

WORKOUT #3: ENDURANCE, CORE, STABILITY & STRENGTH

CARDIO – Round 1

- Seal Jacks (1:00 min) or 50x
- 3 Squat Jacks + 1 Straight Jump (1:00 min) or 20x
- 1 Fwd Jump + 2 Back Jumps (1:00 min) or 20x
- Front Raise Jacks (1:00 min) or 50x
- Mountain Climber Run (1:00 min) or 50x *each side*

CIRCUIT – Round 1

- Pushup Kick Thrus (1:00 min) or 20x
- Deep Squat + Swimmer's Press (1:00 min) or 20x
- Out/In Superman Hold (1:00 min) or 20x
- Plank Row + Rear Raise (R) (1:00 min) or 20x
- Fwd Stepping Lunge + 2 Rear Lifts (R) (1:00 min) or 20x
- Bicycle Crunch + DB Punch (1:00 min) or 40x *each side*
- 2-Way Heavy DB Curl (1:00 min) or 20x *each side*
- Rev Lunge + O/H Ext + Knee Lift (R) (1:00 min) or 20x
- Hover Tap Outs (1:00 min) or 25x *each side*
- DB Straight Leg Lifts (1:00 min) or 20x

CARDIO – Round 2

- Seal Jacks (1:00 min) or 50x
- 3 Squat Jacks + 1 Straight Jump (1:00 min) or 20x
- 1 Fwd Jump + 2 Back Jumps (1:00 min) or 20x
- Front Raise Jacks (1:00 min) or 50x
- Mountain Climber Run (1:00 min) or 50x *each side*

CIRCUIT – Round 2

- Pushup Kick Thrus (1:00 min) or 20x
- Deep Squat + Swimmer's Press (1:00 min) or 20x
- Out/In Superman Hold (1:00 min) or 20x
- Plank Row + Rear Raise (L) (1:00 min) or 20x
- Fwd Stepping Lunge + 2 Rear Lifts (L) (1:00 min) or 20x
- Bicycle Crunch + DB Punch (1:00 min) or 40x *each side*
- 2-Way Heavy DB Curl (1:00 min) or 20x *each side*
- Rev Lunge + O/H Ext + Knee Lift (L) (1:00 min) or 20x
- Hover Tap Outs (1:00 min) or 25x *each side*
- DB Straight Leg Lifts (1:00 min) or 20x