

**Real Time Week 13 & 15 // Workout 1: Lowerbody/Cardio // 20/10 X 3 (Stay 2 Times Each Set)**

	SET 1		SET 2		SET 3	
	Weight	Time / Reps	Weight	Time / Reps	Weight	Time / Reps
1. Agility Ladder- Side Jump Ins						
2. Snow Angel Crunches						
3. Squat Knee, Forward Jump W/ Push-up Throw Down						
4. Mat- Wide Plank Hold W/jump						
5. Bench - Cross Mt Climbers, Feet On Ball (Plank Jacks)						
6. Single Leg Deadlift W/row To Overhead R/l						
7. Weight- Step Up R/l To Side Squat Walks						
<b>4 Minute Glute Burn</b>						
1. Circles Forward/backward R						
2. Circles Forward/backward L						

**Real Time Week 13 & 15 // Workout 2: Upper/Cardio // 20/10 X 3 (Stay 2 Times Each Set)**

	SET 1		SET 2		SET 3	
	Weight	Time / Reps	Weight	Time / Reps	Weight	Time / Reps
1. Cone-double Jumps, single Step						
2. Kayak Row						
3. Weight- Plank Pull Thru						
4. Kneeling Towel Slam						
5. Push-up Climbers						
6. Sliders- Pike Ups						
7. Weight- Squat Overhead						
<b>4 Minute Shoulder Burn</b>						
1. Circles Forward/backward (thumbs Up)						
2. Circles Forward/backward (thumbs Down)						

**Real Time Week 13 & 15 // Workout 3: Core/Cardio // 20/10 X 3 (Stay 2 Times Each Set)**

	SET 1		SET 2		SET 3	
	Weight	Time / Reps	Weight	Time / Reps	Weight	Time / Reps
1. Bench- Side Step Ups W/knee R/l						
2. Agility- Forward Double Jumps						
3. Cones- Circle Quick Steps R/l						
4. Mats- Plank To Push-up						
5. Mats- Heel To Toe (back)						
6. Wall Jump W/ 2 Back Jumps						
7. Bench- Side Dips W/kickbacks						
<b>4 Minute Core Burn</b>						
1. Plank Knee Drops R/l						
2. Side Plank W/knee R/l						

**Real Time Week 13 & 15 // Workout 4: Total Body/Cardio // 20/10 X 3 (Stay 2 Times Each Set)**

	SET 1		SET 2		SET 3	
	Weight	Time / Reps	Weight	Time / Reps	Weight	Time / Reps
1. Push-up Walk Downs R/l						
2. Crawls R/l						
3. Weight- Squat Press Jump R/l						
4. Bench - Jump On						
5. Jump Rope						
6. High Knees- Overhead Weight						
7. Weight- Standing Side Pull Downs						
<b>4 Minute Total Body Burn</b>						
1. Single Leg W/outward Press To Push-up R/l						
2. Half Burpee W/plank Jack						

**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: UPPERBODY/CARDIO 1x						
Set 3: CORE/CARDIO 1x						
Set 4: TOTALBODY/CARDIO 1x						