

REAL TIME WEEK 14 & 16 // Workout 1: LOWERBODY/CARDIO // 40/20 x 3

	SET 1		SET 2		SET 3	
	Weight	Time / Reps	Weight	Time / Reps	Weight	Time / Reps
1. Hopscotch Squats						
2. Sumo Squat To A Bowlers Lunge (Overhead Hold)						
3. Weights - Squat To V						
4. Bench - Side To Side						
5. Bench - Lunge Forward Back Lifts W/ Step Up						
6. Weight - Sumo Jump Squat (Little To Big)						
7. Burpee Jacks						
8. Surfer Burpees						

REAL TIME WEEK 14 & 16 // Workout 2: UPPERBODY/CARDIO // 40/20 x 3

	SET 1		SET 2		SET 3	
	Weight	Time / Reps	Weight	Time / Reps	Weight	Time / Reps
1. Star Jump W/ Weight						
2. Bench - Bulgarian Split Squat With Hop						
3. Weight - Knee Pull Plank Hop						
4. Single Hand Burpee Hops						
5. Bench - Decline Push-up/pike						
6. Sit/kick Thru W/ SI Hop						
7. See Saw Db Chest Press						
8. Bar - Balance Lunge W/ Hop To Pistol Squat						

REAL TIME WEEK 14 & 16 // Workout 3: CORE/CARDIO // 40/20 x 3

	SET 1		SET 2		SET 3	
	Weight	Time / Reps	Weight	Time / Reps	Weight	Time / Reps
1. Cones - Run Down W/ Hit Floor						
2. Ball - Plank Knee Strikes						
3. Bench - Shoulder Push-ups						
4. Side Plank - Leg Circles						
5. Mats - Hit Floor To Single Leg Press Back						
6. Weight - Lunge W/ Wood Chop						
7. SI - Plank Circles						
8. Mat - Crunch Hold W/ Weight Lift						

REAL TIME WEEK 14 & 16 // Workout 4: TOTAL BODY // 40/20 x 3

	SET 1		SET 2		SET 3	
	Weight	Time / Reps	Weight	Time / Reps	Weight	Time / Reps
1. Cone - 4 High Knees, 2 Hops						
2. Weight - Side Jump W/ Overhead						
3. Weights - Seel Jacks W/ Weight						
4. Bench - Tricep Kicks						
5. Bench - Front Lift Side, Back Kick						
6. Weight - Halo W/ 3 Spider Climbs						
7. Front Squats						
8. Bench - Step And Jump						

REAL TIME WEEK 14 & 16 // Workout 5: COMPLETE WORKOUT

	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 1x						