



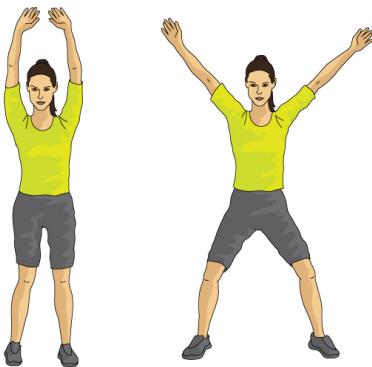
WEEKLY

CONDITIONING CHALLENGE

Workout 5

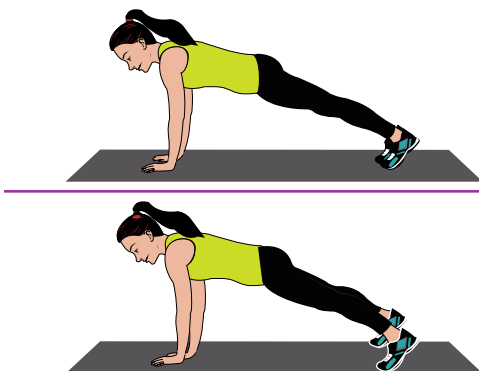
	Beginner	Intermediate	Advanced
10 Min Session	30 Sec Work/30 Sec Rest 2 Rounds	40 Sec Work/20 Sec Rest 2 Rounds	50 Sec Work/10 Sec Rest 2 Rounds
20 Min Session	30 Sec Work/30 Sec Rest 4 Rounds	40 Sec Work/20 Sec Rest 4 Rounds	50 Sec Work/10 Sec Rest 4 Rounds
30 Min Session	30 Sec Work/30 Sec Rest 6 Rounds	40 Sec Work/20 Sec Rest 6 Rounds	50 Sec Work/10 Sec Rest 6 Rounds

Jumping Jacks



- 1 Begin in a standing position, feet shoulder width apart.
- 2 Extend both arms overhead.
- 3 Move arms outward 45 degrees while jumping legs out.
- 4 Jump back to original position while moving arms back overhead.
- 5 Repeat.

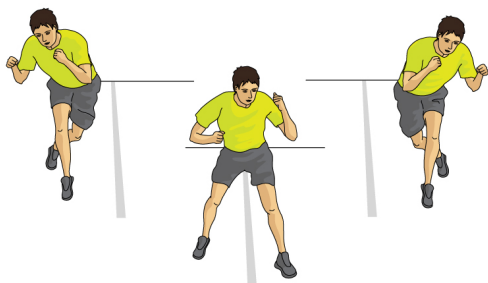
Plank Jack



- 1 Begin in plank position, with your shoulders over your wrists, your body in one straight line, and your feet together.
- 2 Like the motion of a jumping jack, jump your legs wide and then back together. Keep your pelvis steady and don't let it rise toward the ceiling.
- 3 Repeat jumping feet in and out.

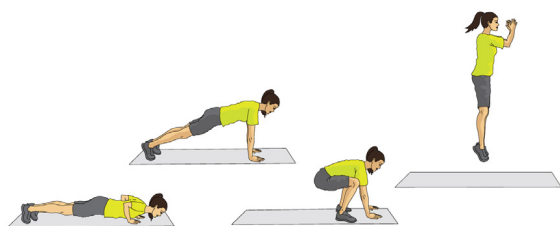
Workout 5

Speed Skaters



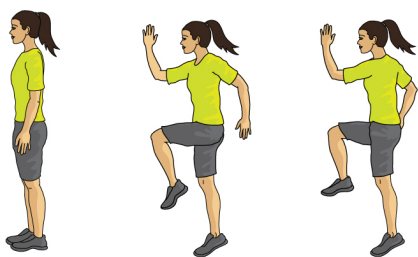
- 1 As you jump to the right, land on the right leg.
- 2 As you land, extend the left leg out as far as possible.
- 3 While balancing on the right leg, jump off and land on the left leg.
- 4 As you land, extend the right leg out as far as possible.
- 5 Continue jumping from side to side.

Burpees



- 1 Start with feet a little bit wider than hip-width distance apart, weight in your heels, chest lifted.
- 2 Lower down into the bottom of a squat, keeping the weight in your heels and chest lifted.
- 3 While at the bottom of your squat, plant your hands on the ground in front of you and jump or step back to high plank.
- 4 Maintaining a tight core perform a push up (option to drop down to knees).
- 5 Once in high plank again after the push up, hop feet back in coming to the bottom of a low squat and then drive through your heels, exploding up leaving the ground as you reach your hands over your head.

A-Skips (High Knee Skipping)



- 1 Begin in a standing position.
- 2 Skip forward, driving left knee up while swinging bent right arm upward.
- 3 Immediately repeat on opposite side.



WEEKLY

CONDITIONING CHALLENGE

RECORD THE NUMBER OF REPS YOU COMPLETE FOR EACH EXERCISE

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Jumping Jacks							
Plank Jack							
Speed Skaters							
Burpees							
A-Skips (High Knee Skipping)							