

DAILY WORKOUT PLAN WEEK OF 4/6

**MON
ABS**

3 minutes:
1 min Flutter Kicks
1 min Toe Touches
1 min Scissor Kicks

10 min AMRAP:
10 of each
Bicycle Crunches, Penguins,
Suitcases, Floor Slams,
Crunches

4 min Kickboxing:
1 min each
10 L jabs -> 5 ceiling jumps
10 R jabs -> 5 Jumping Jacks
Alternating Oblique crunch to
front kick

**TUES
LEGS**

3 minute:
Wall Sit
G Challenge: use a weight of
some sort

10 min AMRAP:
15 of each
Squats, Jump Squats, Fire
Hydrants (L/R)

4 min Kickboxing:
1 min each
Squat Hold w/ Punches
Left Lunge to Sidekick
Right Lunge to Sidekick
Sumo Squat Hold w/ Punches

**WED
CARDIO**

3 minutes:
3 min Jump Rope or
1 min Jumping Jack, 1 min High
Knees, 1 min Butt Kicks

10 min AMRAP:
10 of each
Mountain Climbers, Burpees,
Heismans, Squat Jacks

4 min Kickboxing:
1 min each
LJ, RC, LH & RU
RJ, LC, RH & LU
Left Front Kicks
Right Front Kicks

**THURS
ARMS**

3 minute:
1 min Plank
1 min L Side Plank
1 min R Side Plank

10 min AMRAP:
12 of each
Push Ups, Shoulder Taps,
Tricep Dips, Plank Up Downs

4 min Kickboxing:
1 min each
2 push ups-> RJ LC
2 push ups-> LJ RC
100 LC
100 RC

**FRI
FULL BODY**

3 minute:
1 min Jumping Jacks
1 min Superman
1 min Squat Hold

10 min AMRAP:
10 of each
Burpees, Plank Jacks, Jump
Squats, Plank Hip Dips

4 min Kickboxing:
1 min each
5 Front Squats-> 5 Front Kicks
L Fire Hydrants-> L Back Kicks
R Fire Hydrants-> R Back Kicks
Bicycle Kicks

**SAT
ABS**

3 minute Plank

10 min AMRAP:
15 of each
Leg Slams, Sit Ups, V-Ups,
Windshield Wipers, Russian
Twists

4 min Kickboxing:
1 min each
5 crunches-> 4 elbows
3 sit ups-> 4 punches
4 russian twists-> jab cross
5 toe touches-> 4 hooks

**SUN
LEGS**

3 minute:
1 min Slow Squat
1 min Squat Pulses
1 min Squat Hold

10 min AMRAP:
15 of each
L Lunge Pulses, R Lunge
Pulses, Sumo Squats, Glute
Bridges, Narrow Squats

4 min Kickboxing:
1 min each
4 lunges-> RJ LC RH
4 lunges-> LJ RC LH
3 jump squats-> 10 Left Jabs
3 jump squats-> 10 Right Jabs