Royal Athletics Home Workout Week 1

Monday Tuesday		Wednesday		Thursday	Friday	
Body Weight Circuit Dynamic/Warm Up		Backpack Workout		Dynamic/Warm Up	Mobility Stretch Day	
ght Circuit Squats X20 nt/Forward ge x20 h-Ups x20 ir Dips x20 nches x30 ets of 1 min nks Rounds w/90 en each set	Stretch High Knees x2 Butt Kicks x2 Carioca x2 Jump Squats x2 Sprint Work 6 x 5 second sprints 4 x 8 second sprints 2 x 12 second sprints Finish with an all out sprint for 1 minute	Fill a ba anythin 1. 2. 3. 4. 5. 6. ABS	ckpack with books or g you can find. Backpack squats 4x10 Squats Jumps 4x10 Back Pack Push-Ups 4x10 Backpack Bent Over Rows 4x10 Backpack Overhead Press 4x10 Backpack Power clean 4x10 ssian Twist 3x20 unches 3x20	5 minute run jog for 5 minutes without stopping Staggered Mile 8 x 7 second sprints 4 x 12 second sprints 2 x 35 second sprints 1 x70 second sprints	3x10 Se exercise 1. 2. 3. 4. 5.	Feet together toe touch Right over left Left over right Feet apart-nose to right knee Feet apart-nose to left knee Walk it down to the middle
					10 minute jog	
	ght Circuit Squats X20 nt/Forward ge x20 n-Ups x20 ir Dips x20 nches x30 ts of 1 min nks Rounds w/90	Stretch High Knees x2 Butt Kicks x2 Carioca x2 Jump Squats x20 ts of 1 min ks Rounds w/90 Stretch High Knees x2 Butt Kicks x2 Carioca x2 Jump Squats x2 Sprint Work 6 x 5 second sprints 4 x 8 second sprints 2 x 12 second sprints Finish with an all out	Squats X20 Stretch High Knees x2 Butt Kicks x2 Carioca x2 In-Ups x20 Inches x30 ts of 1 min Inks Squands w/90 Sprint Work A x 8 second sprints A x 8 second sprints A x 8 second sprints B x x x x x x x x x x x x x x x x x x x	Squats X20 Stretch High Knees x2 Butt Kicks x2 Carioca x2 Jump Squats x2 stretch Squats X20 Stretch High Knees x2 Butt Kicks x2 Carioca x2 Jump Squats x2 Squats Jumps 4x10 3. Back Pack Push-Ups 4x10 4x 8 second sprints 4 x 8 second sprints 4 x 8 second sprints 5 Backpack Squats Ax10 5 Backpack Bent Over Rows 4x10 5 Backpack Overhead Press 4x10 6 Backpack Power clean 4x10	Squats X20 Stretch High Knees x2 Butt Kicks x2 Carioca x2 Jump Squats x2 Inches x30 Its of 1 min liks Rounds w/90 In each set Butt Circuit Dynamic/Warm Up Backpack Workout Fill a backpack with books or anything you can find. Fill a backpack with books or anything you can find. Fill a backpack with books or anything you can find. Fill a backpack with books or anything you can find. Fill a backpack with books or anything you can find. Fill a backpack with books or anything you can find. Fill a backpack with books or anything you can find. Fill a backpack with books or anything you can find. Staggered Mile 8 x 7 second sprints 4 x 12 second sprints 4 x 12 second sprints 4 x 12 second sprints 5 Backpack Doverhead Press 4x10 Finish with an all out sprint for 1 minute Finish with an all out sprint for 1 minute ABS Russian Twist 3x20 Crunches 3x20	ght Circuit Dynamic/Warm Up Squats X20 Stretch High Knees x2 ge x20 Butt Kicks x2 Carioca x2 Jump Squats x2 ir Dips x20 nches x30 ts of 1 min kls Rounds w/90 In each set Fill a backpack with books or anything you can find. Sprint Work A x 8 second sprints A x 8 second sprints A x 8 second sprints Finish with an all out sprint for 1 minute Finish with an all out sprint for 1 minute Backpack Workout Fill a backpack with books or anything you can find. S manute run jog for 5 minutes without stopping S minute run jog for 5 minutes without stopping 1. Staggered Mile 8 x 7 second sprints 4 x 12 second sprints 4 x 12 second sprints 1 x 70 second sprints 1 x 70 second sprints 5. Russian Twist 3x20 Crunches 3x20 Sit-ups 3x20 Sit-ups 3x20 Sit-ups 3x20