

**Week of 5/3/2021 – 5/7/2021**

**Warm up**

**2 rounds**

0.25 mile run

10 pull ups

20 push ups

30 squats

**Cool down**

20 hip bridges

0:30 hamstring stretch each leg.

**5/3/2021**

**Bodyweight only**

5 minute AMRAP of

20 step back lunges

20 push ups

Rest 2 minutes then

5 minute AMRAP of

10 step back lunges

10 push ups

**MJC weight room**

5 minute AMRAP of

20 step back lunges holding a dumbbell

20 Dumbbell bench (you chose the weight)

Rest 2 minutes then

5 minute AMRAP of

10 step back lunges holding a dumbbell

10 Dumbbell bench press (heavier weight than first set)

Rest 5 minutes then

4 sets of max rep GHD sit ups rest as needed between sets.

**5/4/2021**

**Bodyweight only**

5 rounds for time of

400 meter run

15 burpees

**MJC weight room**

5 rounds for time of

400 meter run

15 pull ups

**5/5/2021**

**Bodyweight only**

For time

50 squats

50 sit ups

50 bent over rows (use any weight available)

50 sit ups

50 squats

**WJC weight room**

For time

50 squats

50 toes to bar

50 Deadlifts (you chose weight)

50 knees to elbows

50 squats

**5/6/2021**

Rest day or long walk

**5/7/2021**

**Bodyweight and MJC weight room**

Run a 5 K for time.

