

6/7/2021 – 6/11/2021

Warm up

3 rounds of

1 minute jump rope or line hops

10 lung knee to floor

5 inch worms

Cool down

2 rounds

10 dead bugs

5 Scorpion stretch each side

1 minute plank

6/7/2021

Body weight only

For time

15-10-5 jumping squats

Run 300 meters after every round

Rest 1:1 then repeat

MJC weight room

For time

15-10-5

Front squats (you pick weight)

Calorie Echo Bike

Rest 1:1 then repeat

Rest then

Pause front squats

5-4-3-2-1

As heavy as possible.

6/8/2021

Bodyweight only

For time

21-18-15-12-9-6-3

Burpees

Chair dips

MJC weight room

For time

21-15-9

Burpee box jump overs

Ring dips

Rest then

5X3

Split jerks (as heavy as possible)

6/9/2021

Bodyweight only

For time

10 Bulgarian Split squats each leg (hold any light weight you can find)

30 sit ups

10 Bulgarian split squats each leg

30 sit ups

8 Bulgarian split squats each leg

20 sit ups

8 Bulgarian split squats each leg

20 sit ups

MJC weight room

10 Bulgarian Split squats each leg (holding dumbbell or kettle bell)

10 double touches (scale for double touches are 10 toes to bar 10 chest to bar pull ups)

10 Bulgarian split squats

10 double touches

8 Bulgarian split squats

8 double touches

8 Bulgarian split squats

8 double touches

Ret then

5X5 bench press

6/10/2021

Both bodyweight and MJC weight room

30 minutes of sport or walking

6/11/2021

Bodyweight only

4 rounds for time of

50 foot walking lunges

25 push ups

MJC weight room

2 sets

50 double unders

10 handstand pushups (scale is dumbbell shoulder press)

10 power cleans (heavy)

10 Handstand pushups

50 double unders

Rest 1:1 between sets

