

Exercise	Reps	Goal Weight		Modifications
		Men	Women	
Walk / Jog / Run	220 yards	--	--	Any combination / Distance
Squats	30	--	--	Weighted: BB, KB, DB's
Leg-Raises	24	--	--	Knee Tucks, Toes-to-Bar
Plank	1 minute	--	--	Front, Side
Push-Ups	18	Toes	Knees	Incline, Decline; Dips
Shuttle	4 x 55y	--	--	Multiples
Lunges	24	--	--	Walking, Reverse, Side
Sit-Ups	24	--	--	Crunches
Arm Curls	18	20	10	Front or Lateral arm Raises
Burpees	12	--	--	Up-Downs, Man-Makers
Side-Kicks	24 each	Medium	Light	Adduction, Curls, Extensions
Side Crunches	12 each	--	--	Russian Twists, Bicycles
Chest Fly's	18	20	10	with Leg-Raises
Thrusters	18	25	15	
Bridges	18	--	--	One-Legged, Weighted
Elbows-to-Hands	18	--	--	Shoulder-Taps
Back Fly's	18	20	10	
1-Arm Snatches	12 each	25	15	Hang, Power; Clean & Press
Rows	30	35	20	High-Pulls (up), Lat-pulls (down)
Interval Sprints	2 x 110y	--	--	Multiples

Goal Time for each exercise is 1 minute or less, including Recovery Time.

Exercise	Distance	Doses	Goal Time	Notes
Walk/Jogs	Quarter-Mile	2	1:30	440 Y: 10 mph, 6-minutes/mile
	Half-Mile	4	4:00	880 Y: 7.5 mph, 8-minutes/mile
	1 Mile	8	10:00	6 mph, 10-minutes/mile
	2 Miles	16	24 minutes	5 mph, 12-minutes/mile
Shuttles	4 x 55 Y	1	0:45	
	8 x 55 Y	2	1:45	
Interval Sprints	4 x 110 Y	2	1:00 / 1:45	0:15/Lap, Every 0:30
	8 x 110 Y	4	2:24 / 4:40	0:18/Lap, Every 0:35
	16 x 110 Y	8	6:00 / 10:22.5	0:22.5/Lap, Every 0:40
Challenges	3:30/20/10	7	5:00	180 moves
	5:20/15/10/5	12	10:00	250 moves

Challenge #1: Squats, Leg-Raises, Push-Ups

Challenge #2: Lunges, Sit-Ups, Arm-Curls (20/10), Burpees