



WEEKEND WARRIOR CHALLENGES

THE FAT INCENERATOR!

Warm up **well** (jog and stretch) for 5-10 minutes. Complete this workout in your **best** possible time with proper form. There is no designated rest time, so rest when needed. **Complete the workout in this pattern: A-B-A-B (TOTAL OF 4. This means 2 of each).**

Set A:

- 20 weighted step-ups (per side)
- 20 double unders
- 40 squats jumps starting from your bottom step
- 1 min incline sprint Or 1 min fast feet taps– tapping onto something like a high chair

Set B:

- 15 weighted squat– curl and press
- 15 bent over row OR if at the gym try an elevated row
- 15 burpees with a weighted press up (choose a lite weight)
- 15 swiss ball jackknife

BONUS: at the end of it ALL, complete the following circuit: 10 rounds
100 Mountain climbers– 1 double leg raise, 1 weighted v-up
Mountain climbers go down by 10 so....100-10
Double leg raises and weighted v-ups go up by 1 so....1-10



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