



Week 3: Workout #4

Equipment:

Dumbbells

Mat

Ball

Try to start with 7-10 minutes of cardio (elliptical, light jogging etc.) to warm up!

****Start with round 1 and work up to round 10****

Round 1: 10 Push Ups

Round 2: 10 Push Ups, 10 Prisoner Squats

Round 3: 10 Push Ups, 10 Prisoner Squats, 10 ball slams

Round 4: 10 Push Ups, 10 Prisoner Squats, 10 ball slams, 10 jumping jacks

Round 5: 10 pushups, 10 Prisoner Squats, 10 ball slams, 10 jumping jacks, 10 squat jumps

Round 6: 10 pushups, 10 Prisoner Squats, 10 ball slams, 10 jumping jacks, 10 lunges, 30 sec shoulder tap plank

Round 7: 10 pushups, 10 Prisoner Squats, 10 ball slams, 10 jumping jacks, 10 squat jumps, 30 sec shoulder tap plank, 10 side planks

Round 8: 10 pushups, 10 Prisoner Squats, 10 ball slams, 10 jumping jacks, 10 squat jumps, 30 sec shoulder tap plank, 10 side planks,, 10 mountain climbers each leg

Round 9: 10 pushups, 10 Prisoner Squats, 10 ball slams, 10 jumping jacks, 10 squat jumps, 30 sec shoulder tap plank, 10 supermans, 10 mountain climbers each leg, 10 yards walking lunges out and back

Round 10: 10 pushups, 10 Prisoner Squats, 10 ball slams, 10 jumping jacks, 10 squat jumps, 30 sec shoulder tap plank, 10 supermen, 10 mountain climbers each leg, 10 yards walking lunges out and back, 10 burpees

*****any ball works! Soccer ball, basketball, medicine ball, bosu ball etc.**