

JACKED IN JUNE

<p>DAY 1</p> <p>The Basics #1</p> <p>10-1 of : Glute bridges Push ups Sit ups</p>	<p>DAY 2</p> <p>Tabata x 2</p> <p>1) Alternate between high knees and jumping squats 1 min rest b) Alternate between regular sit ups and flutter kicks</p>	<p>DAY 3</p> <p>I'll be there!</p> <p>2-4-6-8-10... up to 20 reps of: Burpees Air Squats</p>	<p>DAY 4</p> <p>Oh My Guts</p> <p>5 rounds of: 30 sec mountain climbers 30 sec plank 30 sec rest Repeat</p>	<p>DAY 5</p> <p>REST</p>
<p>DAY 6</p> <p>The Basics #2</p> <p>10-1 of: Jumping squats Dips Bicycle crunches (double up)</p>	<p>DAY 7</p> <p>Tabata x 2</p> <p>a) Burpees 1 min rest b) Alternate between sit ups and superman arch ups</p>	<p>DAY 8</p> <p>Jump & Climb</p> <p>2-4-6-8-10... up to 20 reps: Tuck jumps* Mountain climbers (double up) *If no room for tuck jumps, then jumping jacks</p>	<p>DAY 9</p> <p>Kick it</p> <p>AMRAP 7 minutes of: 30 Skipping ropes 30 Flutter kicks 15 Airsquats</p>	<p>DAY 10</p> <p>TEAM OF 2</p> <p>3 rounds of: 10 Push ups w. a high five 20 Partner sit ups (feet linked together, and clap hands at top) 10 Push ups w. a high five 30 Syncro lunges</p>
<p>DAY 11</p> <p>The Basics #3</p> <p>10-1 of: Lunges (on each leg) Push ups Sit ups</p>	<p>DAY 12</p> <p>Tabata x 2</p> <p>a) Sprints: run, row or bike* 2 min rest b) Repeat *If no machine or space to run, alternate both workouts with burpess + running on the spot</p>	<p>DAY 13</p> <p>Don't be down</p> <p>2-4-6-8... up to 20 reps of: Down ups* Jumping lunges *a down up is a burpee but without a jump in the end</p>	<p>DAY 14</p> <p>Buts & Guts</p> <p>3 rounds of: 30 Mountain climbers 30 Glute bridges 30 Back extensions</p>	<p>DAY 15</p> <p>REST</p>
<p>DAY 16</p> <p>The Basics #4</p> <p>10-1 of: Step ups Dips After each set dips: 30 sec side plank - alternate side after each set</p>	<p>DAY 17</p> <p>TEAM OF 2</p> <p>25 Burpees 50 Sit ups 25 Burpees 50 Airsquats One working at a time, share the reps as you want</p>	<p>DAY 18</p> <p>Cardio time</p> <p>5 rounds of: 30 sec run/row/skip/bike 30 sec burpees 30 sec rest</p>	<p>DAY 19</p> <p>THINNESEN TWIST</p> <p>AMRAP 6 min of: 20 Russian twists (tap floor with both hands) 20 Mountain climbers 45 Sec high plank</p>	<p>DAY 20</p> <p>The Fiftys</p> <p>Complete for time: 50 Mountain climbers 50 Air squats 50 Mountain Climbers 50 Lunges 50 Mountain climbers</p>
<p>DAY 21</p> <p>TEAM OF 2</p> <p>8 rounds of 20 Skipping ropes/jumping jacks 10 Airsquats *One does 1 full round while the other plank. You will end up doing 4 rounds each</p>	<p>DAY 22</p> <p>Got legs?!</p> <p>3 rounds of: 30-60 sec Wall sit 30 Lunges 30 Good mornings</p>	<p>DAY 23</p> <p>Walk the Plank</p> <p>4 rounds of: 30 sec side plank left 30 sec side plank right 30 sec normal planks 30 sec rest After 4th round: 2 min max effort burpees</p>	<p>DAY 24</p> <p>It's only 2 minutes!</p> <p>AMRAP 2 minutes x 3 of: a) 2 min of burpees Directly into b) 2 min of airsquats Directly into c) 2 min of push ups</p>	<p>DAY 25</p> <p>REST</p>
<p>DAY 26</p> <p>3 rounds of:</p> <p>20 Syncro airsquats 10+10 Jump o/ partners legs* 20 Syncro lunges 10+10 Jump o/ partners legs* *Partner sit on the floor with legs straight and resting while partner does 10 laterale jumps</p>	<p>DAY 27</p> <p>A BLAST FROM BLAZEJ</p> <p>6 rounds of: 10 Dips 20 Mountain climbers 5 Push ups 30 Sec side plank</p>	<p>DAY 28</p> <p>Criss Cross</p> <p>2-4-6-8... up to 20 reps of: Skipping ropes/jumping jacks Diagonal v-ups* *Lay on your back and reach toward the ceiling with right arm and left leg, toes and hand almost touching</p>	<p>DAY 29</p> <p>Back and tap</p> <p>3 rounds of: 30 Shoulder taps in a high plank position 30 Back extensions 30 Reverse lunges</p>	<p>DAY 30</p> <p>TEAM OF 2</p> <p>50 Jumping squats 25 Push ups 50 Jumping lunges 25 Push ups 4 min accumulated plank One working at a time, share the reps as you want</p>

EXPLAINER

Tabata A 4-minute interval consisting of 8 rounds of 20-second work and 10-second rest.

Rounds for quality Focus more on the quality and tempo of the exercises, rather than doing it fast and uncontrolled.

AMRAP As many rounds as possible in X minutes. But keep this in mind: prioritize good form and correct technique over fastest time or number of rounds.

Team There will be a few workouts that are supposed to be performed in teams of 2. Be creative if you are alone or if you are an unequal number.

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