

# 2 Fun Workouts



## Full Body Fat Burner

No weights needed, but you must move fast from one exercise to another!  
7 minute warm up on any cardio/2 minutes of dynamic stretching (prisoner walks, zombies, quad walks, inchworms)  
You will do 5 rounds 10 reps per exercise

Step Ups 10  
Burpees 10  
Pull Ups 10  
Jump Squats 10  
Push ups 10  
Single leg deadlift 10 each leg  
Russian Twist 20 total

2 minute sprint on any cardio equipment  
Rest 1 minute, repeat sequence 5 more times!

Cool down and stretch!

## Finishers

Finishers or Mini Cranks are about short burst of energy, designed to bust through plateaus and help you burn fat. Each one is designed to be done after your strength training, and should take you about 3-5 minutes to compete. Once you complete you should feel your heart pounding and you should be working to catch your breath

## Box Jump/Rope Slams

Reps 10x10

You can use a step or a plyobox; based on your fitness level you will determine the height of the box a Reebok step will work as well. You will do 10 box jumps grab your rope and do 10 rope slams. Repeat 10 times. If you don't have a rope you can substitute a medicine ball and do slams.

## 30/20/10

This one you'll need a stop watch for this one. For 5 continuous minutes you will do the following:

30 pushup set ups  
20 mountain climbers  
10 pushups

Keep moving until you hit 5 minutes. If you need to take a break do so for no more than 1 minute.





### **Bring on the pain!**

5 min of 1 Arm Turkish Getups!

Set your timer and you will alternate sides each time until you hit 5 minutes. This one hurts so good!

### **20/30/30**

Grab your stopwatch. 20 sec burpees

30 sec jump rope

30 sec kettlebell swing 2 min rest

5 rounds

### **Squat Thrust Over Head Press**

Place the dumbbells in front of you so that you can easily grab them. You'll do a squat thrust, which is a burpee minus the jump at the end. Immediately grab your weights and do an overhead press. You will continue 40 seconds of work and 20 seconds of rest. You will continue for 5 rounds. Good luck!

### **Group Ex Room Madness**

You'll need some room for this one. Grab your stopwatch. You'll do: building sprints – run the length of your group fitness room 4 times each time you will be getting faster. You will also want to touch the floor and start in a sprinters start position. You'll then sprint to the middle of the room and do (5) 180s drop (jump and turn 180s in the air and then turn back) then you'll do (5) surfer girls (you lay flat on your belly and pop up to stand on your feet.) Sprint to the other side of the room. Repeat 5 times.