

# The Sprint - 1

**Buy In: 20 Air Squats**

The Workout

**40 Push Press**

**20 Dumbbell Chest Press**

**30 Push Press**

**15 Dumbbell Chest Press**

**10 Push Press**

**5 Chest Press**

**Buy Out: 20 Air Squats**

# Butt-a-sore-ass Rex - 2

3 Rounds

10 Glute Bridges

10 Drop Squats

10 Prisoner Squats

10 Squat, Press, Stand

REPEAT 2 MORE TIME [3rds]

Buy Out: 50 Squats

# The Tightener - 3

**Buy In:** 50 Speedkaters with Rotation

25 a side

## PART A - 10 Mins

**5** Bentover Row

**10** Push up

**15** Push Press

**Repeat for 10 mins**

## PART B - 10 Mins

**2 mins**

**R  
E  
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T**

**8** DumbBell Chest Press

**30** sec HollowBody Hold

**30** sec Plank Hold

**Repeat for 10 mins**

**Buy Out:** 50 Speedkaters with Rotation

25 a side

# The Creator - 4

Duration: 10 min for EACH PART [A&B]

(As Many Rounds as Possible)

## PART A - 10 Mins

5 Hand Release Push-Ups  
10 Bentover Rows  
15 Front Lunge Push Press

Repeat for 10 mins

2 mins

R  
E  
S  
T

## PART B - 10 Mins

8 Dumbbell Bridge Chest Press  
30 Sec Hollowbody Hold

Repeat for 10 mins

**Buy Out:** 30 Alt Curtsy Lunges

# **Mobility - 5**

**Stack Series**

**Mobility**

**on Mike's YouTube**

# The Ripper - 6

## 5 Rounds

**20 Alternating Plank Rows**

**10 Pushups**

**10 Deadlifts**

**10 Squats**

**10 Shoulder Overhead Press**

**10 Burpees**

**Try to do this workout with the same weight, never putting it down. I show how at end of instructional video**

# 50 Never Looked So Good - 7

**Buy In: 60 sec - Side to Side Leg Drop**

**5 Rounds 50/10**

**50 sec work - 10 sec rest**

**50 sec Speedskater Rest 10**

**50 sec Bridge Drops Rest 10**

**50 sec Mtn Climber Rest 10**

**50 sec Lunge Stand Rest 10**

**Buy Out: 60 sec - Bicycles**

# The Builder - 8

Duration: 10 min for EACH PART [A&B]

(As Many Rounds as Possible)

## PART A - 10 Mins

**5 Push-Ups Renegade Row**

Push-up - Row - Row

**10 Sit-up with Weight**

**15 Thrusters**

- Squat to overhead press

**Repeat for 10 mins**

**2 mins**

**R  
E  
S  
T**

## PART B - 10 Mins

**5 Tricep Push-ups**

**10 Plank Up Downs**

**15 Squats**

**Repeat for 10 mins**

# The Reward - 9

**Buy In:** 100 Alternating Reverse Lunges  
50 Thrusters - Squat to Over head press  
on every minute it take - stop do 2 burppes until complete

## PART A - 15 Mins

5 Push-Ups - Hand Release  
20 Air Squats - no weight  
30 Hip Raises - core

Repeat for 15 mins

2 mins

R  
E  
S  
T

## PART B - 10 Mins Sprint

8 Burpees  
16 Hip Rockers - 8 a side

Repeat for 10 mins

**Buy Out:** 40 Alternating Rev Lunges  
20 Burpress

# All Abs, All Day - 10

**Buy in: 60 sec - Mountain Climber**

15 a side below

- 30 Crunch w/Twist
- 30 Plank Hold w/reach
- 30 Hip Raises Dolphin
- 30 Alternating Plank Hip Rocks
- 30 Windshield Wipers
- 30 Plank Crunches
- 30 Bicycles
- 30 Knee to Outside Elbow
- 30 Side Plank Leg Raises
- 30 Champions

**Buy Out: 60 sec - Mountain Climber**

# The Truth Teller - 11

## Break Up Your Way

Choose your level: 1 Round? 5 Rounds of 10? 10 Rounds of 5?

- 50 (100 total) Alt Forward Lunges w/ Overhead Press**
- 50 Squat - SMALL Jump**
- 50 Burpee - SMALL Jump**
- 50 Ground to Overhead Press**
- 50 Weighted Sit-Ups**

# **Mobility - 12**

**Stack Series**

**Mobility**

**on Mike's YouTube**

# The Sculpter - 13

**Buy In:** 25 Glute Bridge with Hold at Top

## PART A - 4 rds

**8 Kneeling Single Arm Press**

8 right, 8 left

**8 Squat Jumps - no weight**

**8 Burpees**

**8 Leg Drops**

Repeat 3 More Rounds

**2 mins**

**R**

**E**

**S**

**T**

## PART B - 4 rds

**10 Alternating Front Lunge**

w/Press & Row

**10 Reverse Chest Fly**

**30 sec Uppercuts Each Side**

can be weighted or not

Repeat 3 More Rounds

**Buy Out:** 20 Burpees

# The Stabilizer - 14

**Buy In: 30 Alt Curtsy Lunges**

Video says 60 - do 30 - 15 a side ↑

## PART A - 10 mins

**4 Rounds**

**10 Single Leg RDL with Row RGT**  
**10 Single leg RDL with Row LFT**  
**1 min Plank Alt Reach**

**Repeat for 10 mins**

**2 mins**

**R  
E  
S  
T**

## PART B - 10 mins

**4 Rounds**

**10 - Alt Rev Lunge to Knee Drive**  
**1 min - Plank up downs**  
• Not for Speed  
**1 min Cobra up downs**

**Repeat for 10 mins**

**Buy Out: 30 Alt Curtsy Lunges**

# 40 Is The New 20 -15

## 5 Rounds -40/20

40 sec work

20 sec rest

40 sec Thrusters - Squat to Overhead Press - 20 sec rest

40 sec Hand Release Push up - 20 sec rest

40 sec Lateral Sways w/DumbBell - 20 sec rest

40 sec Bentover Row - 20 sec rest

40 sec Crunch/Leg drop - 20 sec rest

Repeat 4 More Times

# The Equalizer - 16

**Buy In:** 30 Alternating Lateral Lunges

15 a side

## PART A - 3 rds

**20 Alternating Front Lunge**

10 a side

**15 Chest Press**

**15 Bentover Row**

**Repeat 2 More Rounds**

**2 mins**

**R**

**E**

**S**

**T**

## PART B - 3 rds

**20 Alternating Reverse Lunge**

10 a side

**15 Close Grip Chest Press**

**15 Reverse Chest Fly**

**Repeat 2 More Rounds**

**Buy Out:** 30 Alternating Lateral Lunges

15 a side

# The Challenger - 17

## 3 Rounds

**5** Burpees

**60 sec** Hollowbody Hold

**6** Burpees

**10** Push-ups

**7** Burpees

**10** Leg Drops

**8** Burpees

**60 sec** Plank

**9** Burpees

**20** Mountain Climbers

**10** Burpees

**60 sec** Hollowbody Hold

**11** Burpees

**60 sec** jog

**Repeat 2 more times**

# **Mobility - 18**

**Stack Series**

**Mobility**

**on Mike's YouTube**

# The Hero - 19

**Every Minute On The Minute**

**1 Minute to Complete Exercise 1**

**1 Minute to Complete Exercise 2**

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**20 MINUTES  
10 ROUNDS**

**15 Thrusters - Squat to Overhead Press**

**15 Hollowbody Rocks or Leg Drops**

# The Sweat Collector - 20

## Part A - 5 rds

you have 1 minute to complete each exercise. Start each on the start of a new minute.

**10** Squats Weighted

**10** Split/Static Lunge each side

**15** Deadlifts medium/light

**20** Speedskaters

Repeat 4 More Rounds  
Move on to Part B

2 MIN  
REST



## Part B - 5 Mins

ITS A SPRINT

5 min As Many Rounds As Possible

**5** Loaded Squats

**10** Hand Release Pushups

Then move on to Part C

2 MIN  
REST



## Part C - 5 Min

ITS A SPRINT

5 min As Many Rounds As Possible

**5** Over Head Squat

Level 1 use bench

**10** Bentover Row

DONE!

# The Peacemaker - 21

**Buy In: 50 - Bridge Crunches**

## **PART A - 5 rds**

**12** Bridge Chest Press  
**12** Bent Over Row  
**12** Rear Delt Fly  
**30** Bicycle Crunches

**Repeat 4 More Times**

## **PART B - 3 rds**

|               |                             |
|---------------|-----------------------------|
| <b>2 mins</b> | <b>1 min</b> Cobra Push-Ups |
| <b>R</b>      | <b>1 min</b> Crunches       |
| <b>E</b>      | <b>1 min</b> Plank Jacks    |
| <b>S</b>      | <b>1 min</b> Leg Drops      |
| <b>T</b>      | <b>1 min</b> Jog            |

**Repeat 4 More Times**

**Buy Out: 50 - Russian Twists**

# The Persuader - 22

**Buy In: 100 Alt Plank Knee Strikes**

**5 Rounds**

**12 Glute Bridge Marches - 6 a side**

**12 Loaded Squats**

**12 Air Squats**

**12 Squat Jumps**

**6 Burpees**

**REPEAT 4 TIMES**

**Buy Out: 50 Butterfly Sit-Ups**

# **Mobility - 23**

**Stack Series**

**Mobility**

**on Mike's YouTube**

# The Motivator - 24

## Buy In: 20 Burpees

Break Up Your Way

Choose your level: 1 Round? 5 Rounds of 10? 10 Rounds of 5?

- 50 Glute Bridge
- 50 Bicep Curls
- 50 Curtsy Lunges a side
- 50 Alternating Plank Single Leg Raise
- 50 Alternating Front Lunge 25 a side
- 50 Alternating Reverse Lunge 25 a side
- 50 Tricep Extensions
- 50 Air Squats
- 50 Shoulder Press
- 50 Plank Toe Taps

## Buy Out: 20 Burpees

# The Warrior - 25

**Buy In:** 30 Air Squats  
30 Crunches

## PART A - 4 rds

**10** Deadlifts  
**20** SpeedSkaters

Repeat 2 More Times

2 mins  
R  
E  
S  
T

## PART B - 4 rds

**20** Rev Lunges / 10 a side  
**10** Burpees

Repeat 3 More Times

**Buy Out:** 50 Air Squats  
50 Crunches

# The Champ - 26

**Buy In: 50 Squats**

## PART A - 4 rds

- 5 Push-Up**
- 10 Palte [wide] Squats**
- 15 Butterfly Sit up - or just a Sit-Up**

**Repeat 3 More Times**

**2 mins**

**R  
E  
S  
T**

## PART B - 4 rds

- 5 Overhead Head Reach Release Push-Up**
- 10 Alternating Front Lunges**  
20 Total
- 15 Sit Ups**

**Repeat 3 More Times**

**Buy Out: 50 Squat Jumps**

# The Crusher - 27

**Buy In: 50 Plank Tuck-ins**

## PART A - 4 rds

- 12 Goblet Squat**
- 9 Push Press**
- 6 Burpee**

**Repeat 3 More Times**

**2 mins**

**R  
E  
S  
T**

## PART B - 4 rds

- 6 Walk out to Worlds Greatest Stretch**
- 9 Deadlifts**
- 12 Reverse Fly**

**Repeat 3 More Times**

**Buy Out: 50 Plank Tuck-ins**

# The Finisher - 28

Choose Your Level:

10 Rounds of 10 or 20 Rounds of 5

- 100** Squats
- 100** Push-ups
- 100** Bentover Row or Pull-ups [not in the video]
- 100** Front Lunges
- 100** Push Press
- 100** Plank Knee Strikes
- 100** Rev Lunges
- 100** Butterfly Crunches
- 100** Burpees