

# FIT & STRONG

**NO GEAR REQUIRED**

[ Dynamic Stretch & Mobility ] **WARM-UP**

## MOVEMENT PREP

- **Walkout & Leg Cradle (4-6 REPS)**



- **Lunge Stretch & Torso Rotations (8-10 REPS)**



- **Cook Squats (6-8 REPS)**



- **Hip Circles & Side Lunges (8-10 REPS)**



## PILLAR PREP [ Core & Glute Activation ]

- **Dead bugs (10-20 REPS)**



- **Bird Dog (10-20 REPS)**



- **Plank leg lifts (10-20 REPS)**



- **Glute Bridge (10-20 REPS)**



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## WORKOUT #1

4 BLOCKS

30 SECONDS WORK | 10 SECONDS REST

**BLOCK 1**



HIGH KNEES



PUSH UPS

### MODIFIED EXERCISES



Push up from knees

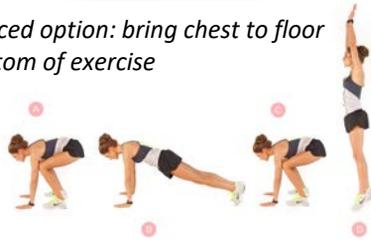


**BLOCK 2**



JUMP LUNGES

Advanced option: bring chest to floor at bottom of exercise



BURPEES



Step back into lunge instead of jump

**BLOCK 3**



MOUNTAIN CLIMBERS



GLUTE BRIDGES



Double leg instead of single leg glute bridge.

**BLOCK 4**



SINGLE LEG DEADLIFTS



JUMPING JACKS

REST 10 SECONDS  
BETWEEN EXERCISES  
AND REST 30 SECONDS  
BETWEEN BLOCKS

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## WORKOUT #2

### BEGINNER



RUSSIAN TWISTS



SINGLE LEG DROP



MODIFIED PLANK WITH KNEE LIFT



HIGH PLANK (KNEES OR TOES)

### ADVANCED



PLANK HIP DIPS



DOUBLE LEG DROP



SIDE PLANK LEG LIFT



MILITARY PLANK (UP/DOWN PLANK)

Choose the workout that suits your experience and strength level, and complete the workout from top to bottom.

- ✓ 4 EXERCISES
- ✓ 5 ROUNDS
- ✓ 30 SECONDS WORK
- ✓ 30 SECONDS REST BETWEEN ROUNDS

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## WORKOUT #3

Perform these moves in order, completing as many reps as you can in one set.  
Complete the total number of reps before moving on to the next exercise.  
If you're feeling good, complete more than one round!

1



**50 PUSHUPS**  
(ON TOES OR KNEES)



2



**100 JUMP SQUATS OR**  
**BODY WEIGHT SQUATS**



3



**100 MOUNTAIN CLIMBERS OR**  
**ELEVATED MOUNTAIN CLIMBERS**



4



**100 BICYCLE CRUNCHES OR**  
**MODIFIED BICYCLES**



5



**100 SPLIT SQUATS (50 EACH LEG)**  
**OR BULGARIAN SPLIT SQUATS**



6



**100 JUMPING JACKS**  
**OR SIDE STEP JACKS**



7



**50 TRICEPS DIPS**  
(ON FLOOR OR CHAIR)



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## WORKOUT #4

4 BLOCKS

REPEAT EACH BLOCK 5 TIMES

30 SECONDS WORK

10 SECONDS REST

BLOCK 1



JUMP SQUATS



*T-rotation from the knees*



T-ROTATION

### MODIFIED EXERCISES



*Squat into calf raise*

BLOCK 2



SEAL JUMPING JACKS



WALL SIT



*Alternating single leg wall sits*

BLOCK 3



SKATERS



SIDE LUNGES



*Jumping skaters*

BLOCK 4



SQUAT AND JAB



*Touch the knees instead of the toes*



ALTERNATING TOE TOUCHES

REST 10 SECONDS  
BETWEEN EXERCISES  
AND REST 30 SECONDS  
BETWEEN BLOCKS

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## WORKOUT #5

### BEGINNER



### GLUTE BRIDGES



### DEAD BUG



### MODIFIED SIDE PLANK KNEE TO ELBOW CRUNCH



### BIRD DOGS

### ADVANCED



### SINGLE LEG GLUTE BRIDGES



### UP AND DOWN PLANKS



### BICYCLES



### BIRD DOG WITH CRUNCH

Choose the workout that suits your experience and strength level and go through the workout from top to bottom.

- ✓ 4 EXERCISES
- ✓ 5 ROUNDS
- ✓ 30 SECONDS WORK
- ✓ 30 SECONDS REST BETWEEN ROUNDS

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## WORKOUT #6

Perform each exercise below for 40 seconds, then take a 20 second rest before moving onto the next exercise. Complete the circuit 3 times for a total of 30 minutes of work.

<p><b>1</b></p>  <p>CROSS JACKS</p>	<p><b>6</b></p>  <p>PLANKS</p>
<p><b>2</b></p>  <p>BUNNY HOPS</p>	<p><b>7</b></p>  <p>SUMO SQUATS</p>
<p><b>3</b></p>  <p>ALTERNATING LUNGES</p>	<p><b>8</b></p>  <p>JUMPING JACKS</p>
<p><b>4</b></p>  <p>HIGH KNEE SKIPS</p>	<p><b>9</b></p>  <p>PUSH UPS</p>
<p><b>5</b></p>  <p>JABS AND CROSSES</p>	<p><b>10</b></p>  <p>ALTERNATING KNEE CROSS PUNCH</p>

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## WORKOUT #7

4 BLOCKS

REPEAT EACH BLOCK 5 TIMES

30 SECONDS WORK

10 SECONDS REST

**BLOCK 1**



PLANK JACKS



PULSING LUNGES (15 secs each side)

### MODIFIED EXERCISES



*Regular planks on toes or knees*

**BLOCK 2**



SQUAT TO HIGH KICK



PUSH UPS WITH SHOULDER TAPS



*Push-ups on toes*

**BLOCK 3**



JUMP LUNGES



BACK EXTENSIONS



*Replace jump lunges with regular lunges*

**BLOCK 4**



RUNNING BUTT KICKS



BICYCLE CRUNCHES

REST 10 SECONDS  
BETWEEN EXERCISES  
AND REST 30 SECONDS  
BETWEEN BLOCKS

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## WORKOUT #8

**BEGINNER**



**ALTERNATING LEG DROPS**



**ALTERNATING SINGLE LEG KNEE TUCKS**



**STANDING OBLIQUE SIDE CRUNCH**



**BEAR HOLD**



**ADVANCED**



**FLUTTER KICKS**



**LYING KNEE TUCKS**



**SIDE PLANK HIP DIPS**



**ALTERNATING HIGH PLANK KNEE TUCK**

Choose the workout that suits your experience and strength level and go through the workout from top to bottom.

- ✓ 4 EXERCISES
- ✓ 5 ROUNDS
- ✓ 30 SECONDS WORK
- ✓ 30 SECONDS REST BETWEEN ROUNDS

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## WORKOUT #9

Set a timer for 7:00 Minutes and complete an AMRAP (As Many Rounds As Possible) of the exercises listed below. Take a break and repeat a second round for each AMRAP block.

### AMRAP #1



**1** 10 JUMP SQUATS  
OR SQUAT INTO CALF RAISE



**2** 10 PUSHUPS  
ON TOES OR KNEES



**3** 10 SQUAT ELBOW TO KNEE



**4** 5 PLANK SPRAWL

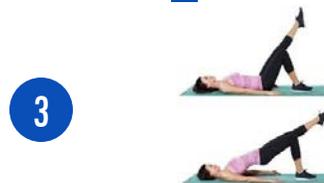
### AMRAP #2



**1** 10 MILITARY PLANK ON TOES  
OR KNEES



**2** 10 SURRENDERS



**3** 10 (PER SIDE) SINGLE LEG  
GLUTE BRIDGES



**4** 10 (PER SIDE) SIDE LYING TRICEPS PRESS