

WEEK 7

WARRIOR WEEK

Time to see what you're made of!

WARRIOR
-SHRED-

For each workout this week, you'll do this total-body warm-up and cool-down.

DYNAMIC WARM-UP

Do the following two times through.

Exercise	Time
High Knees	30 seconds
Butt Kicks	30 seconds
Zombie Walk	30 seconds
Prisoner	30 seconds
Windmill	30 seconds
Shoulder Roll Forward	30 seconds
Shoulder Roll Backward	30 seconds

COOL-DOWN

Do the following two times through.

Lunge Stretch Sequence + Upper-Body Stretch Sequence

DAY 1

NEARLY DROWNING

You will do 10 rounds for this workout. As the reps for the first move decrease, the reps for the other moves increase. So for round one, do 10 jump squats, one V-in, one push-up, one jump lunge and one burpee. For round two, do nine jump squats, two V-ins, two push-ups, two jump lunges and two burpees. Continue until you do one jump squat and 10 each of the four subsequent moves. Record your time.

Exercise	Reps
Jump Squat	10, 9, 8, 7, etc., ... 1
V-In	1, 2, 3, 4, etc., ... 10
Push-Up	1, 2, 3, 4, etc., ... 10
Jump Lunge	1, 2, 3, 4, etc., ... 10
Burpee	1, 2, 3, 4, etc., ... 10

DAY 2

300'S

Do these moves in order. Complete all the reps of one move before continuing on to the next. Record your total time.

Exercise	Reps
30-Foot Sprint	30
Toe Touch	30
Single Leg V-In	30 (15 each side)
Hollow Rock	30
Plank Hip Tap	30 (15 each side)
Butterfly Sit-Up	30
Penguin	30 (15 each side)
Plank Side Pulse	30 (15 each side)
Pike Sit-Up	30
V-In	30
Preggo	30
30-Foot Sprint	30

DAY 3

SOAKING WET

10-MINUTE AMRAP

Do as many rounds and reps as possible of the below workout. Record your total rounds plus reps.

Exercise	Reps
Burpee	5
Plank Jump-Through	5
Push-Up	5
Candlestick Jump (can sub jump jump)	5

DAY 4

WTF JUST HAPPENED?

Time yourself and see how long it takes you to do:

100 Push-Ups

Record your score and reset your timer. Then time yourself and see how long it takes you to do:

100 Bodyweight Squats

Record your score and set your timer for one minute. Then do as many reps as you can of:

V-Ins

DAY 5

THE FILTHY 50

Do these moves in order. Complete all the reps of one move before continuing on to the next. Record your total time.

Exercise	Reps
Jump Squat	50
Dip	50
Jump Lunge	50 (each side)
Military Press (no weight)	50
Burpee	50

DAY 6

GASPING FOR AIR

Repeat the below workout as many times as you can. Your goal is to finish four to five rounds, but can you do six or seven? Really push yourself!

Exercise	Reps/Time
Burpee	10
Jog	2 minutes
Side Shuffle	30 seconds (right)
Side Shuffle	30 seconds (left)
Carioca	30 seconds (right)
Carioca	30 seconds (left)
All-Out Sprint	30 seconds
Walk	1 minute

DAY 7

HIIT THE DECK

For each of the moves below, you'll do 20 seconds of work followed by 20 seconds of rest for a total of three rounds. Record your total number of reps for each round.

PART 1

Exercise	Time
Shoulder Tap	20 seconds
Rest	20 seconds

PART 2

Exercise	Time
Burpee	20 seconds
Rest	20 seconds

PART 3

Exercise	Time
V-In	20 seconds
Rest	20 seconds

5-MINUTE AMRAP

Take the last number you recorded for each of the previous moves and plug them into this five-minute AMRAP. Do as many rounds and reps as you can in five minutes and record your score.

Exercise	Time
Burpee	Your #
Shoulder Tap	Your #
V-In	Your #