

LOWER BODY TRACK SCORCHER

- 50 B&T'S/1 LAP
 - 50 AIR SQUATS/1 LAP
 - 50 STAR JUMPS/1 LAP
 - 50 SKI HOPS/1 LAP
-

DECK OF CARDS

Take a deck of cards, shuffle. Face cards are 10, Aces are 11, numbered cards as valued. Flip each card and perform the movement and the number of reps specified.

Hearts – push-ups

Hearts – ultimate crunch

Diamonds – mountain climbers

Diamonds – side vee-up

Spades – situps

Spades – vee-up

Clubs – burpees

Clubs – bicycle crunch

50/5 BODY WEIGHT WORKOUT

- 50 – push-ups
 - 45 – jump squats
 - 40 – staggered push-ups (20 right hand forward/20 left hand forward)
 - 35 – ski hops
 - 30 – diamond push-ups
 - 25 – monkey drills
 - 20 – lizard push-ups
 - 15 – Bend and thrusts
 - 10 – explosive push-ups
 - 5 – eight count body-builders
-

PULL-UP/PUSH-UP/SQUAT/JUMP ROPE

- Perform max of each exercise for 60 seconds
 - Complete 3 circuits
-

PULL-UP/PUSH-UP/JUMP THROUGH/VEE-UPS

- Perform max of each exercise for 60 seconds
 - Complete 3 circuits
-

SEPUKU

- Perform max each exercise for 60 seconds
- Complete circuit 3X

PULL-UPS

MOUNTAIN CLIMBERS

DIPS

B&T'S

PUSH-UPS

HURDLE HOPS

ACHILLES

- Performed on football field. Set up 4 stations around the field. Upon completion of all 4 exercises, sprint 1 lap around track.
- Perform circuit 3X.

PULL-UPS (20 REPS)

DIPS (40 REPS)

BURPEES (20 REPS)

PUSH-UPS (40 REPS)

1 SPRINT AROUND TRACK

CENTURION

- Run 1 mile
- 100 pull-ups
- 200 push-ups
- 300 squats
- Run 1 mile

Partition the pull-ups, push-ups, and squats as needed.

TITUS

- 20 pull-ups
- 30 push-ups
- 40 sit-ups
- 50 squats

Perform for 4 cycles

- 50 squats
- 100 jump ropes
- 50 lizzard push-ups

Perform for 5 cycles

- 100 pull-ups
- 200 push-ups
- 300 squats
- 100 sit-ups

Perform 1 cycle – partition exercises as needed

- 50 jump squats
- 50 push-ups
- 50 pull-ups

4 Rounds

- Run 400 yards
 - 50 push-ups
 - Run 400 yards
 - 50 jump-squats
 - Run 400 yards
 - 25 Burpees
 - Run 400 yards
 - 25 Eight count body-builders
-

INSANITY (Lower-body blast from hell)

- 100 One legged-squats (50 each leg)
 - 90 Step ups (45 each)
 - 80 super skaters (40 each)
 - 70 side step ups (35 each)
 - 60 up & over chair
 - 50 hindu squats
 - 40 ski hops
 - 30 monkey squats
 - 20 jump knee tucks
 - 10 jumping plyo lunges
-