

50 – 5 / UPPER-BODY BLAST

- 50 PUSH-UPS (25 WIDE/25 NARROW)
- 45 PUSH PRESSES
- 40 PUSH-UP ROWS
- 35 DIAMOND PUSH-UPS
- 30 REVERSE ARNOLDS
- 25 TRICEP EXTENSIONS
- 20 LATERAL RAISES IN PUSH-UP POSITION
- 15 B&T'S W/WEIGHTS
- 10 DIVE THROUGH PUSH-UPS
- 5 SPARTACUS THRUST & PRESS

NOTE: Do 200 yard sprints b/n each exercise. If you do not have an area to run sprints, you can do 45 seconds of mountain climbers, jump rope, or any cardio exercise you choose.

20/40 FIELD FULL-BODY BLAST (200 YARD SPRINTS B/N EXERCISES)

- 20 B&T W/PRESS
- 40 WOOD CHOPS (20 EACH SIDE)
- 20 SQUAT THRUSTERS
- 40 SKI HOPS
- 20 JUMP SQUATS
- 40 JUMPING LUNGES
- 20 BURPEES
- 40 FRONT LUNGE W/DB TWIST (20 EACH SIDE)

NOTE: Do 200 yard sprints b/n each exercise. If you do not have an area to run sprints, you can do 45 seconds of mountain climbers, jump rope, or any cardio exercise you choose.

BRADDOCK HILL BLAST

- RUN BRADDOCK HILL
 - 50 B&T'S
 - 40 MED BALL SQUATS
 - 30 PULL-UPS
 - 20 EIGHT COUNT BB'S
 - 10 TURKISH GET-UPS
 - 50 VEE UPS
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50 – 10/ LOWER BODY BLAST

- 50 BODYWEIGHT SQUATS
 - 45 JUMP SQUATS
 - 40 SPLIT SQUATS
 - 35 SLEDGE HAMMERS
 - 30 SKI HOPS
 - 25 SQUAT & PRESS
 - 20 JUMP KNEE TUCKS
 - 15 JUMPING LUNGES (W/WEIGHT IF POSSIBLE)
 - B&T'S W/WEIGHTS
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FAB 50 – RUN SUICIDE SPRINTS AFTER EACH EXERCISE

- 50 DB SWINGS
 - 50 SKI HOPS
 - 50 AIR SQUATS
 - 50 ONE-LEG DEADLIFTS (25 EACH LEG)
 - 50 LEAP FROGS
 - 50 WALKING LUNGES
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LOWER BODY HELL ON THE FIELD

- 20 - DB SWINGS AND SPRINT TO 1S T PYLON
 - 1ST PYLON – LEAP FROG TO 2ND PYLON
 - 2ND PYLON – 20 JUMP KNEE TUCKS
 - 3RD PYLON – 20 JUMPING LUNGES
 - 4TH PYLON – 20 JUMP SQUATS
 - 100 YARD SPRINT TO GOAL LINE
 - LEAP FROG DB'S TO EACH PYLON (FINISH AT OPPOSITE GOAL LINE)
 - SPRINT W/ONE DB TO GOAL LINE
 - SPRINT TO OPPOSITE GOAL LINE TO OTHER DB
 - WALKING LUNGE W/TWIST TO 1ST PYLON
 - WALKING LUNGE W/TRICEP EXTENSION TO 2ND PYLON
 - WALKING LUNGE W/TWIST TO 3RD PYLON
 - WALKING LUNGE W/TRICEP EXTENSION TO 4TH PYLON
 - FINISH W/4 LAPS AROUND FIELD
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UPPER-BODY HELL ON THE FIELD

- BEAR CRAWL TO 1ST PYLON
- 20 - PUSH-UPS 2ND PYLON
- 20 - MOUNTAIN CLIMBERS 3RD PYLON
- 20- PUSH-UP ROWS 3RD PYLON (in push-up position)
- 20 - TRICEP EXTENSIONS 4TH PYLON (in push-up position)
- LEAP FROG W/DB'S TO OPPOSITE GOAL LINE
- RUN TO 1ST PYLON – 20 MILITARY PRESSES
- RUN TO 2ND PYLON – 20 TRICEP EXTENSIONS
- RUN TO 3RD PYLON – 20 LAT RAISES
- RUN TO 4TH PYLON – 20 PUSH-UP SHOULDER RAISES
- LEAP FROG W/DB'S TO FINISH

ABS

THE SCREAMER (BACK & BICEPS)

- RUN TO BLUE PARK
 - 3 SETS OF MAX PULL-UPS/20 - DIPS/20 – LIZZARDS
 - RUN BACK TO SCHOOL
 - GLADIATOR GAUNTLET - INCH WORM PUSH-UPS FOR 50 YARDS
 - 10 – 4 COUNT CURLS
 - 10 – 4 COUNT PUSH-UPS
 - 10 – B/O ROWS (EACH FOOT)
 - 10 – STATIC CURLS (EACH ARM)
 - 10 – 4 COUNT PUSH UP ROWS
 - 10 – HAMMER CURLS UP & OUT
 - 10 – PREACHER CURLS
 - 10 – CRUNCH CURLS
 - 20 – FLUTTER CRUNCHERS
 - 20 – ULTIMATE CRUNCH
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Leg BLASTER

- Squat & Press
 - o B&T's
 - o Sprint
 - Squat & Curl
 - o Jump Throughs
 - o Sprint
 - Split Squat/DB Press
 - o Jumping Lunge
 - o Sprint
 - Goblet Squat
 - o Ski hops
 - o Sprint
 - 1 Leg Squat
 - o Super skaters
 - o Sprint
 - Back lunge Hammer Curl
 - o Mountain climbers
 - o Sprint
 - Deadlift O/H Press
 - o Jump squats
 - o Sprint
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100 Yard YAK ATTACK

- Leg Kick push-ups
- Push-up Rows
- Diamond Push-ups
- 4 count hammer curls
- 8 count BB's
- Push-up shoulder raise
- Lizzards
- Squat thrusters
- Dive bombers
- 21's
- Stacked & Staggered Push-ups

ABS