

7 SPOOKY WORKOUTS



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WORKOUT 1	WORKOUT 2	WORKOUT 3	WORKOUT 4	WORKOUT 5	WORKOUT 6	WORKOUT 7
<p>DAILY-5 WARM-UP 1:00 Cardio Choice</p> <p>into...</p> <p>4 SETS (:20 ON / :10 OFF)* MOVT 1 - Bodyweight Goodmornings MOVT 2 - Mountain Climbers</p> <p>*Both movements = 1 Set</p> <p>(No Measure)</p> <p>FULL-BODY STRENGTH 4 SETS ON A 12:00 CLOCK... 10/10 Single Arm DB Swings 20 Single DB Front Rack Lunges 30 Mountain Climbers</p> <p>(Score is Weight)</p> <p>FULL-BODY WORKOUT AMRAP x 10 MINUTES 16 Single DB Deadlift 12 Single DB G2OH 8 Up-Down + Mountain Climbers</p> <p>-Rest 1:00-</p> <p>EMOM x 12 MINUTES MIN 1 - :50 Plank MIN 2 - :50 Alt Hang DB Snatches MIN 3 - :50 Up-Down + Mountain Climbers</p> <p>(No Measure)</p> <p>FINISHER + NCMOBILITY 5 SETS (:20 ON/:10 OFF) MVMT 1 - Single DB Bicep Curls MVMT 2 - Single DB OH Tricep Ext</p> <p>(No Measure)</p>	<p>DAILY-5 WARM-UP 2:00 Cardio Choice</p> <p>into...</p> <p>EMOM x 3 MINUTES 10 Up-Downs + Max Sit-Ups</p> <p>(No Measure)</p> <p>PUSH x PULL STRENGTH E2MOM x 12 MINUTES 10/10 Single DB Suitcase Deadlift 15 Single DB Floor Press</p> <p>(Score is Weight)</p> <p>PUSH x PULL WORKOUT EVERY 3:00 x 5 SETS 16 Single DB Push Press 16 Alt Hang Power Clean 16 Weighted Sit-Ups</p> <p>(Score is Weight)</p>	<p>DAILY-5 WARM-UP 2:00 Cardio Choice</p> <p>into...</p> <p>AMRAP x 3 MINUTES 30 Toe Taps 20 Russian Twists 10 Up-Downs</p> <p>(No Measure)</p> <p>BODYWEIGHT PUMP AMRAP x 4 MINUTES 10 Tuck-Ups 20 Pike Shoulder Taps 30 Single Unders</p> <p>-Rest 1:00-</p> <p>AMRAP x 4 MINUTES 10 Supermans 20 Pike Shoulder Taps 30 Single Unders</p> <p>(Score is Rounds + Reps)</p> <p>FULL-BODY SWEAT WORKOUT AMRAP x 12 MINUTES 1:00 Cardio Choice 30 Russian Twists 10 Burpee + Side Shuffle 30 Jumping Lunges</p> <p>-Rest 2:00-</p> <p>AMRAP x 8 MINUTES 1:00 Cardio Choice 20 Russian Twists 10 Burpee + Side Shuffle 20 Jumping Lunges</p> <p>(Score is Rounds + Reps)</p> <p>FINISHER + NCMOBILITY EMOM x 5 MINUTES 30 Russian Twists + Max Tuck Hold</p>	<p>DAILY-5 WARM-UP 1:00 Cardio Choice</p> <p>into...</p> <p>EMOM x 2 MINUTES :30 Jumping Jacks :30 Alt. Samson Stretches</p> <p>EMOM x 2 MINUTES :30 Burpees :30 Reverse Lunges</p> <p>(No Measure)</p> <p>PUSH x PULL STRENGTH 5 SETS ON A 15:00 CLOCK... 10/10 DB Suitcase Bulgarian Split Squats 10-15 DB Bent Over Rows</p> <p>(Score is Weight)</p> <p>PUSH x PULL WORKOUT EMOM x 15 MINUTES MIN 1 - :50 Max Single DB Sumo Deadlift High Pull MIN 2 - :50 DB Slides MIN 3 - :50 Cardio Choice</p> <p>(Score is Weight)</p>	<p>DAILY-5 WARM-UP 2:00 Cardio Choice</p> <p>into...</p> <p>AMRAP x 3 MINUTES 10 DB Strict Press 8 Lateral Jumps Over DB 3/3 Single DB Deadlift</p> <p>(No Measure)</p> <p>FULL-BODY STRENGTH EMOM x 10 MINUTES MIN 1 - :25 Single DB Strict Press / :25 OH Hold MIN 2 - :50 DB Flutter Kicks</p> <p>(Score is Weight)</p> <p>FULL-BODY SPRINT WORKOUT EMOM x 4 MINUTES 30 Double Unders + Max Plank Rotations</p> <p>-Rest 1:00-</p> <p>EMOM x 6 MINUTES MIN 1 - :25 / :25 Single Arm DB Push Press (R/L) MIN 2 - :45 Cardio (Hard)</p> <p>-Rest 1:00-</p> <p>EMOM x 8 MINUTES MIN 1 - :50 Single DB Push Jerks MIN 2 - :30 Cardio (Max Effort)</p> <p>(No Measure)</p> <p>FINISHER + NCMOBILITY 3 SETS 15 Lying DB Tricep Extensions 15 Supermans</p> <p>-Rest as needed b/t sets-</p> <p>(No Measure)</p>	<p>DAILY-5 WARM-UP 1:00 Cardio Choice</p> <p>into...</p> <p>EMOM x 4 MINUTES 12 Air Squats + Max Plank Hold</p> <p>(No Measure)</p> <p>SATURDAY SQUATS AMRAP x 6 MINUTES 20 DB Suitcase Walking Lunges 10 Slow Goblet Squats 6 Squat Rotations</p> <p>-Rest 1:00-</p> <p>AMRAP x 6 MINUTES 20 DB Suitcase Walking Lunges 10 Slow Goblet Squats 6 Squat Rotations</p> <p>(Score is Rounds + Reps)</p> <p>FULL-BODY WORKOUT 4 SETS FOR MAX REPS 1:00 Max Lunge + Lunge + Squat 1:00 Max Burpee Squat Jumps 1:00 Max Wall Sit</p> <p>-Rest 1:00 b/t Sets-</p> <p>(Score is Reps)</p>	<p>DAILY-5 WARM-UP 2:00 Cardio Choice</p> <p>into...</p> <p>AMRAP x 3 MINUTES 2 Sit-Ups 2 Push-Ups</p> <p>(No Measure)</p> <p>BODYWEIGHT PUMP EMOM x 6 MINUTES MIN 1 - :50 Controlled Sit-ups MIN 2 - :50 Diamond Push-Ups</p> <p>(No Measure)</p> <p>SUNDAY SWEAT 2 SETS ON A 10:00 CLOCK... 2:00 Cardio Choice 30 Glute Bridges 20 Weighted Sit-Ups 30 Crossbody Mountain Climbers 20 Step Ups 30 Alt V-Ups 20 Up-Downs Max Cardio Choice in remaining time</p> <p>-Rest 1:00 b/t Sets-</p> <p>(No Measure)</p>
<p>WORKOUT 1 ON-DEMAND VIDEO https://vimeo.com/460857470/490f8e3884</p>	<p>WORKOUT 2 ON-DEMAND VIDEO https://vimeo.com/460859839/e52b372a3c</p>	<p>WORKOUT 3 ON-DEMAND VIDEO https://vimeo.com/460861913/35f4e30427</p>	<p>WORKOUT 4 ON-DEMAND VIDEO https://vimeo.com/460993517/c8c662e4ea</p>	<p>WORKOUT 5 ON-DEMAND VIDEO https://vimeo.com/460996521/c9b026a1a3</p>	<p>WORKOUT 6 ON-DEMAND VIDEO https://vimeo.com/461000031/0c29003aaa</p>	<p>WORKOUT 7 ON-DEMAND VIDEO https://vimeo.com/461003413/962019332e</p>