

5/17/2021 – 5/21/2021

Warm up

400 meter run

10 inch worms

10 squats

10 bodyweight single leg Romanian deadlifts

Cool down

Couch stretch 1 minute each legs

10 scorpion stretch each side

:30 downward dog pose

5/17/2021

Bodyweight only

For time

10 burpees

10 line hops

10 burpees

20 line hops

10 burpees

30 line hops

10 burpees

40 line hops

10 burpees

30 line hops

10 burpees

20 line hoops

10 burpees

10 line hops

MCJ weight room

10 power snatches

10 double unders
10 power snatches
20 double unders
10 power snatches
30 double unders
10 power snatch
40 double unders
10 power snatches
30 double unders
10 power snatches
20 double unders
10 power snatches
10 double unders

5/18/2021

Bodyweight only

4 rounds for time of
25 push ups
50 foot walking lunges

MJC weight room

4 rounds for time of
10 Dumbbell bench press (heavy)
50 foot walking lunges holding 2 dumbbells or kettlebells
Then
5 sets of 3 reps
Pause front squats (3-5 second pause at bottom of each squat)

5/19/2021

Bodyweight only

For time

100 squats

100 sit ups

100 squats

MJC weight room

For time

50 calorie bike

25 toes to bar

50 calorie bike

25 GHD sit ups

50 calorie bike

50 Ab Mat sit ups

Rest then

5-4-3-2-1 reps of

Split jerk

Increase weight each set.

5/20/2021

Bodyweight only and MJC weight room

30 minutes of light activity (walking, jogging or swimming)

5/21/2021

Bodyweight only

For time

10-1 reps of

Chair step ups

Wall walks

Rest then

100 sit ups

MJC weight room

10-1 reps of

Box jumps

Pull ups

Rest then

5 super sets not for time of

10 Dumbbell bicep curls

10 over head tricep extensions

Rest then

100 sit ups