**Week 3**

**June 1 – 6 (M-SAT)**

**Workout descriptions and Vimeo links for workouts filmed May 21**

Blue highlight = workouts that include bands. All exercises can be completed without bands

**Workout #1**

Monday, June 1, 2020

<https://vimeo.com/423728399/7e18e08013>

**Total Body Conditioning**

This workout type is a pure conditioning workout, leveraging equal amounts of cardio with our basic movement patterns. In this type of workout, you will notice the incorporation of agility and footwork to increase metabolic demand. If you have resistance bands, grab them to increase the intensity of the workout. All exercises can be completed without bands.

**Format**

ABABAB – In this workout format, you will perform a pair of two exercises together, going back and forth from ‘Exercise A’ to ‘Exercise B’ three times before moving on to the next round.

40 Seconds of Work, 10 Seconds of Rest

**Exercises**

1A. Forward Lunge to Lateral Lunge

1B. 5 Squat Jumps to 2-Step Lateral Shuffle with Midline Touch

2A. Low Side Plank with Reach Through

2B. 4 High Knees to Ascending Reps from 1 of Burpees

3A. Curtsy Lunge (with band if you have one)

3B. 3 Air Jacks to 10 Jumping Jacks

4A. Modified Hollow Body Hold

4B. Single-Leg Balance Jabs

**Finisher**

Complete as many rounds as possible of the exercises below in 2 minutes.

10 High Knees

10 Speed Squats

5 Air Jacks

5 Burpees

**Workout #2**

Tuesday, June 2, 2020

<https://vimeo.com/423732918/e81b7b47a1>

**Total Body Conditioning**

This workout type is a pure conditioning workout, leveraging equal amounts of cardio with our basic movement patterns. In this type of workout, you will notice the incorporation of agility and footwork to increase metabolic demand.

**Format**

AABB – In this workout format, you will do one exercise, two times in a row before moving on to the next exercise. You will complete 2 rounds of this workout.

30 Seconds of Work, 10 Seconds of Rest

**Exercises**

1A. Crunches

1B. Lateral Speed Skaters

2A. Push-Ups

2B. Runner’s Speed Step to Hop

3A. Reverse Lunge to Split Squat Jump

3B. Mountain Climbers to Diagonal Mountain Climbers – Ascending Reps from 1

4A. 2-Leg Glute Bridge to Alternating Leg Liftoff

4B. Ground to Overhead with Hop

**Workout #3**

Wednesday, June 3, 2020

<https://vimeo.com/423736847/d5c97f2c5c>

**Total Body Conditioning**

This workout type is a pure conditioning workout, leveraging equal amounts of cardio with our basic movement patterns. In this type of workout, you will notice the incorporation of agility and footwork to increase metabolic demand.

**Format**

ABABABAB - In this workout format, you will perform a pair of two exercises together, going back and forth from ‘Exercise A’ to ‘Exercise B’ four times before moving on to the next round.

20 Seconds of Work, 10 Seconds of Rest

**Exercises**

1A. Squat to Alternating Reverse Lunge

1B. Lateral Speed Skater with Upper Cut

2A. High Plank with Alternating Leg Raise

2B. Lateral Moving High Knees

3A. Alternating Curtsy Lunge to Lateral Lunge

3B. Ground to Overhead to Seal Jack – Ascending Reps from 1

4A. Single-Leg Glute Bridge with 2-Seconds Pause at Top

4B. 10 Board Breakers to 1 Push-Up

**Finisher**

Complete each exercise above 1X, in the order that they appear. You will complete each exercise for 40 seconds with a 10 second rest between exercises.

**Workout #4**

Thursday, June 4, 2020

<https://vimeo.com/424106283/69cbcc078b>

**Total Body Conditioning**

This workout type is a pure conditioning workout, leveraging equal amounts of cardio with our basic movement patterns. In this type of workout, you will notice the incorporation of agility and footwork to increase metabolic demand. If you have resistance bands, grab them to increase the intensity of the workout. All exercises can be completed without bands.

**Format**

ABABAB – In this workout format, you will perform a pair of two exercises together, going back and forth from ‘Exercise A’ to ‘Exercise B’ three times before moving on to the next round.

After you complete stations 1, 2, and 3, you will perform a 1-minute filler set of front to back quick feet. Make sure to listen for the coach’s cue! They could call out 2 squat jumps at any moment!

30 Seconds of Work, 10 Seconds of Rest

**Starter**

Complete each exercise below 1X for 20 seconds.

Low Plank to High Plank

Speed Squats

Low Plank Hold

**Exercises**

1A. Reverse Lunge (with band if you have one)

1B. 4 Upper Cuts to 10 High Jabs

2A. 2-Step Moving Beast

2B. Squat Jumps with 1-Second Pause at Bottom

3A. Alternating Lateral Lunge

3B. Diagonal Mountain Climbers – Pause at top (on coach’s cue)

4A. Deadbug

4B. Front to Back Quick Feet to Burpee (on coach’s cue)

**Finisher**

Complete as many rounds as possible of the exercises below in 2 minutes. With each new round, increase the number of reps performed for each exercise (Round 1: 2 reps/exercise, Round 2: 3 reps/exercise, etc.). Your rep count will start at 2 reps/exercise.

Jumping Jacks

Speed Squats

High Knees (per leg)

Crunches

**Workout #5**

Friday, June 5, 2020

<https://vimeo.com/423819119/5fb7f6af55>

**Total Body Conditioning**

This workout type is a pure conditioning workout, leveraging equal amounts of cardio with our basic movement patterns. In this type of workout, you will notice the incorporation of agility and footwork to increase metabolic demand.

**Format**

ABAB – In this workout format, you will perform a pair of two exercises together, going back and forth from ‘Exercise A’ to ‘Exercise B’ two times before moving on to the next round.

40 Seconds of Work, 15 Seconds of Rest

**Starter**

Perform as many squats as possible in 1 minute.

**Exercises**

1A. Lateral Lunge

1B. Bicycles

2A. Low Side Plank

2B. Lateral Speed Skaters

3A. Split Squat

3B. Lateral Moving High Knees

4A. Single-Leg Glute Bridge

4B. 10 Horizontal Push Press Jacks to 10 Vertical Push Press Jacks

**Finisher**

Complete each exercise above 1X, in the order that they appear. You will complete each exercise for 40 seconds with a 15 second rest between exercises.

**Workout #6**

Saturday, June 6, 2020

<https://vimeo.com/424134031/52e3dde8ae>

**Total Body Conditioning**

This workout type is a pure conditioning workout, leveraging equal amounts of cardio with our basic movement patterns. In this type of workout, you will notice the incorporation of agility and footwork to increase metabolic demand.

**Format**

ABABAB – In this workout format, you will perform a pair of two exercises together, going back and forth from ‘Exercise A’ to ‘Exercise B’ three times before moving on to the next round.

40 Seconds of Work, 15 Seconds of Rest

**Exercises**

1A. Alternating Leg Only Deadbug

1B. 10 Mountain Climbers to 10 2-Foot Lateral Hops

2A. Alternating Heel Tap Crunch

2B. Drop Squat

3A. 10 High Plank Jacks to 10 Diagonal Mountain Climbers

3B. Modified Hollow Body Hold

4A. Seated Knee to Chest

4B. Speed Squats

**Finisher**

Complete each exercise below 1X for 30 seconds.

Crunches

Burpees