

REAL TIME WEEK 5 & 7 // Day 1: BALANCE AND AGILITY // 45/15 (4x4)

	SET 1	SET 2	SET 3
	Weight	Time / Reps	Weight
Step up w/ Knee(R/L), Add weight Lunge Hold (R/L)			
Warrior 3 w/ Single Arm Hold (R/L), Add Leg Lift (R/L)			
Knee to Jump (R/L), Single Leg Forward Hops (R/L)			
Side Plank Hold w/ weight (R/L), Add Leg Lift (R/L)			
Single Arm Pressbacks R/L, Single Leg Forward Jumps (R/L)			
Single Leg Squat (R/L), Single Leg Squat Hold (R/L)			

REAL TIME WEEK 5 & 7 // Day 2: TOTAL BODY // 45/15 (4x4)

	SET 1	SET 2	SET 3
	Weight	Time / Reps	Weight
Clean & Press, Curls, Squats, Hammer Curls			
Box Burpees, Climbers Slow, Incline Push-up, Climbers Fast			
Snatch R, overhead tricep R, Snatch L, overhead tricep L			
Squats, rows, Single Leg Side Presses R/L			
Squat Jumps, Front Lunge R, Step Backs, Front Lunge L			
Plank row R, Plank Jacks, Plank row L, wide Push-ups			

REAL TIME WEEK 5 & 7 // Day 3: CARDIO // 45/15 (4x4)

	SET 1	SET 2	SET 3
	Weight	Time / Reps	Weight
Pop Squats, Half Burpees, Switch Lunges, mountain Climbers			
Plank Jacks, Single Leg Kicks R, Plank Jacks, Single Leg Kicks L			
R Burpee Jump over, Lunge drives R, L Burpee Jump over, Lunge drive L			
Plank Pop to tuck Jump, Lunge with twist R, Lunge w/ twist L, tuck Jumps			
Squat Kick R, Squat Pops, Squat Kick L, Squats			
Single Arm Burpee R, Pushbacks R, Single Arm Burpee L, Pushbacks L			

REAL TIME WEEK 5 & 7 // Day 4: CARDIO 2 // 45/15 (4x4)

	SET 1	SET 2	SET 3
	Weight	Time / Reps	Weight
Single Leg Burpees with Pushup (R/L), Single Leg Jump In (R/L)			
Squat to Press, Squat to Bicep Curls, Squat to Forward raise, Squat to Lateral raise			
Static Lunges (R/L), Tuck Jumps, Jump Lunges			
Push-up with overhead (R/L), Push-up w/ pullbacks (R/L)			
Shuffle Lunge (R/L), Shuffle to Forward/back, Shuffle to Squat Jump			
Side Steps w/ weight, overhead Hold, Single Side Jumps w/ weight (R/L)			

REAL TIME WEEK 5 & 7 // Day 5: TOTAL WORKOUT

	SET 1	SET 2	SET 3
	Weight	Time / Reps	Weight
Set 1: Balance/Agility 1x			
Set 2: Cardio 1x			
Set 3: Total Body 1x			
Set 4: Cardio #2 1x			