

March 2015 Cardio Challenge

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
REST DAY	LOWER BODY	SPRINTS / INTERVALS	HIIT / UPPER BODY	MID EFFORT	CORE / ABS	STEADY CARDIO
1	2 30s each...4 rounds - power squat - squat jack - high knees - alt reverse lunge - jump lunge - ice skaters + FINISH: 1 Min Sprint	3 15-20 minutes - 3 min warmup - 30s fast - 90s slower x5 - cool down	4 Ropes Variation (Ex: Alt Arms– wide or narrow, Double Slam Double Slam + Jump, Double Slam side-to-side) 20s work / 10s rest x8	5 20 min easy (walk, jog, elliptical, stair climber, bike, rower, etc)	6 30s each...5 rounds - mtn climbers - bicycle crunch - plank jacks - burpees	7 30 min steady cardio (walk, jog, elliptical, stair climber, bike, rower, etc)
8	9 30s each...4 rounds - rev lunge with kick (alt) - squat to side kick (alt) - jump squat - reverse lunge to hop (r) - reverse lunge to hop (l) - switch lunge + FINISH: 5 Min Stair Run	10 15-20 minutes - 3 min warmup - 45s fast - 60s recover x6 - cool down	11 Ball Slams (Reverb Slams (bounce) or Slam Pick-Up) 30s work / 10s rest x8	12 25 min easy (walk, jog, elliptical, stair climber, bike, rower, etc)	13 10 reps each, 1 round - slow burpee - burpee w/ squat Jack - burpee w/ plank jack - runners burpee	14 35-40 min steady cardio (walk, jog, elliptical, stair climber, bike, rower, etc)
15	16 45s each...4 rounds - slow burpee - jump jack - lateral hops - fast burpees - step ups (r) - step ups (l) + FINISH: 1 Min Sprint x2	17 20-25 minutes - 3 min warmup - 30s to 45s sprint - 60s recover x8 - cool down	18 Rows (rowing machine, seated cable row, standing cable row, TRX row) 60s work / 10s rest x8 (double for rowing machine)	19 30 min easy (walk, jog, elliptical, stair climber, bike, rower, etc)	20 45s each...3 rounds - plank walk - bicycle crunch - wide mtn climber - plank thrust - side to side burpee	21 45 min steady cardio (walk, jog, elliptical, stair climber, bike, rower, etc)
22	23 45s each...4 rounds - power squat - squat jack - high knees - alt reverse lunge - jump lunge - ice skaters + FINISH: 20 Burpees	24 ??? minutes 3 min warmup <u>FAVORITE 4 SONGS</u> Fast walk / Incline Sprint the Choruses cool down	25 Weighted Punches (2lb to 5lb) Weighted Jumping Jacks (2lb to 5lb) 45s work / 15s rest x8	26 35 min easy (walk, jog, elliptical, stair climber, bike, rower, etc)	27 100 Burpees (any variation)	28 45–60 min steady cardio (walk, jog, elliptical, stair climber, bike, rower, etc)
29	30 60s each...4 rounds - rev lunge with kick (alt) - squat to side kick (alt) - jump squat - reverse lunge to hop (r) - reverse lunge to hop (l) - switch lunge + FINISH: 7.5 Min Stair Run	31 20 minutes - 3 min warmup - 60s sprint - 45s to 60s recover x8 - cool down	1  bodLanguage www.bfit.com	2 *Exercises can be added to current workout regi- men (training, group classes, etc) OR used alone. Just do your best and push yourself outside of your comfort zone!!!	3	4

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