

**DAY 1**

**At-Home Activities**

Tabata  
20 sec. work, 10 sec. rest

Jumping jacks – 20 sec.  
Forward lunges - 20 sec.  
Plank up downs - 20 sec.  
Shoulder taps - 20 sec.  
High knees - 20 sec.  
Bum kickers - 20 sec.  
Flutter kicks - 20 sec.  
Leg lowers - 20 sec.

Rest – 2 minutes

Jumping jacks – 20 sec.  
Forward lunges - 20 sec.  
Plank up downs - 20 sec.  
Shoulder taps - 20 sec.  
High knees - 20 sec.  
Bum kickers - 20 sec.  
Flutter kicks - 20 sec.  
Leg lowers - 20 sec.

Rest – 2 minutes

Jumping jacks – 20 sec.  
Forward lunges - 20 sec.  
Plank up downs - 20 sec.  
Shoulder taps - 20 sec.  
High knees - 20 sec.  
Bum kickers - 20 sec.  
Flutter kicks - 20 sec.  
Leg lowers - 20 sec.

**Running**

Interval Running  
Double Up

Warm up with 3-5 minutes of easy jogging.

Sprint 5 seconds, walk back to start.  
Sprint 5 seconds, walk back to start.  
Sprint 10 seconds, walk back to start.  
Sprint 10 seconds, walk back to start.  
Sprint 15 seconds, walk back to start.  
Sprint 15 seconds, walk back to start.

Cool down with 3-5 minutes of easy running.

**DAY 2**

**At-Home Activities**

3x3  
3 exercises x 3 times

**VERTICAL JUMP**  
Jump up high – 30 sec.  
Rest - 30 sec.  
Jump up high - 30 sec.

**ABS!**  
10 knee to elbow planks  
10 crunches  
10 superman poses

**WILD ARMS**  
10 arm circles front  
10 arm circles back  
10 forward punches  
10 raise the roofs

Rest – 2 minutes

**VERTICAL JUMP**  
Jump up high – 30 sec.  
Rest - 30 sec.  
Jump up high - 30 sec.

**ABS!**  
10 knee to elbow planks  
10 crunches  
10 superman poses

**WILD ARMS**  
10 arm circles front  
10 arm circles back  
10 forward punches  
10 raise the roofs

Rest – 2 minutes

**VERTICAL JUMP**  
Jump up high – 30 sec.  
Rest - 30 sec.  
Jump up high - 30 sec.

**ABS!**  
10 knee to elbow planks  
10 crunches  
10 superman poses

**WILD ARMS**  
10 arm circles front  
10 arm circles back  
10 forward punches  
10 raise the roofs

**Running**  
Steady Running

7-10 minutes of steady, continuous running at any pace.

**DAY 3**

**At-Home Activities**

3x3  
3 exercises x 3 times

**FITNESS INTERVALS**  
10 squats  
10 push-ups  
10 sit-ups

**BALANCE**  
Stand on your right leg and lift your left knee at a 90 degree angle. Touch your toe without falling. Repeat 10 times and then switch sides.

**LUNGES W/ A HOOK**  
10 left side lunges with cross-hook punch  
10 right side lunges with cross-hook punch

Rest – 2 minutes

**FITNESS INTERVALS**  
10 squats  
10 push-ups  
10 sit-ups

**BALANCE**  
Stand on your right leg and lift your left knee at a 90 degree angle. Touch your toe without falling. Repeat 10 times and then switch sides.

**LUNGES W/ A HOOK**  
10 left side lunges with cross-hook punch  
10 right side lunges with cross-hook punch

Rest – 2 minutes

**FITNESS INTERVALS**  
10 squats  
10 push-ups  
10 sit-ups

**BALANCE**  
Stand on your right leg and lift your left knee at a 90 degree angle. Touch your toe without falling. Repeat 10 times and then switch sides.

**LUNGES W/ A HOOK**  
10 left side lunges with cross-hook punch  
10 right side lunges with cross-hook punch

**Running**  
Fartlek Running

Warm up with 3-5 minutes of easy jogging.

Then do 3 sets of...  
30 sec. fast pace  
1 minute jog

**DAY 4**

**At-Home Activities**

Tabata  
20 sec. work, 10 sec. rest

Squats - 20 sec.  
Speed skaters - 20 sec.  
Mountain climbers - 20 sec.  
Hand release pushup - 20 sec.  
Up and out jacks - 20 sec.  
Lateral hops - 20 sec.  
Russian twists - 20 sec.  
High plank - 20 sec.

Rest – 2 minutes

Squats - 20 sec.  
Speed skaters - 20 sec.  
Mountain climbers - 20 sec.  
Hand release pushup - 20 sec.  
Up and out jacks - 20 sec.  
Lateral hops - 20 sec.  
Russian twists - 20 sec.  
High plank - 20 sec.

Rest – 2 minutes

Squats - 20 sec.  
Speed skaters - 20 sec.  
Mountain climbers - 20 sec.  
Hand release pushup - 20 sec.  
Up and out jacks - 20 sec.  
Lateral hops - 20 sec.  
Russian twists - 20 sec.  
High plank - 20 sec.

**Running**

Steady Running

7-10 minutes of steady, continuous running at any pace.

**DAY 5**

**At-Home Activities**

3x3  
3 exercises x 3 times

**CARDIO DAY**  
10 mountain climbers  
10 boxing punches R  
10 boxing punches L  
10 step-ups - use a chair or bench

**CORE CHALLENGE**  
Plank hold 10 seconds  
10 crunches  
10 sit-ups

**REVERSE LUNGE KICKS**  
Do a reverse lunge and transition into a front kick with the same leg.  
Do 10 and then switch legs.

Rest – 2 minutes

**CARDIO DAY**  
10 mountain climbers  
10 boxing punches R  
10 boxing punches L  
10 step-ups - use a chair or bench

**CORE CHALLENGE**  
Plank hold 10 seconds  
10 crunches  
10 sit-ups

**REVERSE LUNGE KICKS**  
Do a reverse lunge and transition into a front kick with the same leg.  
Do 10 and then switch legs.

Rest – 2 minutes

**CARDIO DAY**  
10 mountain climbers  
10 boxing punches R  
10 boxing punches L  
10 step-ups - use a chair or bench

**CORE CHALLENGE**  
Plank hold 10 seconds  
10 crunches  
10 sit-ups

**REVERSE LUNGE KICKS**  
Do a reverse lunge and transition into a front kick with the same leg.  
Do 10 and then switch legs.

**Running**  
Fartlek Running

Warm up with 3-5 minutes of easy jogging.

Then do 3 sets of...  
30 sec. fast pace  
1 minute jog

**DAY 6**

**At-Home Activities**

3x3  
3 exercises x 3 times

**FROG SIT-UPS**

Sit with knees bent and soles of feet touching with knees spread. Do a sit-up touching your heels and lower back down. Do 10 total.

**CHAIR SQUATS**

Stand about six inches in front of a chair. Squat until your bottom barely touches the chair and stand back up. Do 10 squats.

**KICK CITY**

10 side kicks – L and R  
10 front kicks – L and R  
10 back kicks – L and R

Rest – 2 minutes

**FROG SIT-UPS**

Sit with knees bent and soles of feet touching with knees spread. Do a sit-up touching your heels and lower back down. Do 10 total.

**CHAIR SQUATS**

Stand about six inches in front of a chair. Squat until your bottom barely touches the chair and stand back up. Do 10 squats.

**KICK CITY**

10 side kicks – L and R  
10 front kicks – L and R  
10 back kicks – L and R

Rest – 2 minutes

**FROG SIT-UPS**

Sit with knees bent and soles of feet touching with knees spread. Do a sit-up touching your heels and lower back down. Do 10 total.

**CHAIR SQUATS**

Stand about six inches in front of a chair. Squat until your bottom barely touches the chair and stand back up. Do 10 squats.

**KICK CITY**

10 side kicks – L and R  
10 front kicks – L and R  
10 back kicks – L and R

**Running**

Steady Running

7-10 minutes of steady, continuous running at any pace.

**DAY 7**

**At-Home Activities**

Tabata  
20 sec. work, 10 sec. rest

Speed run in place – 20 sec.  
Jump rope w/o rope - 20 sec.  
Back lunges - 20 sec.  
Broad jumps - 20 sec.  
Side lunges - 20 sec.  
Sit-ups - 20 sec.  
Leg holds - 20 sec.  
Elbow plank - 20 sec.

Rest – 2 minutes

Speed run in place – 20 sec.  
Jump rope w/o rope - 20 sec.  
Back lunges - 20 sec.  
Broad jumps - 20 sec.  
Side lunges - 20 sec.  
Sit-ups - 20 sec.  
Leg holds - 20 sec.  
Elbow plank - 20 sec.

Rest – 2 minutes

Speed run in place – 20 sec.  
Jump rope w/o rope - 20 sec.  
Back lunges - 20 sec.  
Broad jumps - 20 sec.  
Side lunges - 20 sec.  
Sit-ups - 20 sec.  
Leg holds - 20 sec.  
Elbow plank - 20 sec.

**Running**

Interval Running  
Ladder

Warm up with 3-5 minutes of easy jogging.

Sprint 10 seconds, walk back to start.  
Sprint 15 seconds, walk back to start.  
Sprint 20 seconds walk back to start.  
Sprint 15 seconds, walk back to start.  
Sprint 10 seconds, walk back to start.

Cool down with 3-5 minutes of easy running.

**DAY 8**

**At-Home Activities**

3x3  
3 exercises x 3 times

**RAGDOLL POSE**

Bend at the waist. Touch your toes (or ankles) with straight legs. Let your neck relax. Hold for 30 seconds. Repeat 1 more time.

**SQUAT KICKS**

Complete a normal squat, as you are standing back up, kick your right leg forward. Repeat on the left leg. Do 10 per leg.

**STAR JUMPS**

Jump up with your arms and legs spread out like a star. Do 10 total jumps.

Rest – 2 minutes

**RAGDOLL POSE**

Bend at the waist. Touch your toes (or ankles) with straight legs. Let your neck relax. Hold for 30 seconds. Repeat 1 more time.

**SQUAT KICKS**

Complete a normal squat, as you are standing back up, kick your right leg forward. Repeat on the left leg. Do 10 per leg.

**STAR JUMPS**

Jump up with your arms and legs spread out like a star. Do 10 total jumps.

Rest – 2 minutes

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**SQUAT KICKS**

Complete a normal squat, as you are standing back up, kick your right leg forward. Repeat on the left leg. Do 10 per leg.

**STAR JUMPS**

Jump up with your arms and legs spread out like a star. Do 10 total jumps.

**Running**

Steady Running

10-12 minutes of steady, continuous running at any pace.

**DAY 9**

**At-Home Activities**

3x3  
3 exercises x 3 times

**HIGH KNEE TWISTS**

Bring your knee to your opposite elbow and switch. For a challenge, add a hop when switching sides. Do 10 per leg.

**FLUTTER KICKS**

Lie on your back. Keeping your legs straight, kick them up and down. Kick for 30 seconds

**SHUFFLE SQUAT**

Take 4 shuffle steps to your right and squat, then take 4 shuffle steps to your left and squat. Do 10 per leg.

Rest – 2 minutes

**HIGH KNEE TWISTS**

Bring your knee to your opposite elbow and switch. For a challenge, add a hop when switching sides. Do 10 per leg.

**FLUTTER KICKS**

Lie on your back. Keeping your legs straight, kick them up and down. Kick for 30 seconds

**SHUFFLE SQUAT**

Take 4 shuffle steps to your right and squat, then take 4 shuffle steps to your left and squat. Do 10 per leg.

Rest – 2 minutes

**HIGH KNEE TWISTS**

Bring your knee to your opposite elbow and switch. For a challenge, add a hop when switching sides. Do 10 per leg.

**FLUTTER KICKS**

Lie on your back. Keeping your legs straight, kick them up and down. Kick for 30 seconds

**SHUFFLE SQUAT**

Take 4 shuffle steps to your right and squat, then take 4 shuffle steps to your left and squat. Do 10 per leg.

**Running**

Fartlek Running

Warm up with 3-5 minutes of easy jogging.

Then do 4 sets of...  
30 sec. fast pace  
1 minute jog

**DAY 10**

**At-Home Activities**

Tabata  
20 sec. work, 10 sec. rest

Curtis lunge – 20 sec.  
Half burpee - 20 sec.  
Side shuffles - 20 sec.  
Wall sit - 20 sec.  
Star jumps - 20 sec.  
Forward hops - 20 sec.  
Down dog toe taps - 20 sec.  
Bicycle crunches - 20 sec.

Rest – 2 minutes

Curtis lunge – 20 sec.  
Half burpee - 20 sec.  
Side shuffles - 20 sec.  
Wall sit - 20 sec.  
Star jumps - 20 sec.  
Forward hops - 20 sec.  
Down dog toe taps - 20 sec.  
Bicycle crunches - 20 sec.

Rest – 2 minutes

Curtis lunge – 20 sec.  
Half burpee - 20 sec.  
Side shuffles - 20 sec.  
Wall sit - 20 sec.  
Star jumps - 20 sec.  
Forward hops - 20 sec.  
Down dog toe taps - 20 sec.  
Bicycle crunches - 20 sec.

**Running**

Interval Running  
Double Doubles

Warm up with 3-5 minutes of easy jogging.

Sprint 20 seconds, rest for 10 seconds.  
Sprint back to the start.  
Rest for 3 minutes.  
Sprint 20 seconds, rest for 10 seconds.  
Sprint back to the start.

Cool down with 3-5 minutes of easy jogging.

**DAY 11**

**At-Home Activities**

3x3  
3 exercises x 3 times

**SHUFFLE, CROSS**  
Shuffle 3 times to your right, punch across your body with your left hand. Repeat in the opposite direction.  
Do 10 each way.

**POWER KNEES**  
Bring hands over your head and have your hands and left knee meet in the middle as fast as you can. Repeat 10 times on each leg.

**PLANK JACKS**  
In plank position, move your feet in and out like when performing a jumping jack for 30 seconds. Repeat 1 more.

Rest – 2 minutes

**SHUFFLE, CROSS**  
Shuffle 3 times to your right, punch across your body with your left hand. Repeat in the opposite direction.  
Do 10 each way.

**POWER KNEES**  
Bring hands over your head and have your hands and left knee meet in the middle as fast as you can. Repeat 10 times on each leg.

**PLANK JACKS**  
In plank position, move your feet in and out like when performing a jumping jack for 30 seconds. Repeat 1 more.

Rest – 2 minutes

**SHUFFLE, CROSS**  
Shuffle 3 times to your right, punch across your body with your left hand. Repeat in the opposite direction.  
Do 10 each way.

**POWER KNEES**  
Bring hands over your head and have your hands and left knee meet in the middle as fast as you can. Repeat 10 times on each leg.

**PLANK JACKS**  
In plank position, move your feet in and out like when performing a jumping jack for 30 seconds. Repeat 1 more.

**Running**  
Steady Running

10-12 minutes of steady, continuous running at any pace.

**DAY 12**

**At-Home Activities**

3x3  
3 exercises x 3 times

**WALL SIT**  
Lean against a wall pretending to be sitting in a chair. Hold for 30 seconds. Repeat 2 more times for 3 total reps.

**WALK DOWN SUPERMAN**  
Walk your hands down to your feet and out until you're flat on your stomach, then complete a superman. Walk your hands back to your feet and repeat 10 times total.

**PUSH-UP TO SIT-UP**  
Perform 5 push-ups and then 5 sit-ups. Rest for 10 seconds and repeat 2 more times.

Rest – 2 minutes

**WALL SIT**  
Lean against a wall pretending to be sitting in a chair. Hold for 30 seconds. Repeat 2 more times for 3 total reps.

**WALK DOWN SUPERMAN**  
Walk your hands down to your feet and out until you're flat on your stomach, then complete a superman. Walk your hands back to your feet and repeat 10 times total.

**PUSH-UP TO SIT-UP**  
Perform 5 push-ups and then 5 sit-ups. Rest for 10 seconds and repeat 2 more times.

Rest – 2 minutes

**WALL SIT**  
Lean against a wall pretending to be sitting in a chair. Hold for 30 seconds. Repeat 2 more times for 3 total reps.

**WALK DOWN SUPERMAN**  
Walk your hands down to your feet and out until you're flat on your stomach, then complete a superman. Walk your hands back to your feet and repeat 10 times total.

**PUSH-UP TO SIT-UP**  
Perform 5 push-ups and then 5 sit-ups. Rest for 10 seconds and repeat 2 more times.

**Running**  
Fartlek Running

Warm up with 3-5 minutes of easy jogging.

Then do 5 sets of...  
30 seconds fast pace  
1 minute jog

**DAY 13**

**At-Home Activities**

Tabata  
20 sec. work, 10 sec. rest

180 jumps – 20 sec.  
Lunge switchers - 20 sec.  
Inchworms - 20 sec.  
Burpees - 20 sec.  
Side plank left - 20 sec.  
Side plank right - 20 sec.  
Floor to ceiling jumps - 20 sec.  
Squat jumps - 20 sec.

Rest – 2 minutes

180 jumps – 20 sec.  
Lunge switchers - 20 sec.  
Inchworms - 20 sec.  
Burpees - 20 sec.  
Side plank left - 20 sec.  
Side plank right - 20 sec.  
Floor to ceiling jumps - 20 sec.  
Squat jumps - 20 sec.

Rest – 2 minutes

180 jumps – 20 sec.  
Lunge switchers - 20 sec.  
Inchworms - 20 sec.  
Burpees - 20 sec.  
Side plank left - 20 sec.  
Side plank right - 20 sec.  
Floor to ceiling jumps - 20 sec.  
Squat jumps - 20 sec.

**Running**  
Interval Running  
Triple Double

Warm up with 3-5 minutes of easy jogging.

Sprint 20 seconds, rest for 10 seconds.  
Sprint back to the start.  
Rest for 3 minutes.  
Sprint 20 seconds, rest for 10 seconds.  
Sprint back to the start.  
Rest for 3 minutes.  
Sprint 20 seconds, rest for 10 seconds.  
Sprint back to the start.  
Rest for 3 minutes.  
Sprint 20 seconds, rest for 10 seconds.  
Sprint back to the start.

Cool down with 3-5 minutes of easy running.

**DAY 14**

**At-Home Activities**

3x3  
3 exercises x 3 times

**JUMP SQUAT TABATA**  
Work for 20 seconds  
Rest for 10 seconds  
Jump squats  
Do 8 times.

**HALF BURPEES**  
Start in a push-up position; jump both feet forward into a squatting position and jump back out into the push-up position. Do 10 total.

**PLANK CHALLENGE**  
High plank hold – 20 sec.  
Low plank hold - 20 sec.  
Shoulder taps - 20 sec.

Rest – 2 minutes

**JUMP SQUAT TABATA**  
Work for 20 seconds  
Rest for 10 seconds  
Jump squats  
Do 8 times.

**HALF BURPEES**  
Start in a push-up position; jump both feet forward into a squatting position and jump back out into the push-up position. Do 10 total.

**PLANK CHALLENGE**  
High plank hold – 20 sec.  
Low plank hold - 20 sec.  
Shoulder taps - 20 sec.

Rest – 2 minutes

**JUMP SQUAT TABATA**  
Work for 20 seconds  
Rest for 10 seconds  
Jump squats  
Do 8 times.

**HALF BURPEES**  
Start in a push-up position; jump both feet forward into a squatting position and jump back out into the push-up position. Do 10 total.

**PLANK CHALLENGE**  
High plank hold – 20 sec.  
Low plank hold - 20 sec.  
Shoulder taps - 20 sec.

**Running**  
Steady Running

12-14 minutes of steady, continuous running at any pace.