

QUICK FIT

WARMUP

Take 5:00 to 10:00 and perform dynamic mobility exercises.

Movement	Sets	Repetitions
Four Point Squats	2	5
Front Leg Swings	2	10/10
Side Leg Swings	2	10/10

MAIN ROUTINE

Complete the following sequence below...

Routine	Time or Reps
Cardio Choice	3:00
Reverse Lunge with Knee Drive	30 (15 each)
Lateral Step Up	30 (15 each)
Cardio Choice	2:00
Reverse Lunge with Knee Drive	20 (10 each)
Lateral Step Up	20 (10 each)
Cardio Choice	1:00
Reverse Lunge with Knee Drive	10 (5 each)
Lateral Step Up	10 (5 each)

COOL DOWN

Go right into relaxing breathing after all 3 rounds and pick 1-2 static stretches.

Movement	Sets	Repetitions
Standing Quad Stretch	1	1:00/side
Good morning Hold	1	1:00

QUICK FIT #1

WARMUP

Take 5:00 to 10:00 and perform dynamic mobility exercises.

Movement	Sets	Repetitions
Forward Arm Circles	2	15
Backwards Arm Circles	2	15
Alternating Side Body Reach	2	10/10

MAIN ROUTINE

Complete the following sequence below...

Routine	Time or Reps
Cardio Choice	3:00
Pushup	20
Bent-Over Dumbbell Rows	20
Cardio Choice	2:00
Pushup	15
Bent-Over Dumbbell Rows	15
Cardio Choice	1:00
Pushup	10
Bent-Over Dumbbell Rows	10

COOL DOWN

Go right into relaxing breathing after all 3 rounds and pick 1-2 static stretches.

Movement	Sets	Repetitions
Wall Chest Stretch	1	1:00/side
Classic Tricep Stretch	1	1:00/side

QUICK FIT #2

WARMUP

Take 5:00 to 10:00 and perform dynamic mobility exercises.

Movement	Sets	Repetitions
Good Mornings	2	10
Arm Swings	2	20
Butt-Kicks	2	15/side

MAIN ROUTINE

Complete the following sequence below...

Routine	Time or Reps
Cardio Choice	3:00
Bodyweight Squats	30
Dumbbell Overhead Press	30
Cardio Choice	2:00
Bodyweight Squats	20
Dumbbell Overhead Press	20
Cardio Choice	1:00
Bodyweight Squats	10
Overhead Press	10

COOL DOWN

Go right into relaxing breathing after all 3 rounds and pick 1-2 static stretches.

Movement	Sets	Repetitions
Cross-Body Shoulder Stretch	1	1:00/side
Standing Hamstring Stretch	1	1:00/side

QUICK FIT #3

WARMUP

Take 5:00 to 10:00 and perform dynamic mobility exercises.

Movement	Sets	Repetitions
High-Knee Pulls	2	10/side
Figure 8 Arm Stretch	2	10/side
Bodyweight Squats	2	10

MAIN ROUTINE

Complete the following sequence below...

Routine	Time or Reps
Cardio Choice	3:00
Dumbbell Thrusters	20
Inchworms	20
Cardio Choice	2:00
Dumbbell Thrusters	15
Inchworms	15
Cardio Choice	1:00
Dumbbell Thrusters	10
Inchworms	10

COOL DOWN

Go right into relaxing breathing after all 3 rounds and pick 1-2 static stretches.

Movement	Sets	Repetitions
Seated Hamstring Stretches	1	1:00/side
Child's Pose	1	1:00

QUICK FIT #4

WARMUP

Take 5:00 to 10:00 and perform dynamic mobility exercises.

Movement	Sets	Repetitions
Hip-Opener	2	10/side
Around-The-Worlds	2	10/side
Bodyweight Squats	2	10

MAIN ROUTINE

Complete the following sequence below...

Routine	Time or Reps
Cardio Choice	3:00
Alternating Step-Ups	60 seconds
Hollow Hold	60 seconds
Cardio Choice	2:00
Alternating Step-Ups	45 seconds
Hollow Hold	45 seconds
Cardio Choice	1:00
Alternating Step-Ups	30 seconds
Hollow Hold	30 seconds

COOL DOWN

Go right into relaxing breathing after all 3 rounds and pick 1-2 static stretches.

Movement	Sets	Repetitions
Cobra	1	1:00
Side-Lying Quad Stretch	1	1:00/side

QUICK FIT #5

WARMUP

Take 5:00 to 10:00 and perform dynamic mobility exercises.

Movement	Sets	Repetitions
Inchworm	2	5
High-Knee Pulls	2	10/side
Alternating Side Body Reach	2	10/side

MAIN ROUTINE

Complete the following sequence below...

Routine	Time or Reps
Cardio Choice	2:00
Burpees	10
Sit-Ups	10
Cardio Choice	4:00
Burpees	15
Sit-Ups	15
Cardio Choice	2:00
Burpees	10
Sit-Ups	10

COOL DOWN

Go right into relaxing breathing after all 3 rounds and pick 1-2 static stretches.

Movement	Sets	Repetitions
Downward Dog	1	1:00
Butterfly Stretches	1	1:00