

JOY OF STRENGTH

THE TOTAL PACKAGE

Time: 30-40 minutes, 2-3 rounds.

Resistance: Heavy

Follow numbered order and complete stated reps.
Complete all rounds of the first circuit before moving to the second circuit.

Rest: 60-90 seconds between circuits and rounds.

Circuit 1

C + F + A + I + J
10 reps 10 reps 10 reps 10 reps 10 reps
R/L alternate

Circuit 2

D + E + B + L
12 reps 10 reps 10 reps 20 reps



SIZZLING HOT (BODY WEIGHT ONLY)

Time: 10-25 minutes, 2-3 rounds.

Resistance: Body Weight

Follow lettered order and complete stated reps.
Complete stated rounds of Circuit 1 before moving to Circuit 2.

Rest: 30 seconds between rounds.

Circuit 1

F + A + L + D + J
12 reps 20 reps 30 reps 15 reps 10 reps
Alternate

Circuit 2

C + E + K + H + J
30 reps 12 reps 20 reps 10 reps 10 reps

PUMP YOU UP

Time: 5-15 minutes, 1-3 rounds.

Resistance: Heavy

Follow lettered order and complete stated reps.

Rest: no rest between rounds.

E + B + G + J
5 reps L/R 5 reps 10 reps 5 reps

THE QUICKIE

Time: 20 minutes, 6 reps, 4 rounds.

Resistance: Heavy

No rest between exercises.

Rest: 2 minutes between rounds.

D + B + E + C + J

CARDIO BLASTER

Time: 25 minutes

Perform each exercise for 30 seconds.

Rest 15 seconds between exercises, 3 rounds.

Resistance: Light.

Rest: 60-90 seconds between rounds

B + E + G + J + C + L + K

THE FINISHER: The Bonus

Increase your workout's benefits by adding this **Finisher** to the end of any weekly workout.

Time: 5-7.5 minutes, 2-3 rounds.

Resistance: N/A

Follow letter order and complete stated reps as quick as you can without stopping between exercises.

Rest: 30 seconds between rounds.

Bonus 1

A + M + K + A
20 reps 20 reps 20 reps 20 reps
Alternate



LEGEND

A: Squat Jump

B: Push Press

C: Front Loaded Reverse Lunge

D: Single Leg Dead Lift

E: Plank Row

F: T-Rotation with Push-up

G: Dumbbell Swing

H: Swimmers

I: Half Kneel Curl to Press

J: Burpee

K: Skater Hop

L: Mountain Climber

M: Jumping Lunges

