

ALTERNATING EVERY OTHER DAY

WORK OUT 1

BATTLE ROPE 1 MIN
SANDBAG DRAGS 50 FEET X2
HIGH KNEES FOR 1 MIN
SPRINTS 50 FEET WALK BACK X3
MOUNTAIN CLIMBERS 1 MIN
SQUAT PULSE :30 SECONDS
WEIGHTED SUMO SQUATS :30 SECONDS
PLANK 1 MIN

REPEAT 3X

WORK OUT 2

BATTLE ROPE 1 MIN
KETTLEBELL SWINGS 1 MIN
MEDICINE BALL SLAMS 1 MIN
DEADLIFTS 1X15
GOOD MORNINGS 1X10
WEIGHTED SIT UPS X30
DOUBLE LEG LIFTS (ABS) X15
SQUAT HOLD :30 SEC

REPEAT 3X

WALK 1.5 MILES A DAY