

Leg Day

Activation: 1 min walk / 30s walking lunges

12 squats / 30s jump squats

12 stiff leg deadlifts / 30s step hop-overs

30s weight step-ups / 30s kettlebell swings

12 Hamstring curls / 30s plank

3x or 4x

Optional Additional Cardio:

Interval work

1 min run / 30s walking lunges

Back Day

Activation: 1 min walk / 1 min run

12 back row / 30s jump rope

12 straight arm pull-downs / 30s fast step-ups

12 back fly / 30s skaters

12 supermans/ 30s burpees

3x or 4x

Optional Additional Cardio:

Interval work

30s Tonya Jacks / 30s Rotations

Shoulder Day

Activation: 1 min walk / 1 min run

12 shoulder press / 30s jump rope

12 lateral raise / 30s slams

12 front raise / 30s side lunges

30s side plank/ 30s mt. climbers

3x or 4x

Optional Additional Cardio:

Interval work

30s alt battle rope / 30s fast step-ups

Bicep/Tricep Day

Activation: 15 min bike

12 tricep press downs / 30s knee repeaters

12 bicep curls / 30s step-ups with kickbacks

12 skull crushers or overhead tricep extension / 30s box jumps

12 push-ups / 30s toe taps

3x or 4x

Optional Additional Cardio:

Interval work

30s hop shuffle backs / 30s run wall to wall

Myzone Abs and Cardio

MyZone Zone Match

If you don't have a myzone belt then just go through the circuit 30s intervals

Open Myzone, click on red button to open menu, click workout, click ZM, click 20 mins to find...

Micro 'Rollercoaster workout

You are going to stay in your color zones. I have the exercises that best match the color zones you can do them in any order! You can also replace an exercise if needed.

Pick and exercise to stay in the color zone

- Plank shoulder taps (Blue Zone)
- Flutter Kicks (Blue Zone)
- Bicycle crunches (Blue Zone)
- Jump Rope (Green Zone)
- Box Jumps (Green Zone)
- Squats or lunges (Green Zone)
- Slams (Yellow Zone)
- Run A to B (Yellow Zone)
- Stair Run / Fast step-ups (Yellow Zone)

X3

