercise**
 - **15 second rest b/n sets – 2 minute rest b/n circuits**
 - **Perform full circuit 3X**

 - Deadlift O/H Press
 - Push-up Row
 - Woodchops – 30 seconds each side
 - T-push-ups
 - 1 leg row – 30 seconds each side
 - B&T’s w/weights
 - Pike Push-up w/leg spreader
 - Hammers up & out
 - Explosive push-ups
 - Skull Crushers
-

UPPER-BODY CIRCUIT – Perform 3X

4 stations/75 seconds per station

- Inverted Rows
 - Push-ups
 - B&T’s
 - Deadlift O/H Press
-

LOWER-BODY CIRCUIT – Perform 3X

4 stations/75 seconds per station

- Body Weight squats
 - Jump Squats
 - Alternating lunges
 - Jumping lunges
-

HERCULES II

- BRADDOCK HILL
 - INCH WORM PUSH-UPS (30 YARDS)
 - 50 PULL UPS
 - 40 B&T W/PRESS
 - 30 PIKE PUSH UP LEG SPREADERS
 - 20 EIGHT COUNT BODY BUILDERS
 - 10 TURKISH GET-UPS
 - 50 VEE UPS
-

HERCULES III

- BRADDOCK HILL
 - 10 DIVE BOMBERS
 - 20 SQUAT THRUSTS
 - 30 MOUNTAIN CLIMBERS (4 COUNT)
 - 40 PUSH UP ROWS
 - 50 PUSH UPS
 - 40 PUSH PRESSES
 - 30 TRICEP EXTENSIONS
 - 20 HAMMER UP & OUTS
 - 10 PIKE PUSH UP LEG SPREADERS
-

THE ROMAN

- BRADDOCK HILL
 - 50 PULL UPS
 - 50 LIZZARDS
 - 50 MEDICINE BALL SQUATS
 - 50 BURPEES
 - 50 SURFERS
 - 50 SPRINTER SIT UPS
 - 50 BUTT ROCKETS
-

GANNICUS

- **DEADLIFT O/H PRESS**
- **PUSH-UP ROW**
- **WOODCHOP**
- **T PUSH-UP**
- **1 LEG ROW**
- **B&T'S W/HIGH PULL**
- **PIKE PUSH-UP LEG SPREADER**
- **HAMMERS UP AND OUT**
- **LIZZARDS**
- **SKULL CRUSHERS**