

# FEBRUARY

## TRAINING PLAN

|       | ACTIVITY  | REPS  |
|-------|---|---|
| DAY 1 | <p>HIIT: BATTLE ROPE, SQUAT PRESS, MEDICINE BALL SLAMS, SUMO SQUATS, KETTLE BALL SWINGS</p> <p>CHEST: BENCH PRESS, INCLINE PRESS, DIAMOND PRESS, DUMBBELL PULLOVERS, CHEST FLYS</p>   | <p>HIIT<br/>:30 SEC • 4X</p> <p>CHEST<br/>3 X 12 REPS</p>     |
| DAY 2 | <p>CARDIO: 5 MINUTE JOG TREADMILL, 5 MIN ON ROWER HIIT: RUSSIAN TWIST, HEEL TAPS, LEG RAISES, WEIGHTED CRUNCHES, PLANK</p> <p>BACK: LANDMINE ROWS, LAT PULL DOWN, STRAIGHT ARM PULLDOWN, RENEGADE ROWS, DEADLIFTS</p>                       | <p>HIIT<br/>:30 SEC • 2X</p> <p>BACK<br/>3 X 12 REPS</p>      |
| DAY 3 | <p>HIIT: BATTLE ROPE, SQUAT PRESS, MEDICINE BALL SLAMS, SUMO SQUATS, KETTLE BALL SWINGS</p> <p>LEGS: DUMBBELL LATERAL LUNGE, DUMBBELL CALF RAISES, SUMO SQUAT, DUMBBELL STEP UPS, PULL THROUGH, GOBLET SQUAT</p>                            | <p>HIIT<br/>:30 SEC • 4X</p> <p>LEGS<br/>3 X 12 REPS</p>      |
| DAY 4 | <p>CARDIO: 5 MINUTE JOG TREADMILL, 5 MIN ON ROWER HIIT: RUSSIAN TWIST, HEEL TAPS, LEG RAISES, WEIGHTED CRUNCHES, PLANK</p> <p>SHOULDERS: DUMBBELL PRESS, BARBELL UPRIGHT ROWS, ARNOLD PRESS, FRONT PLATE RAISES, SHRUGS</p>                 | <p>HIIT<br/>:30 SEC • 2X</p> <p>SHOULDERS<br/>3 X 12 REPS</p> |
| DAY 5 | <p>HIIT: BATTLE ROPE, SQUAT PRESS, MEDICINE BALL SLAMS, SUMO SQUATS, KETTLE BALL SWINGS</p> <p>ARMS: SIDE DUMBBELL CURL, BARBELL SKULL CRUSHERS, INCLINE DUMBBELL CURLS, TRICEP ONE ARM PUSHDOWNS, 21'S, TRICEP OVERHEAD PULL EXTENSION</p> | <p>HIIT<br/>:30 SEC • 2X</p> <p>ARMS<br/>3 X 12 REPS</p>      |