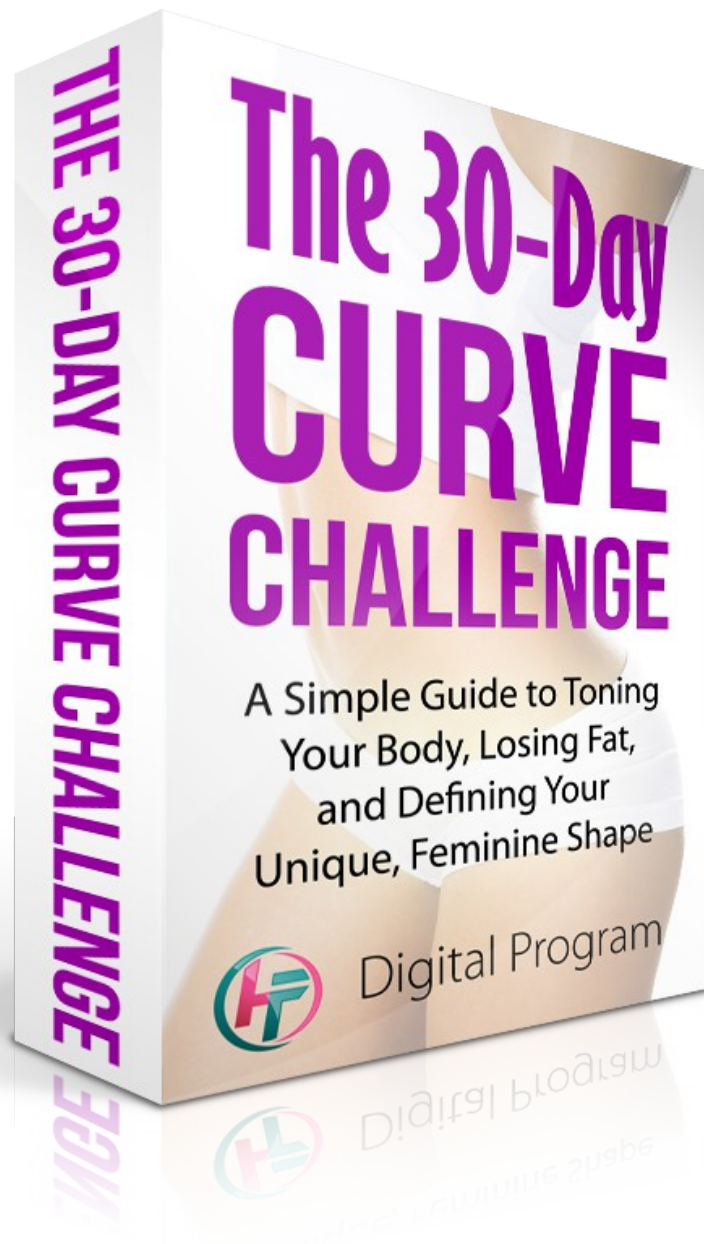




**Hybrid Fitness Systems**

## Dynamic Warm-up:

- Small Arm Circles Forward x 10
- Small Arm Circles Backward x 10
- Big Arm Circles Forward x 10
- Big Arm Circles Backward x 10
- Shrugs x 10
- Neck Circles x 3 / side
- Glute Bridges x 10
- Donkey Kicks x 10 / leg
- Fire Hydrants x 10 / leg
- Cat Cow x 5
- Marches x 30 seconds
- Lunges x 7 / leg
- Walking Romans x 7 / leg

## Workout 1: Monday

4 Rounds Total

| Exercise:      | Day 1 Work/Rest | Day 8 Work/Rest | Day 15 Work/Rest | Day 22 Work/Rest |
|----------------|-----------------|-----------------|------------------|------------------|
| Push up        | 20s / 10s       | 30s / 15s       | 40s / 20s        | 45s / 20s        |
| Donkey Kick    | 20s / 10s       | 30s / 15s       | 40s / 20s        | 45s / 20s        |
| Reverse Crunch | 20s / 10s       | 30s / 15s       | 40s / 20s        | 45s / 20s        |
| Power Knee     | 20s / 10s       | 30s / 15s       | 40s / 20s        | 45s / 20s        |

Rest 30s

## Workout 2: Wednesday

4 Rounds Total

| Exercise:           | Day 3 Work/Rest | Day 10 Work/Rest | Day 17 Work/Rest | Day 24 Work/Rest |
|---------------------|-----------------|------------------|------------------|------------------|
| Glute Bridge        | 20s / 10s       | 30s / 15s        | 40s / 20s        | 45s / 20s        |
| Russian Twist       | 20s / 10s       | 30s / 15s        | 40s / 20s        | 45s / 20s        |
| Cross-Country Seal  | 20s / 10s       | 30s / 15s        | 40s / 20s        | 45s / 20s        |
| Shoulder Press Jack | 20s / 10s       | 30s / 15s        | 40s / 20s        | 45s / 20s        |

Rest 30s

### Workout 3: Friday

4 Rounds Total

| Exercise:   | Day 5 Work/Rest | Day 12 Work/Rest | Day 19 Work/Rest | Day 26 Work/Rest |
|-------------|-----------------|------------------|------------------|------------------|
| Janda Situp | 20s / 10s       | 30s / 15s        | 40s / 20s        | 45s / 20s        |
| Sprint      | 20s / 10s       | 30s / 15s        | 40s / 20s        | 45s / 20s        |
| Pushup      | 20s / 10s       | 30s / 15s        | 40s / 20s        | 45s / 20s        |
| Squat Hold  | 20s / 10s       | 30s / 15s        | 40s / 20s        | 45s / 20s        |

### Stretches:

Shoulder Stretch x 15s / arm  
Tricep Stretch x 15s / arm  
Chest Stretch x 15s / arm  
Hang Stretch x 15s / arm  
Quad Stretch x 15s / leg  
Calf Stretch x 15s / calf  
Hanging Reach x 15s middle, 15s to the right, 15s to the left  
Groin Stretch x 15s  
Glute Stretch x 15s / leg  
Knee Hug x 15s leg  
Cat Stretch x 20 seconds  
Downward Dog 2 x 15s

### BONUS: Advanced Stretches

Feel free to give these a shot, but they are advanced and are more challenging. Take your time with these.

Spider man x 15s / side  
Couch Stretch x 15s / leg