

**REAL TIME WEEK 6 & 8 // Day 1: Cardio/Core // 20/20/20 X 3**

	SET 1	SET 2	SET 3
	Weight	Weight	Weight
	Time / Reps	Time / Reps	Time / Reps
Shuffle Touch, Squat w/ Swing			
Jumping jack Squat, R Lunge w/ Fly			
Burpee, L Lunge w/ Fly			
Competition Burpee, Squat To Overhead			
Burpee with Push up, R Lunge w/ Overhead Press			
Half Burpee, L Lunge w/ Overhead Press			
20 Sec - 1 Tuck, 2 Full extensions, 3 Sec hold			

**REAL TIME WEEK 6 & 8 // Day 2: Cardio/Upperbody // 20/20/20 X 3**

	SET 1	SET 2	SET 3
	Weight	Weight	Weight
	Time / Reps	Time / Reps	Time / Reps
Side Jump Overs, Bicep Curls			
Squat Travels W/ Weight, Standing Tricep Presses			
Pushup To Overhead, Standing Flies			
Shuffles W/ Weight, Rows			
Step ups W/ Side Pull down R/L			
Quick Feet, Front Raises			
20 Sec- 1 Wide Push-up, 2 Push-ups, 3 Mt. Climbers			

**REAL TIME WEEK 6 & 8 // Day 3: Lowerbody/Balance // 20/20/20 X 3**

	SET 1	SET 2	SET 3
	Weight	Weight	Weight
	Time / Reps	Time / Reps	Time / Reps
Bench- Quick Steps R/L			
Single Leg Four Square Jumps R/L			
Crawls- Single Leg R/L			
Lunge kick W/ Side Lift, Back kick R/L			
Bowlers Lunge kick R/L			
Single Leg Squat To Opposite Overhead R/L			
20 Sec- 1 Warrior 3 hold, 2 knees, 3 Side kick R/L			

**REAL TIME WEEK 6 & 8 // Day 4: Balance/Total Body // 20/20/20 X 3**

	SET 1	SET 2	SET 3
	Weight	Weight	Weight
	Time / Reps	Time / Reps	Time / Reps
Single Leg Bicep Curl W/ Pump R/L			
C Sit Plus Shoulder Press, Cross Punches			
Single Leg Fly To Pump R/L			
C Sit- monkey Pumps			
Walk down To Jump Wide Plank Walk Back			
Side Plank W/ Overhead and under kick R/L			
20 Sec- 1 Squat, 2 Squat Presses, 3 Squat Leg Lifts			

**REAL TIME WEEK 6 & 8 // Day 5: TOTAL WORKOUT**

	SET 1	SET 2	SET 3
	Weight	Weight	Weight
	Time / Reps	Time / Reps	Time / Reps
Set 1: Cardio/Core 1x			
Set 2: Cardio/Upperbody 1x			
Set 3: Lowerbody/Balance 1x			
Set 4: Balance/Total Body 1x			