Week 1: Turn Up The Heat, Prepare For Meltdown

Workout Format:

Warm-up - 15-20 minutes
Workout A/B format - MTRF (25-35 minutes)
Squat, Push, Lunge, Pull, Plank - Rest 2 minutes x 4 Giant Sets/day

Workout 1A: Single Dumbbell Workout
Workout 1B: Single, Med Ball Workout

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Workout 1A: Single Dumbbell Workout

Warm-up: 6 minutes gradual intensity build-up, 14 minutes Intervals (30/30)

1. Jumping Jacks
   • Just like in gym class, legs and arms out together, legs and arms in together.

2. High Knees
   • The idea is to stand on the balls of your feet and get off the floor as quickly as you can.
   • Pay attention to symmetry of height between your two legs (bring your higher leg down if you need to).
   • Typically done with movement, forwards or backwards, but can also be done stationary.
   • Looks like running in place.
   • Key is pushing off the ground as soon as possible with the ball of your foot.

3. Butt Kicks
   • Like the name implies, you are kicking yourself in the butt with the heels of your feet.
   • Also like running in place, and can be done with movement, forwards or backwards.

4. Reverse Spider Lunges
   • This exercise puts the majority of the work on the front leg.
   • Kick your back leg back and rotate your left elbow to cross the outside of your front knee.
   • Make sure you don’t bend your front knee in. Keep it stable.
   • Keep most of your weight OFF the back foot.
Jumping Jacks

High Knees

Butt Kicks

Reverse Spider Lunges
GIANT SET 1:

1. Squat with Vertical Dumbbell Power Press x 10 reps
   - Start by standing in the squat position, holding the dumbbell vertically with both hands at the base of the dumbbell and the dumbbell positioned towards the middle of your chest.
   - Squat down and back, keeping the knees behind your toes.
   - While pressing back to the starting position, power press the dumbbell straight up towards the ceiling, and squat right down to start the next one.
   - Remember: relax the shoulders down and back, keep the tummy tight.

2. Vertical Dumbbell Tricep Push Up x 10 reps
   - Perform the push up on top of the vertical dumbbell, holding the dumbbell right underneath the center of the chest.
   - Remember: keep shoulders down and back, abs tight, and tummy trembling. Back straight… no “mountains” and no “valleys.”

3. Reverse Spider Lunge with Dumbbell Row & Twist x 10 each side
   - Kick your back leg back and rotate your left elbow to cross the outside of your front knee.
   - Make sure you don’t bend your front knee in. Keep it stable.
   - Keep most of your weight OFF the back foot.
   - Stand through the cheek of your front leg, row, and twist.

4. Tree Cutters x 10 each side
   - Squat down with chest relatively parallel to the ground, tummy tight, shoulders back.
   - Row straight up with no rotation.

5. Vertical Dumbbell Plank x 30 seconds
   - Back in the Vertical Dumbbell Tricep Push Up position, hold the plank for 30 seconds.
   - Pull your belly button into your spine, making your abdominals tremble.

Rest 2 minutes
Squat with Vertical Dumbbell Power Press

Vertical Dumbbell Tricep Push Up

Reverse Spider Lunge with Dumbbell Row & Twist

Tree Cutters
GIANT SET 2:

1. Squat with Vertical Dumbbell Pick-up - Fast x 10 reps
   - Place the dumbbell in between your legs (not out in front).
   - Squat down, keeping your shoulders back and butt down and back, keeping the weight in your heels.
   - Grab the dumbbell, stand up, squat back down, and drop the dumbbell off between your legs again.
   - To finish the movement, stand back up without the dumbbell.
   - Repeat this full movement in rapid, continuous reps.

2. Vertical Dumbbell Opposite Arm/Leg Push Up x 5 each
   - In the vertical dumbbell push up position, place one hand on the ground and the other on the dumbbell.
   - Raise the opposite leg as the hand on top of the dumbbell.
   - Perform 5 push ups and switch to the opposite hand/leg.

3. Rotational Lunge with Dumbbell Hold x 10 each side
   - Start by standing straight up while holding the dumbbell horizontally with both hands at the front of your chest.
   - Using one leg as a pivot, rotate out and lunge to the side, putting all the work on the front leg.
   - Bounce back up to the starting position.

4. Push Up Position Rows x 10 each side
   - Get in the push up position, bridge out on to one hand, and row 10 times.
   - Make sure to keep the back flat.

5. Horizontal Dumbbell Plank with Moving Legs x 10 reps
   - Get into the vertical dumbbell plank position.
   - Pick your leg up slowly and drop it down super softly.
   - The focus is on the slow, controlled movement, not the height of your leg.
   - Each leg counts as 1 rep.

Rest 2 minutes
Squat with Vertical Dumbbell Pick-up

Vertical Dumbbell Opposite Arm/Leg Push Up

Rotational Lunge with Dumbbell Hold

Push Up Position Rows
GIANT SET 3:

1. Squat with Horizontal Dumbbell 3 Position Press at Bottom x 10 reps
   • Squat down and back, holding the dumbbell horizontally in front of the chest with both hands.
   • While in the down position, press the dumbbell up and back down, rotate to the left and press up and back down, rotate to the right and press up and back down.
   • Finish the movement by standing back up.
   • Keep elbows in front of the body and at your sides.

2. Vertical Dumbbell Push Ups (feet on dumbbell) x 10 reps
   • In the push up position prop your feet up on the vertical dumbbell.
   • Perform 10 push ups in this position.

3. Curl Horizontal Dumbbell with 2 Hands, then Reverse Lunge x 10 each side
   • While standing straight up, curl the horizontal dumbbell up with both hands, then perform a reverse lunge.
   • Step up through the cheek of the front leg, and curl the dumbbell back down to finish the rep.

4. Squat with Cross-body Dumbbell Row x 10 each
   • In the down squat position, row the dumbbell across your body with your rowing hand to the opposite foot.
   • Row up and twist back to the starting position.
   • Perform each set of 10 in the down squat position, without standing up.

5. Rocky Plank on Vertical Dumbbell x 15 each side
   • In the vertical dumbbell plank position, place one hand on the vertical dumbbell and the other hand behind your back.
   • Hold each side for 15 seconds.

Rest 2 minutes
Squat with Horizontal Dumbbell 3 Position Press at Bottom

Vertical Dumbbell Push Ups (feet on dumbbell)

Curl Horizontal Dumbbell with 2 Hands, then Reverse Lunge

Squat with Cross-body Dumbbell Row
GIANT SET 4:

1. Single Arm Overhead Squat x 5 reps each side
   • Start standing with one arm steadying the dumbbell straight up in the air.
   • Perform each squat while keeping your arm and dumbbell straight up in the air, locked in securely at the shoulder blade.
   • Try to keep your knees back as much as you can.

2. Vertical Dumbbell Spider Push (double-down) x 10 (cumulative)
   • Start in the vertical push up position.
   • Go down and spider up your left knee to your left elbow.
   • While still in the down position, spider up your right knee to your right elbow.
   • Finish the movement by pushing back to the up position.

3. Forward Lunge with Horizontal Dumbbell Press x 10 each side
   • Lunge forward while holding the dumbbell with both hands, horizontal at the front of the chest.
   • Push up with your front foot back to the starting position.
   • To finish the movement, press the dumbbell up in the air and bring it back to the middle of your chest.

4. Single Leg Stability Row x 10 each side (no rotation)
   • Start with your right leg back and up off the ground, balancing on your left leg.
   • Bend your left leg slightly and keep your chest parallel to the floor.
   • From here, row up just like the tree cutters.
   • Finish 10 reps and switch to the opposite side.

5. Vertical Dumbbell Crossover Plank x 10 reps total
   • In the vertical dumbbell plank position, reach your left leg up and under the right leg as far out as possible.
   • If struggling, you can use a higher surface to put your hands on, such as a table.
   • Also, if struggling, you can bring your knee up to your opposite elbow.
   • Each cross over counts as 1 rep.
Single Arm Overhead Squat

Vertical Dumbbell Spider Push

Forward Lunge with Horizontal Dumbbell Press

Single Leg Stability Row
Vertical Dumbbell Crossover Plank
Workout 1B: Single, Med Ball Workout

Warm-up: 6 minutes gradual intensity build-up, 14 minutes Intervals (30/30)

1. Jumping Jacks
   • Just like in gym class, legs and arms out together, legs and arms in together.
2. High Knees
   • The idea is to stand on the balls of your feet and get off the floor as quickly as you can.
   • Pay attention to symmetry of height between your two legs (bring your higher leg down if you need to).
   • Typically done with movement, forwards or backwards, but can also be done stationary.
   • Looks like running in place.
   • Key is pushing off the ground as soon as possible with the ball of your foot.
3. Butt Kicks
   • Like the name implies, you are kicking yourself in the butt with the heels of your feet.
   • Also like running in place, and can be done with movement, forwards or backwards.
4. Reverse Spider Lunges
   • This exercise puts the majority of the work on the front leg.
   • Kick your back leg back and rotate your left elbow to cross the outside of your front knee.
   • Make sure you don’t bend your front knee in. Keep it stable.
   • Keep most of your weight OFF the back foot.
Jumping Jacks

High Knees

Butt Kicks

Reverse Spider Lunges
GIANT SET 1:

1. Squat Jump with Med Ball Hold x 10 reps
   • In the squat position, hold the medicine ball tight against your chest.
   • Keep your knees and hips down and back, toes out in front.
   • Squat jump up for 10 reps

2. Med Ball Tricep Push Ups x 10 reps
   • Perform the push up on top of the medicine ball, holding the medicine ball right underneath the center of the chest.
   • Remember: keep shoulders down and back, abs tight, and tummy trembling. Back straight… no “mountains” and no “valleys.”

3. Reverse Spider Lunge With Med Ball 2 Arm Twist x 10 each side
   • Kick your back leg back and rotate your left elbow to cross the outside of your front knee.
   • Make sure you don’t bend your front knee in. Keep it stable.
   • Keep most of your weight OFF the back foot.
   • Stand through the cheek of your front leg, row, and twist.

4. Med Ball Modified Tree Cutters (standing with 1/2 squat) x 10 each side
   • Squat down with chest relatively parallel to the ground, tummy tight, shoulders back.
   • With one arm, squeeze the medicine ball against your peck and rotate your arm back.
   • Only rotate your shoulder blade, not your waist and hips.

5. Med Ball Straight Arm Plank x 30 seconds
   • Back in the Medicine Ball Tricep Push Up position, hold the plank for 30 seconds.
   • Pull your belly button into your spine, making your abdominals tremble.
   • Rest 2 minutes
Squat Jump with Med Ball Hold

Med Ball Tricep Push Ups

Reverse Spider Lunge With Med Ball 2 Arm Twist

Med Ball Modified Tree Cutters (standing with 1/2 squat)
GIANT SET 2:

1. Squat With Med Ball Pick Up & Squeeze x 10 reps fast
   • Place the medicine ball in between your legs (not out in front).
   • Squat down, keeping your shoulders back and butt down and back, keeping the weight in your heels.
   • Grab the medicine ball, stand up, squat back down, and drop the medicine ball off between your legs again.
   • To finish the movement, stand back up without the medicine ball.
   • Repeat this full movement in rapid, continuous reps.

2. Med Ball Opposite Arm/Leg Push Up x 5 each
   • In the medicine ball push up position, place one hand on the ground and the other on the medicine ball.
   • Raise the opposite leg as the hand on top of the medicine ball.
   • Perform 5 push ups and switch to the opposite hand/leg.

3. Rotational Lunge With Med Ball Hold x 10 each side
   • Start by standing straight up while holding the medicine ball with both hands at the front of your chest.
   • Using one leg as a pivot, rotate out and lunge to the side, putting all the work on the front leg.
   • Bounce back up to the starting position.

4. Med Ball Bent-Over Rows x 20 reps fast
   • Shoulders back, chest in, glutes tight.
   • Keep chest parallel to the ground.
   • Row in 20 times really fast.

5. Med Ball Plank With Moving Legs x 10 reps
   • Get into the medicine ball plank position.
   • Pick your leg up slowly and drop it down super softly.
   • The focus is on the slow, controlled movement, not the height of your leg.
   • Each leg counts as 1 rep.

Rest 2 minutes
Squat With Med Ball Pick Up & Squeeze

Med Ball Opposite Arm/Leg Push Up

Rotational Lunge With Med Ball Hold

Med Ball Bent-Over Rows
GIANT SET 3:

1. Squat With Med Ball Double Press x 10 reps
   - Squat with the medicine ball in both hands against your chest.
   - Press at the top, squat down, press at the bottom.
2. Feet On Med Ball Standard Push Ups x 10 reps
   - In the push up position, balance the medicine ball underneith your feet.
   - Modified versions include just ballancing 1 foot on top of the ball, or ballancing the ball beneath your knees.
3. Med Ball Curl & Reverse Lunge x 10 reps each
   - While standing straight up, curl the medicine ball up with both hands, then perform a reverse lunge.
   - Step up through the cheek of the front leg, and curl the medicine ball back down to finish the rep.
4. Squat With Med Ball Hug & Twist x 10 reps each
   - In the down squat position, hold the medicine ball against your chest with one arm.
   - Hug the ball and twist down towards your opposite knee.
   - Twist back up to finish the rep.
5. Rocky Med Ball Plank x 15 seconds each side
   - In the medicine ball plank position, place one hand on the medicine ball and the other hand behind your back.
   - Hold each side for 15 seconds.

Rest 2 minutes
Squat With Med Ball Double Press

Feet On Med Ball Standard Push Ups

Med Ball Curl & Reverse Lunge

Squat With Med Ball Hug & Twist
GIANT SET 4:

1. Single Arm Overhead Squat x 5 reps each side
   - Start standing with one arm steadying the medicine ball straight up in the air.
   - Perform each squat while keeping your arm and medicine ball straight up in the air, locked in securely at the shoulder blade.
   - Try to keep your knees back as much as you can.

2. Med Ball Spider Push Up - Double Down - cumulative 10 reps
   - Start in the medicine ball push up position.
   - Go down and spider up your left knee to your left elbow.
   - While still in the down position, spider up your right knee to your right elbow.
   - Finish the movement by pushing back to the up position.

3. Forward Lunge With Med Ball Press x 10 each side
   - Lunge forward while holding the medicine ball with both hands at the front of the chest.
   - Push up with your front foot back to the starting position.
   - To finish the movement, press the medicine ball up in the air and bring it back to the middle of your chest.

4. Single Leg Stability Modified Tree Cutter With Med Ball x 10 each side (no rotation)
   - Start with your right leg back and up off the ground, balancing on your left leg.
   - Bend your left leg slightly and keep your chest parallel to the floor.
   - With one arm, squeeze the medicine ball against your peck and rotate your arm back.
   - Only rotate your shoulder blade, not your waist and hips.

5. Med Ball Cross-over Plank x 10 reps
   - In the medicine ball plank position, reach your left leg up and under the right leg as far out as possible.
   - If struggling, you can use a higher surface to put your hands on, such as a table.
   - Also, if struggling, you can bring your knee up to your opposite elbow.
   - Each cross over counts as 1 rep.
Single Arm Overhead Squat

Med Ball Spider Push Up - Double Down

Forward Lunge With Med Ball Press

Single Leg Stability Modified Tree Cutter With Med Ball
Med Ball Cross-over Plank