**WORKOUT 1**

**CONDITIONING**

TIMECAP 20 MIN

BUY IN 50 CALORIEEN RUNNING

TIMECAP 12-10-8-4-2

BOX JUMPS

DOUBLE UNDERS

**WEIGHTLIFTING**

PVC PROGRAM 1.4

**GYMNASTIC**

TABATA HOLDS

2X

3 ROUNDS OF 20S WORK /10S OFF

PULL-UP HOLD UP

PUSH-UP HOLD LOW

SINGLE SETS ON TIME 4X30/50

RING L-SIT FLOOR PULL-UPS

BAR WEIGHTVEST DIPS

**WORKOUT 2**

**CONDITIONING**

TIMECAP 20 MIN

BUY IN 50 CALORIEEN RUNNING

TIMECAP 12-10-8-4-2

WALLBALL

DOUBLE UNDERS

**WEIGHTLIFTING**

PVC PROGRAM 1.4

**GYMNASTIC**

TABATA HOLDS

2X

3 ROUNDS OF 20S WORK /10S OFF

PULL-UP HALF WAY

PUSH-UP HOLD LOW

SINGLE SETS ON TIME 4X30/50

RING L-SIT FLOOR PULL-UPS

BAR WEIGHTVEST DIPS

**WORKOUT 3**

**CONDITIONING**

TIMECAP 20 MIN

BUY IN 50 CALORIEEN RUNNING

TIMECAP 12-10-8-4-2

BURPYS

DOUBLE UNDERS

**WEIGHTLIFTING**

PVC PROGRAM 1.4

**GYMNASTIC**

TABATA HOLDS

2X

3 ROUNDS OF 20S WORK /10S OFF

PULL-UP HOLD UP

PUSH-UP HOLD HALF WAY

SINGLE SETS ON TIME 4X30/50

RING L-SIT FLOOR PULL-UPS

BAR WEIGHTVEST DIPS

**WORKOUT 4**

**CONDITIONING**

TIMECAP 20 MIN

BUY IN 50 CALORIEEN RUNNING

TIMECAP 12-10-8-4-2

BOX OVER JUMPS

DOUBLE UNDERS

**WEIGHTLIFTING**

PVC PROGRAM 1.4

**GYMNASTICS**

TABATA HOLDS

3X

3 ROUNDS OF 20S WORK /10S OFF

PULL-UP HOLD HALF WAY

PUSH-UP HOLD LOW

SINGLE SETS ON TIME 4X30/50

RING L-SIT FLOOR PULL-UPS

BAR WEIGHTVEST DIPS

**WORKOUT 5**

**CONDITIONING**

TIMECAP 20 MIN

BUY IN 50 CALORIEEN RUNNING

TIMECAP 12-10-8-4-2

PUSH-UP WALK-OUT

DOUBLE UNDERS

**WEIGHTLIFTING**

PVC PROGRAM 1.4

**GYMNASTIC**

TABATA HOLDS

3X

3 ROUNDS OF 20S WORK /10S OFF

PULL-UP HOLD DOWN

PUSH-UP HOLD HALF WAY

SINGLE SETS ON TIME 4X30/50

RING L-SIT FLOOR PULL-UPS

BAR WEIGHTVEST DIPS

**WORKOUT 6**

**CONDITIONING**

TIMECAP 20 MIN

BUY IN 50 CALORIEEN RUNNING

TIMECAP 12-10-8-4-2

BUPREE BOX OVER JUMP

DOUBLE UNDERS

**WEIGHTLIFTING**

PVC PROGRAM 1.4

**GYMNASTIC**

TABATA HOLDS

3X

3 ROUNDS OF 20S WORK /10S OFF

PULL-UP HOLD UP

PUSH-UP HOLD LOW

70 SECOND REST

SINGLE SETS ON TIME 4X30/50

RING L-SIT FLOOR PULL-UPS

BAR WEIGHTVEST DIPS