

REAL TIME WEEK 10 & 12 // Workout 1: 30/30 X 3 *2nd 30 Sec Round // Lowerbody/Cardio

	SET 1		SET 2		SET 3	
	Weight	Time / Reps	Weight	Time / Reps	Weight	Time / Reps
1. Weight - (Lateral Steps) Cone, Bench, Cone						
2. Weight - (Forward Squat Jumps) Cone, Bench, Cone						
* Bench- Side To Side						
3. Floor Touches						
4. Squat Jumps						
* Half Burpee To Tuck Crunch						
5. Sliders - Double Knee Tucks W/Travel						
6. Sliders - Single Legs Pulls						
* Side Plank Jumps (Right To Left)						
7. Switch Leg Sprinters						
8. Jumping Jack Squat						
* Around The World (Back Lunge, Squat, Forward Lunge)						

REAL TIME WEEK 10 & 12 // Workout 2: 30/30 X 3 *2nd 30 Sec Round // Total Body

	SET 1		SET 2		SET 3	
	Weight	Time / Reps	Weight	Time / Reps	Weight	Time / Reps
1. Step Ups W/Weights (Shoulders)						
2. Weights - Side Lunge Push-up Bicep Curl R/L						
* Elevator Push-ups 321						
3. Back Lunge To Overhead R						
4. Back Lunge To Bicep L						
* High Plank/Low Plank Leg Lift						
push-ups						
5. Bars - Alt Single Leg Lifts(Sitting)						
6. Bars - Double Leg Lifts (Sitting)						
* Lunge Push-up To Side Plank L						
7. Bench- Sprinter Touch To Jump W/Jump R/L						
8. Squats W/Weights						
* Crab To Reach						

REAL TIME WEEK 10 & 12 // Workout 3: 30/30 X 3 // Cardio

	SET 1		SET 2		SET 3	
	Weight	Time / Reps	Weight	Time / Reps	Weight	Time / Reps
1. 2 Jumps W/2 Touches R/L						
2. Cones - Figure 8/Shuffles R/L						
3. Single Leg Steps R/L						
4. High Knees:seat Kicks						
5. Cones - Four Square Jumps R/L						
6. Weight - Squat To Overhead (Side Jumps) R/L						
7. Tricep Kicks R/L						
8. Forward Shuffles						

REAL TIME WEEK 10 & 12 // Workout 4: 30/30 X 3 // Upperbody/Core

	SET 1		SET 2		SET 3	
	Weight	Time / Reps	Weight	Time / Reps	Weight	Time / Reps
1. Bench- Frog Push-up/Kick						
2. Weights - Shoulder Press W/Ab Tuck						
3. Weights - Flies W/Ab Tuck						
4. 3 Sec Quick Feet, Alt 1 Arm Pushbacks						
5. Mt Climbers W/Release R/L						
6. Weights - Walking W/ Pullbacks						
7. Bench - Half Burpee W/Jump On						
8. Weights - Row, Tricep To Plank Jack R/L						

REAL TIME WEEK 10 & 12 // Workout #5: 33 Mins Total

	SET 1		SET 2		SET 3	
	Weight	Time / Reps	Weight	Time / Reps	Weight	Time / Reps
Set 1: LOWERBODY/CARDIO 1x						
Set 2: TOTALBODY 1x						
Set 3: CARDIO 1x						
Set 4: UPPERBODY/CORE 1x						