

Workouts for the week of 5/31/2021 – 6/4/2021

Warm up

3 rounds

5 inch worms

10 Single leg Romanian deadlifts

20 squats

Cool down

3 rounds

10 scorpion stretch

5 pushups to downward dog

0:30 plank hold

5/31/2021

Bodyweight only

20 minute AMRAP of

10 burpees

15 sit ups

20 squats

MJC weight room

20 minute AMRAP of

10 single dumbbell devils press

15 toes to bar

20 goblet squats holding a dumbbell

Rest then

5X5 deadlifts

6/1/2021

Bodyweight only

5 rounds for time of

200 meter run

50 meter bear crawl

MJC weight room

5 rounds for time of

200 meter run

10 hand stand pushups

Rest then

3 rounds not for time of Max rep pull ups

6/2/2021

Bodyweight only

3 rounds of

1 minute chair step ups

1 minute push ups

1 minute line hops (or jump rope if you have one)

1 minute plank hold

1 minute rest

MJC weight room

3 rounds of

1 minute box jumps

1 minute push ups

1 minute jump rope

1 minute GHD sit ups

1 minute rest

Then

5X5 back squat

6/3/2021

Bodyweight and MJC weight room

20 minutes of YOGA or 30 minutes of walking or light movement.

6/4/2021

Bodyweight only

Run one mile for time immediately into Tabatha squats when you finish the mile.

MJC weight room

Tabata row for calories immediately into Tabata Echo bike for calories.

Rest then

Super set incline bench press and bent over barbell rows for 5X5

Then 3X10 dumbbell curls.