**WORKOUT 1**

**CONDITIONING**

**EMOM PIRAMIDE 70 SECONDS**

BURPEES 6/6/5/4/3

BAND THRUSTER 12/11/10/9/8

JUMPING JACKS 30/26/22/18

PUSH-UP WALK-OUT 5/4/4/4

**WEIGHTLIFTING**

**GET IT DONE PIRAMIDE TIME CAPE 10 MIN**  
10-8-6-4  
DUMBELL HANGING CLEAN \_\_\_\_\_kg  
DUMBELL PUSH-PRESS \_\_\_\_\_kg

**GYMNASTICS**

**21E 3 SETS 5/5/5 50S REST**

PUSH-UP

V-UPS   
SIT-UPS

**WORKOUT 2**

**CONDITIONING**

**EMOM PIRAMIDE 70 SECONDS**

BURPEES 6/6/5/5/3

BAND THRUSTER 13/12/11/10/9

MOUNTAINCLIMBERS 30/26/24/22

PLANK TO PUSH-UP 7/6/5/4

**WEIGHTLIFTING**

**GET IT DONE PIRAMIDE TIME CAPE 10 MIN**  
11-9-7-5  
DUMBELL HANGING CLEAN \_\_\_\_\_kg  
DUMBELL PUSH-PRESS \_\_\_\_\_kg

**GYMNASTICS**

**21E 3 SETS 5/5/5 50S REST**

PUSH-UP

V-UPS   
SIT-UPS

**WORKOUT 3**

**CONDITIONING**

**EMOM PIRAMIDE 70 SECONDS**

BURPEES 6/6/5/5/4  
BAND THRUSTER 12/12/12/12/10

BAND STEP-IN 2X14/2X13/2X12/2X11

PUSH-UP SH TAP 2X14/2X13/2X12/2X11

**WEIGHTLIFTING**

**GET IT DONE PIRAMIDE TIME CAPE 10 MIN**  
12-10-8-6  
DUMBELL HANGING CLEAN \_\_\_\_\_kg  
DUMBELL PUSH-PRESS \_\_\_\_\_kg

**GYMNASTICS**

**21E 3 SETS 5/5/5 50S REST**

PUSH-UP

V-UPS   
SIT-UPS

**WORKOUT 4**

**CONDITIONING**

**EMOM PIRAMIDE 70 SECONDS**

BURPEES 6/6/5/5/5

BAND THRUSTER 14/12/12/10/10

JUMPING JACKS 35/32/28/24

PUSH-UP WALK-OUT 5/5/5/4

**WEIGHTLIFTING**

**GET IT DONE PIRAMIDE TIME CAPE 10 MIN**  
13-11-9-7  
DUMBELL HANGING CLEAN \_\_\_\_\_kg  
DUMBELL PUSH-PRESS \_\_\_\_\_kg

**GYMNASTICS**

**21E 3 SETS 5/5/5 50S REST**

PUSH-UP

V-UPS   
SIT-UPS

**WORKOUT 5**

**CONDITIONING**

**EMOM PIRAMIDE 70 SECONDS**

BURPEES 6/6/6/5/5

BAND THRUSTER 14/14/12/12/10

JUMPING JACKS 30/26/22/18

PLANK TO PUSH-UP 7/7/6/6

**WEIGHTLIFTING**

**GET IT DONE PIRAMIDE TIME CAPE 10 MIN**  
14-12-10-8  
DUMBELL HANGING CLEAN \_\_\_\_\_kg  
DUMBELL PUSH-PRESS \_\_\_\_\_kg

**GYMNASTICS**

**21E 3 SETS 5/5/5 50S REST**

PUSH-UP

V-UPS   
SIT-UPS

**WORKOUT 6**

**CONDITIONING**

**EMOM PIRAMIDE 70 SECONDS**

BURPEES 6/6/6/6/6

BAND THRUSTER 13/13/13/13/13

BAND STEP-IN 2X14/2X14/2X12/2X12

PUSH-UP SH TAP 2X14/2X13/2X12/2X11

**WEIGHTLIFTING**

**GET IT DONE PIRAMIDE TIME CAPE 10 MIN**  
15-13-11-9  
DUMBELL HANGING CLEAN \_\_\_\_\_kg  
DUMBELL PUSH-PRESS \_\_\_\_\_kg

**GYMNASTICS**

**21E 3 SETS 5/5/5 50S REST**

PUSH-UP

V-UPS   
SIT-UPS