

CAL RIPKEN, SR. FOUNDATION

# VIRTUAL FITNESS

WORKOUTS



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TRANSFORM COMMUNITIES  
**CHANGE KIDS' LIVES**

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# VIRTUAL FITNESS

WORKOUTS WITH EQUIPMENT



To follow along with the Workouts with Equipment videos, visit  
[www.ripenfoundation.org/resource-portal](http://www.ripenfoundation.org/resource-portal)

# WEEK 1

## Setting a Foundation

### Workout 1 (25 Minutes)

#### WARM UP:

Jog in place or around the room for three minutes.

#### DYNAMIC STRETCHES:

Complete each for 30 seconds.

1. Hamstring Toe Reach
2. Hip Flexor Reach Overs
3. Hip Circle Lateral Reaches
4. Inch Worms with Hip/Chest Openers

#### MAIN WORKOUT:

1. How to Plank
2. How to Push
3. How to Pull
4. How to Squat
5. How to Rotate
6. How to Hinge

#### STATIC STRETCHES:

Hold for a minimum of 30 seconds each.

1. Seated Hamstring Reach
2. Lying Piriformis
3. Kneeling Hip Flexor
4. Child's Pose



Plank



# WEEK 1

## Setting a Foundation

### Workout 2 - Fitness Test (35 Minutes)

#### WARM UP:

Jog in place or around the room for three minutes.

#### DYNAMIC STRETCHES:

Complete each for 30 seconds.

1. Hamstring Toe Reach
2. Hip Flexor Reach Overs
3. Hip Circle Lateral Reaches
4. Inch Worms with Hip/Chest Openers

#### MAIN WORKOUT:

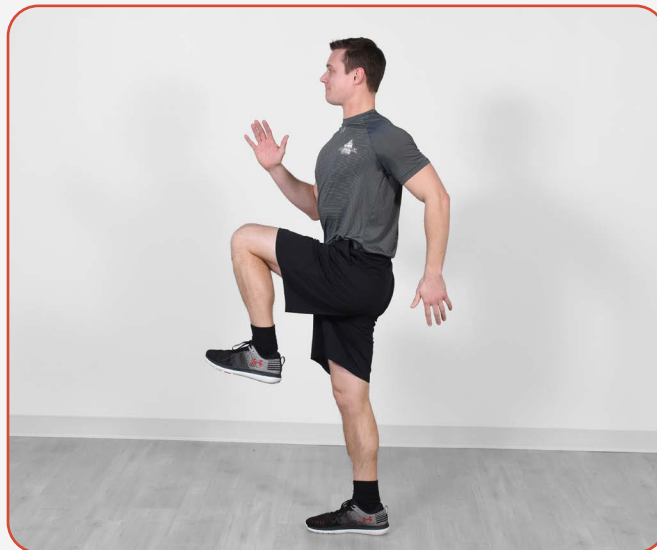
This test is what we call an AMRAP (As Many Rounds as Possible). Set your timer for 20 minutes and complete as many rounds as you can.

1. Push-ups x 10 reps
2. Squats x 20 reps
3. Sit-ups x 10 reps
4. High Knees x 20 reps

#### STATIC STRETCHES:

Hold for a minimum of 30 seconds each.

1. Seated Hamstring Reach
2. Lying Piriformis
3. Kneeling Hip Flexor
4. Child's Pose



High Knees



# WEEK 2

## Strengthening the Foundation

### Workout 3 (35 Minutes)

#### WARM UP:

Jog in place or around the room for three minutes.

#### DYNAMIC STRETCHES:

Complete each for 30 seconds.

1. Hamstring Toe Reach
2. Hip Flexor Reach Overs
3. Hip Circle Lateral Reaches
4. Inch Worms with Hip/Chest Openers

#### Equipment Needed

- Resistance Bands

#### MAIN WORKOUT:

This workout is a circuit style, which means that you go through each exercise and then restart back at the beginning.

#### Two rounds

1. Plank x 30 seconds
  - Rest x 30 seconds
2. Good Mornings x 30 seconds
  - Rest x 30 seconds
3. Squats x 15 reps
  - Rest x 30 seconds
4. Push-ups x 10 reps
  - Rest x 30 seconds
5. Banded Rows x 15 reps
  - Rest x 30 seconds
6. Banded Low-High Rotations x 10 reps each side
  - Rest x 30 seconds

#### Two rounds

1. Banded Bicep Curls x 15 reps
2. Banded Tricep Extensions x 15 reps
3. Banded Rear Flys x 15 reps

#### STATIC STRETCHES:

Hold for a minimum of 30 seconds each.

1. Seated Hamstring Reach
2. Lying Piriformis
3. Kneeling Hip Flexor
4. Child's Pose



# WEEK 2

## Strengthening the Foundation

### Workout 4 (35 Minutes)

#### WARM UP:

Jog in place or around the room for three minutes.

#### DYNAMIC STRETCHES:

Complete each for 30 seconds.

1. Hamstring Toe Reach
2. Hip Flexor Reach Overs
3. Hip Circle Lateral Reaches
4. Inch Worms with Hip/Chest Openers

#### Equipment Needed

- Resistance Bands
- Jump Rope

#### MAIN WORKOUT:

This workout is a circuit style, which means that you go through each exercise and then restart back at the beginning.

#### Two rounds with two second x two second tempo

1. Plank x 30 seconds
  - Rest x 30 seconds
2. Good Mornings x 10 reps
  - Rest x 30 seconds
3. Push-ups x 10 reps
  - Rest x 30 seconds
4. Squats x 15 reps
  - Rest x 30 seconds
5. Banded Rows x 15 reps
  - Rest x 30 seconds
6. Banded Low-High Rotations x 10 reps each side
  - Rest x 30 seconds

#### Two rounds with two second x two second tempo

1. Banded Bicep Curls x 15 reps
2. Banded Tricep Extensions x 15 reps
3. Banded Rear Flys x 15 reps

#### STATIC STRETCHES:

Hold for a minimum of 30 seconds each.

1. Seated Hamstring Reach
2. Lying Piriformis
3. Kneeling Hip Flexor
4. Child's Pose



# WEEK 3

## Advancing the Foundation

### Workout 5 (35 Minutes)

#### WARM UP:

Jog in place or around the room for three minutes.

#### DYNAMIC STRETCHES:

Complete each for 30 seconds.

1. Hamstring Toe Reach
2. Hip Flexor Reach Overs
3. Hip Circle Lateral Reaches
4. Inch Worms with Hip/Chest Openers

#### Equipment Needed

- Resistance Bands
- Jump Rope

#### MAIN WORKOUT:

This workout is a circuit style, which means that you go through each exercise and then restart back at the beginning.

#### Two rounds with fast tempo

1. Plank x 30 seconds
  - Rest x 30 seconds
2. Good Mornings x 30 seconds
  - Rest x 30 seconds
3. Push-ups x 10 reps
  - Rest x 30 seconds
4. Squats x 15 reps
  - Rest x 30 seconds
5. Banded Rows x 15 reps
  - Rest x 30 seconds
6. Banded Low-High Rotations x 10 reps each side
  - Rest x 30 seconds

#### Two rounds with fast tempo

1. Banded Bicep Curls x 15 reps
2. Banded Tricep Extensions x 15 reps
3. Banded Rear Flys x 15 reps

#### Three rounds: round one 20 reps / round two 15 reps / round three 10 reps

1. Jumping Jacks
2. Jump Rope
3. Mountain Climbers

#### STATIC STRETCHES:

Hold for a minimum of 30 seconds each.

1. Seated Hamstring Reach
2. Lying Piriformis
3. Kneeling Hip Flexor
4. Child's Pose



# WEEK 3

## Advancing the Foundation

### Workout 6 (40 Minutes)

#### WARM UP:

Jog in place or around the room for three minutes.

#### DYNAMIC STRETCHES:

Complete each for 30 seconds.

1. Hamstring Toe Reach
2. Hip Flexor Reach Overs
3. Hip Circle Lateral Reaches
4. Inch Worms with Hip/Chest Openers

#### Equipment Needed

- Resistance Bands
- Jump Rope

#### MAIN WORKOUT:

This workout is a circuit style, which means that you go through each exercise and then restart back at the beginning.

#### Two rounds with five second x five second tempo

1. Plank x 30 seconds
  - Rest x 30 seconds
2. Good Mornings x 30 seconds
  - Rest x 30 seconds
3. Push-ups x 10 reps
  - Rest x 30 seconds
4. Squats x 10 reps
  - Rest x 30 seconds
5. Banded Rows x 10 reps
  - Rest x 30 seconds
6. Banded Low-High Rotations x 10 reps each side
  - Rest x 30 seconds

#### Two rounds with three second x three second tempo

1. Banded Bicep Curls x 10 reps
2. Banded Tricep Extensions x 10 reps
3. Banded Rear Flys x 10 reps

#### Three rounds: round one 20 reps / round two 15 reps / round three 10 reps

1. Jumping Jacks
2. Jump Rope
3. Mountain Climbers

#### STATIC STRETCHES:

Hold for a minimum of 30 seconds each.

1. Seated Hamstring Reach
2. Lying Piriformis
3. Kneeling Hip Flexor
4. Child's Pose





# WEEK 4

## Maintaining the Foundation: Endurance

### Workout 7 (40 Minutes)

#### WARM UP:

Jog in place or around the room for three minutes.

#### DYNAMIC STRETCHES:

Complete each for 30 seconds.

1. Hamstring Toe Reach
2. Hip Flexor Reach Overs
3. Hip Circle Lateral Reaches
4. Inch Worms with Hip/Chest Openers

#### Equipment Needed

- 7 cones or cups

#### MAIN WORKOUT:

This workout is a circuit style, which means that you go through each exercise and then restart back at the beginning.

#### Three rounds

1. Triangle Cone Runs x 60 seconds
  - Rest x 60 seconds
2. Cone Stack x five cones
  - Rest x 60 seconds
3. Squats x 60 seconds
  - Rest x 60 seconds
4. Low Shuffles x 60 seconds
  - Rest x 60 seconds

#### STATIC STRETCHES:

Hold for a minimum of 30 seconds each.

1. Seated Hamstring Reach
2. Lying Piriformis
3. Kneeling Hip Flexor
4. Child's Pose



Shuffles



# WEEK 4

## Maintaining the Foundation: Endurance

### Workout 8 (50 Minutes)

#### WARM UP:

Jog in place or around the room for three minutes.

#### DYNAMIC STRETCHES:

Complete each for 30 seconds.

1. Hamstring Toe Reach
2. Hip Flexor Reach Overs
3. Hip Circle Lateral Reaches
4. Inch Worms with Hip/Chest Openers

#### Equipment Needed

- Medicine Ball
- Resistance Bands

#### MAIN WORKOUT:

This workout is a circuit style, which means that you go through each exercise and then restart back at the beginning.

#### Two rounds

1. Mountain Climbers x 60 seconds
  - Rest x 60 seconds
2. Banded Press x 60 seconds
  - Rest x 60 seconds
3. Banded Rotations x 60 seconds
  - Rest x 60 seconds
4. Banded Y Flies x 60 seconds
  - Rest x 60 seconds
5. Medicine Ball Squats x 60 seconds
  - Rest x 60 seconds
6. Standing Plank-Press x 60 seconds
  - Rest x 60 seconds

#### Two rounds

1. Medicine Ball Curls x 30 reps
2. Medicine Ball Lying Tricep Extensions x 30 reps

#### Two rounds

1. Jog in place x 30 seconds
2. High Knees x 30 seconds

#### STATIC STRETCHES:

Hold for a minimum of 30 seconds each.

1. Seated Hamstring Reach
2. Lying Piriformis
3. Kneeling Hip Flexor
4. Child's Pose



# WEEK 5

## Maintaining the Foundation: Power

### Workout 9 (35 Minutes)

#### WARM UP:

Jog in place or around the room for three minutes.

#### DYNAMIC STRETCHES:

Complete each for 30 seconds.

1. Hamstring Toe Reach
2. Hip Flexor Reach Overs
3. Hip Circle Lateral Reaches
4. Inch Worms with Hip/Chest Openers

#### Equipment Needed

- Mat
- Resistance Bands
- Medicine Ball

#### MAIN WORKOUT:

This workout is a circuit style, which means that you go through each exercise and then restart back at the beginning.

#### Two rounds

1. Medicine Ball Lunge x 10 reps
  - Rest x 30 seconds
2. Release Push-ups x 10 reps
  - Rest x 30 seconds
3. Banded High Pulls x 10 reps
  - Rest x 30 seconds
4. Banded Anti Rotations x 10 reps
  - Rest x 30 seconds
5. Rocker Planks x 10 reps
  - Rest x 30 seconds
6. Medicine Ball Deadlift x 10 reps
  - Rest x 30 seconds

#### Six rounds

1. Down Ups x 10 seconds
  - Rest x 10 seconds

#### STATIC STRETCHES:

Hold for a minimum of 30 seconds each.

1. Seated Hamstring Reach
2. Lying Piriformis
3. Kneeling Hip Flexor
4. Child's Pose



# WEEK 5

## Maintaining the Foundation: Power

### Workout 10 (30 Minutes)

#### WARM UP:

Jog in place or around the room for three minutes.

#### DYNAMIC STRETCHES:

Complete each for 30 seconds.

1. Hamstring Toe Reach
2. Hip Flexor Reach Overs
3. Hip Circle Lateral Reaches
4. Inch Worms with Hip/Chest Openers

#### Equipment Needed

- Medicine Ball
- Resistance Bands

#### MAIN WORKOUT:

This workout is called a superset style. This means you do each designated set of exercises then progress to the next set.

#### Two rounds

1. **a.** Medicine Ball Lunges x 10 reps  
**b.** Mountain Climbers x 20 reps
2. **a.** Tricep Push x 10 reps  
**b.** Mountain Climbers x 20 reps
3. **a.** Leg Lifts x 10 reps  
**b.** Mountain Climbers x 20 reps
4. **a.** Rear Y Flys x 10 reps  
**b.** Mountain Climbers x 20 reps
5. **a.** Banded Squat Press x 10 reps  
**b.** Mountain Climbers x 20 reps

#### STATIC STRETCHES:

Hold for a minimum of 30 seconds each.

1. Seated Hamstring Reach
2. Lying Piriformis
3. Kneeling Hip Flexor
4. Child's Pose



Mountain Climbers



# WEEK 6

## Maintaining the Foundation: Strength

### Workout 11: Fitness Test (35 Minutes)

#### WARM UP:

Jog in place or around the room for three minutes.

#### DYNAMIC STRETCHES:

Complete each for 30 seconds.

1. Hamstring Toe Reach
2. Hip Flexor Reach Overs
3. Hip Circle Lateral Reaches
4. Inch Worms with Hip/Chest Openers

#### MAIN WORKOUT:

This test is what we call an AMRAP (As Many Rounds As Possible). Set your timer for 20 minutes and complete as many rounds as possible.

1. Push-ups x 10 reps
2. Squats x 20 reps
3. Sit-ups x 10 reps
4. High Knees x 20 reps

#### STATIC STRETCHES:

Hold for a minimum of 30 seconds each..

1. Seated Hamstring Reach
2. Lying Piriformis
3. Kneeling Hip Flexor
4. Child's Pose



Push-ups



# WEEK 6

## Maintaining the Foundation: Strength

### Workout 12 - Outdoor Optional (40 Minutes)

#### Equipment Needed

- Jump Rope

#### WARM UP:

Jog in place or around the room for three minutes.

#### DYNAMIC STRETCHES:

Complete each for 30 seconds.

1. Hamstring Toe Reach
2. Hip Flexor Reach Overs
3. Hip Circle Lateral Reaches
4. Inch Worms with Hip/Chest Openers

#### MAIN WORKOUT:

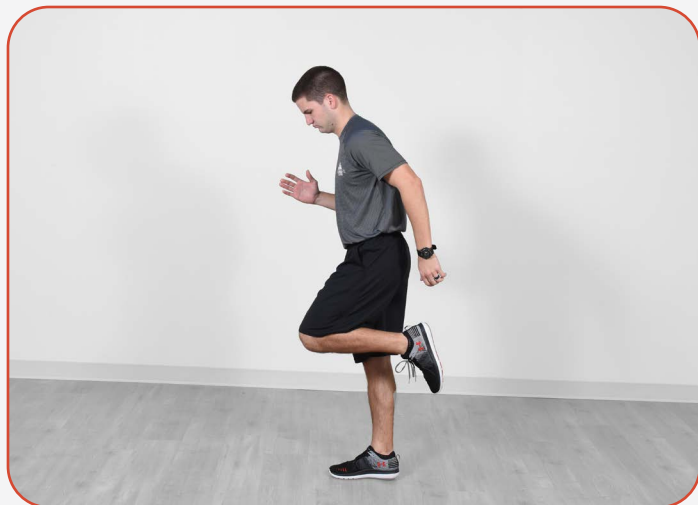
This workout is a timed pyramid style workout. You will complete five exercises by increasing your time for each exercise and then decreasing your time for each exercise. Round one is 30 seconds of each exercise, round two is 45 seconds and round three is 60 seconds. Once you've completed your first 60-second round, you will complete another 60-second round, then decrease to a 45-second round and end with a 30-second round.

1. Jump Rope
2. Jogging in place
3. Bicycle Crunches
4. Sprints
5. Rest

#### STATIC STRETCHES:

Hold for a minimum of 30 seconds each.

1. Seated Hamstring Reach
2. Lying Piriformis
3. Kneeling Hip Flexor
4. Child's Pose



Jogging in Place



# WEEK 7

## Building Upon the Foundation: Plank/Squat

### Workout 13 (35 Minutes)

#### WARM UP:

Jog in place or around the room for three minutes.

#### DYNAMIC STRETCHES:

Complete each for 30 seconds.

1. Hamstring Toe Reach
2. Hip Flexor Reach Overs
3. Hip Circle Lateral Reaches
4. Inch Worms with Hip/Chest Openers

#### Equipment Needed

- Medicine Ball
- Resistance Bands

#### MAIN WORKOUT:

This workout is called a superset style. This means you do each designated set of exercises then progress to the next set.

#### Two rounds

1. **a.** Single Arm Band Press x 15 reps each side  
**b.** Archer Pulls x 15 reps each side  
\_\_\_\_\_
2. **a.** Squat Jumps x 8 reps  
**b.** Lunge Step Ups x 10 reps each side  
\_\_\_\_\_
3. **a.** Wall Toss x 10 reps each side  
**b.** Standing Plank Press w/ Medicine Ball x 10 reps

#### Three rounds

1. **a.** Quick Feet x 20 reps  
**b.** Down Ups x 10 reps

#### STATIC STRETCHES:

Hold for a minimum of 30 seconds each.

1. Seated Hamstring Reach
2. Lying Piriformis
3. Kneeling Hip Flexor
4. Child's Pose



# WEEK 7

## Building Upon the Foundation: Plank/Squat

### Workout 14 (40 Minutes)

#### WARM UP:

Jog in place or around the room for three minutes.

#### DYNAMIC STRETCHES:

Complete each for 30 seconds.

1. Hamstring Toe Reach
2. Hip Flexor Reach Overs
3. Hip Circle Lateral Reaches
4. Inch Worms with Hip/Chest Openers

#### Equipment Needed

- Medicine Ball
- Resistance Bands

#### MAIN WORKOUT:

This workout is a circuit style, which means that you go through each exercise and then restart back at the beginning.

#### Three rounds

1. Medicine Ball Chest Pass x 30 seconds
  - Rest x 30 seconds
2. Squat Row with Band x 30 seconds
  - Rest x 30 seconds
3. Band Power Rotations x 30 seconds
  - Rest x 30 seconds
4. Broad Jumps x 30 seconds
  - Rest x 30 seconds
5. Single Leg Romanian Deadlift x 30 seconds
  - Rest x 30 seconds

#### Two rounds x 15 reps each

1. Banded Rear Flys
2. Banded Bicep Curls
3. Tricep Push-ups

#### STATIC STRETCHES:

Hold for a minimum of 30 seconds each.

1. Seated Hamstring Reach
2. Lying Piriformis
3. Kneeling Hip Flexor
4. Child's Pose





# WEEK 8

## Building Upon the Foundation: Push/Pull

### Workout 15 - Outdoor Optional (40 Minutes)

#### Equipment Needed

- Medicine Ball

#### WARM UP:

Jog in place or around the room for three minutes.

#### DYNAMIC STRETCHES:

Complete each for 30 seconds.

1. Hamstring Toe Reach
2. Hip Flexor Reach Overs
3. Hip Circle Lateral Reaches
4. Inch Worms with Hip/Chest Openers

#### MAIN WORKOUT:

This workout is a circuit style, which means that you go through each exercise and then restart back at the beginning.

#### Three rounds

1. Jogging with Medicine Ball x 45 seconds
  - Rest
2. Medicine Ball Mountain Climbers x 45 seconds
  - Rest
3. Standing Plank Press x 45 seconds
  - Rest
4. Rainbow Slams x 45 seconds
  - Rest
5. Jack Knives with Medicine Ball x 45 seconds
  - Rest

#### Two rounds

1. Run x 60 seconds
  - Rest x 60 seconds

#### STATIC STRETCHES:

Hold for a minimum of 30 seconds each.

1. Seated Hamstring Reach
2. Lying Piriformis
3. Kneeling Hip Flexor
4. Child's Pose



# WEEK 8

## Building Upon the Foundation: Push/Pull

### Workout 16 (35 Minutes)

#### WARM UP:

Jog in place or around the room for three minutes.

#### DYNAMIC STRETCHES:

Complete each for 30 seconds.

1. Hamstring Toe Reach
2. Hip Flexor Reach Overs
3. Hip Circle Lateral Reaches
4. Inch Worms with Hip/Chest Openers

#### Equipment Needed

- Resistance Bands

#### MAIN WORKOUT:

This workout is a circuit style, which means that you go through each exercise and then restart back at the beginning.

#### Two rounds

1. Lunge Row x 10 reps each side
  - Rest x 45 seconds
2. Single Leg/Arm Band Press x 10 reps each side
  - Rest x 45 seconds
3. Romanian Deadlift Hops x 10 reps each side
  - Rest x 45 seconds
4. Low/High Banded Rotations x 10 reps each side
  - Rest x 45 seconds
5. Side Plank x 20 seconds each side
  - Rest x 45 seconds

#### Two rounds

1. Step Back Tricep Extensions x 15 reps
2. Single Arm Curl-Press x 15 reps each side

#### STATIC STRETCHES:

Hold for a minimum of 30 seconds each.

1. Seated Hamstring Reach
2. Lying Piriformis
3. Kneeling Hip Flexor
4. Child's Pose



# WEEK 9

## Building Upon the Foundation: Hinge/Rotation

### Workout 17 (25 Minutes)

#### WARM UP:

Jog in place or around the room for three minutes.

#### DYNAMIC STRETCHES:

Complete each for 30 seconds.

1. Hamstring Toe Reach
2. Hip Flexor Reach Overs
3. Hip Circle Lateral Reaches
4. Inch Worms with Hip/Chest Openers

#### Equipment Needed

- Medicine Ball
- Resistance Bands

#### MAIN WORKOUT:

This workout is a circuit style, which means that you go through each exercise and then restart back at the beginning.

#### Three rounds with a tempo of five seconds x five seconds

1. Squat Press x 8 reps
  - Rest x 30 seconds
2. High Pulls x 8 reps
  - Rest x 30 seconds
3. Shoulder Tap Push-ups x 8 reps
  - Rest x 30 seconds
4. V-sit Twist x 8 reps each side
  - Rest x 30 seconds
5. Single Leg Romanian Deadlift with Medicine Ball x 8 reps each side
  - Rest x 30 seconds

#### Four rounds

1. Tabata Burpees x 20 seconds
  - Rest x 10 seconds

#### STATIC STRETCHES:

Hold for a minimum of 30 seconds each.

1. Seated Hamstring Reach
2. Lying Piriformis
3. Kneeling Hip Flexor
4. Child's Pose



# WEEK 9

## Building Upon the Foundation: Hinge/Rotation

### Workout 18 (20 Minutes)

#### WARM UP:

Jog in place or around the room for three minutes.

#### DYNAMIC STRETCHES:

Complete each for 30 seconds.

1. Hamstring Toe Reach
2. Hip Flexor Reach Overs
3. Hip Circle Lateral Reaches
4. Inch Worms with Hip/Chest Openers

#### Equipment Needed

- Medicine Ball
- Resistance Bands

#### MAIN WORKOUT:

This workout is a circuit style, which means that you go through each exercise and then restart back at the beginning.

#### Three rounds with a tempo of one second x one second

1. Squat Press x 30 seconds
  - Rest x 30 seconds
2. High Pulls x 30 seconds
  - Rest x 30 seconds
3. Shoulder Tap Push-ups x 30 seconds
  - Rest x 30 seconds
4. V-sit Twist x 30 seconds
  - Rest x 30 seconds

#### Four rounds

1. Tabata Burpees x 20 seconds
  - Rest x 10 seconds

#### STATIC STRETCHES:

Hold for a minimum of 30 seconds each.

1. Seated Hamstring Reach
2. Lying Piriformis
3. Kneeling Hip Flexor
4. Child's Pose



# WEEK 10

## Challenging the Foundation: Plank/Squat

### Workout 19 (40 Minutes)

#### WARM UP:

Jog in place or around the room for three minutes.

#### DYNAMIC STRETCHES:

Complete each for 30 seconds.

1. Hamstring Toe Reach
2. Hip Flexor Reach Overs
3. Hip Circle Lateral Reaches
4. Inch Worms with Hip/Chest Openers

#### Equipment Needed

- Medicine Ball
- Resistance Bands

#### MAIN WORKOUT:

This workout is a circuit style, which means that you go through each exercise and then restart back at the beginning.

#### Two rounds

1. Push-ups x 60 seconds
  - Rest x 30 seconds
2. Squat Jumps x 60 seconds
  - Rest x 30 seconds
3. Medicine Ball Bicycles x 60 seconds
  - Rest x 30 seconds
4. Banded Lat Pulls x 60 seconds
  - Rest x 30 seconds
5. Wall Toss (Alternating) x 60 seconds
  - Rest x 30 seconds

#### Three rounds

1. Bicep Curls x 10 reps
  - Rest x 30 seconds
2. Tricep Extensions x 10 reps
  - Rest x 30 seconds
3. Medicine Ball Press Ups x 10 reps
  - Rest x 30 seconds

#### STATIC STRETCHES:

Hold for a minimum of 30 seconds each.

1. Seated Hamstring Reach
2. Lying Piriformis
3. Kneeling Hip Flexor
4. Child's Pose



# WEEK 10

## Challenging the Foundation: Plank/Squat

### Workout 20 – Outdoor Optional (45 Minutes)

#### WARM UP:

Jog in place or around the room for three minutes.

#### DYNAMIC STRETCHES:

Complete each for 30 seconds.

1. Hamstring Toe Reach
2. Hip Flexor Reach Overs
3. Hip Circle Lateral Reaches
4. Inch Worms with Hip/Chest Openers

#### MAIN WORKOUT:

This workout is a circuit style, which means that you go through each exercise and then restart back at the beginning.

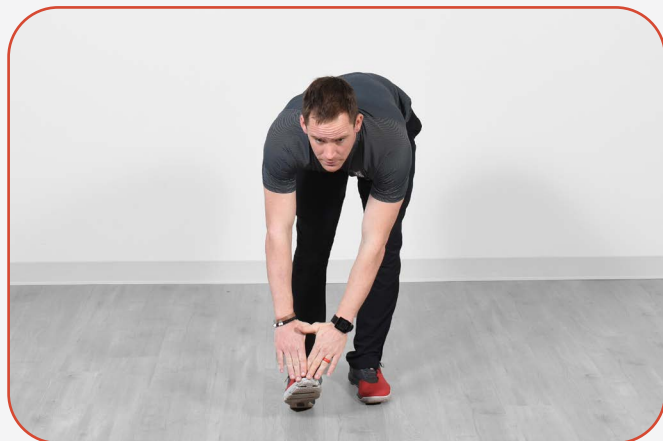
#### Three rounds (forth round optional)

1. Jog x three minutes
  - Rest x 30 seconds
2. Shuffle x three minutes
  - Rest x 30 seconds
3. Walking Lunges x three minutes
  - Rest x 30 seconds
4. Shuttle Run x three minutes
  - Rest x 30 seconds

#### STATIC STRETCHES:

Hold for a minimum of 30 seconds each.

1. Seated Hamstring Reach
2. Lying Piriformis
3. Kneeling Hip Flexor
4. Child's Pose



Hamstring Toe Reach



# WEEK 11

## Challenging the Foundation: Push/Pull

### Workout 21 (35 Minutes)

#### WARM UP:

Jog in place or around the room for three minutes.

#### DYNAMIC STRETCHES:

Complete each for 30 seconds.

1. Hamstring Toe Reach
2. Hip Flexor Reach Overs
3. Hip Circle Lateral Reaches
4. Inch Worms with Hip/Chest Openers

#### Equipment Needed

- Medicine Ball
- Resistance Bands

#### MAIN WORKOUT:

This workout is called a superset style. This means you do each designated set of exercises then progress to the next set.

#### Two rounds

1. **a.** Lunge Hold with Medicine Ball x 30 seconds  
**b.** Medicine Ball Alternating Push-ups x 30 seconds
  - Rest x 30 seconds

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2. **a.** Banded Power Rotations x 30 seconds  
**b.** Plank Pulls x 30 seconds each side
  - Rest x 30 seconds

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3. **a.** Side Plank x 30 seconds each side  
**b.** Banded Rear Flys x 30 seconds each side
  - Rest x 30 seconds

#### Two rounds

- Squat Jump with reach x 30 seconds
- Jog (active recovery) x 30 seconds

#### STATIC STRETCHES:

Hold for a minimum of 30 seconds each.

1. Seated Hamstring Reach
2. Lying Piriformis
3. Kneeling Hip Flexor
4. Child's Pose



# WEEK 11

## Challenging the Foundation: Push/Pull

### Workout 22 (45 Minutes)

#### WARM UP:

Jog in place or around the room for three minutes.

#### DYNAMIC STRETCHES:

Complete each for 30 seconds.

1. Hamstring Toe Reach
2. Hip Flexor Reach Overs
3. Hip Circle Lateral Reaches
4. Inch Worms with Hip/Chest Openers

#### Equipment Needed

- Resistance Bands

#### MAIN WORKOUT:

This workout is a circuit style, which means that you go through each exercise and then restart back at the beginning.

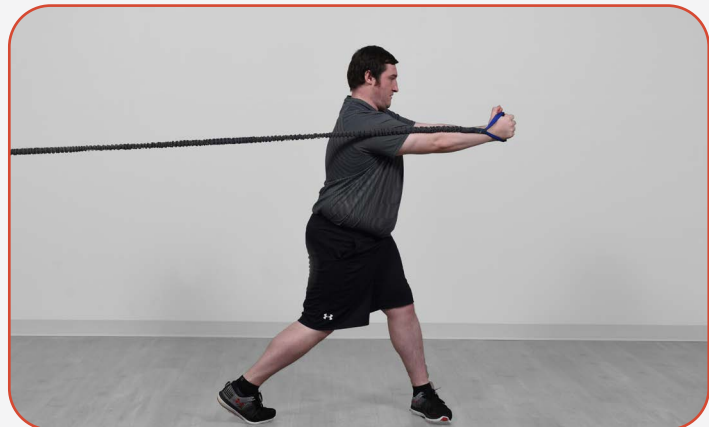
#### Three rounds

1. Push-ups x 45 seconds
2. Down Ups x 10 reps
3. Body Weight Squats x 45 seconds
4. Down Ups x 10 reps
5. Standing Plank Press x 45 seconds
6. Down Ups x 10 reps
7. Banded Anti Rotations x 45 seconds
8. Down Ups x 10 reps
9. Banded High Flys x 45 seconds
10. Down Ups x 10 reps
11. Single Leg Romanian Deadlift x 45 seconds
12. Down Ups x 10 reps

#### STATIC STRETCHES:

Hold for a minimum of 30 seconds each.

1. Seated Hamstring Reach
2. Lying Piriformis
3. Kneeling Hip Flexor
4. Child's Pose



Banded Anti Rotations





## Workout 23 (30 Minutes)

### WARM UP:

Jog in place or around the room for three minutes.

### DYNAMIC STRETCHES:

Complete each for 30 seconds.

1. Hamstring Toe Reach
2. Hip Flexor Reach Overs
3. Hip Circle Lateral Reaches
4. Inch Worms with Hip/Chest Openers

### MAIN WORKOUT:

This workout is called a superset style. This means you do each designated set of exercises then progress to the next set.

#### Three rounds

1. **a.** Jog x 45 seconds  
**b.** Sprint x 15 seconds
2. **a.** Bear Crawls x 45 seconds  
**b.** Back Peddle x 15 seconds
3. **a.** Mountain Climbers x 45 seconds  
**b.** Shuffles x 15 seconds
4. **a.** Broad Jumps x 45 seconds  
**b.** Speed Skaters x 15 seconds

### STATIC STRETCHES:

Hold for a minimum of 30 seconds each.

1. Seated Hamstring Reach
2. Lying Piriformis
3. Kneeling Hip Flexor
4. Child's Pose



**Kneeling Hip Flexor**



**Workout 24 - Fitness Test (35 Minutes)****WARM UP:**

Jog in place or around the room for three minutes.

**DYNAMIC STRETCHES:**

Complete each for 30 seconds.

1. Hamstring Toe Reach
2. Hip Flexor Reach Overs
3. Hip Circle Lateral Reaches
4. Inch Worms with Hip/Chest Openers

**MAIN WORKOUT:**

This test is what is called an AMRAP (As Many Rounds as Possible). Set your timer for 20 minutes and complete as many as you can.

1. Push-ups x 10 reps
2. Squats x 20 reps
3. Sit-ups x 10 reps
4. High Knees x 20 reps

**STATIC STRETCHES:**

Hold for a minimum of 30 seconds each.

1. Seated Hamstring Reach
2. Lying Piriformis
3. Kneeling Hip Flexor
4. Child's Pose



**Squats**



# VIRTUAL FITNESS

## BODYWEIGHT WORKOUTS



To follow along with the Bodyweight workout videos, visit  
[www.ripenfoundation.org/resource-portal](http://www.ripenfoundation.org/resource-portal)

# WEEK 1

## Setting a Foundation

### Workout 1 (25 Minutes)

#### WARM UP:

Jog in place or around the room for three minutes.

#### DYNAMIC STRETCHES:

Complete each for 30 seconds.

1. Hamstring Toe Reach
2. Hip Flexor Reach Overs
3. Hip Circle Lateral Reaches
4. Inch Worms with Hip/Chest Openers

#### MAIN WORKOUT:

1. How to Plank
2. How to Push
3. How to Pull
4. How to Squat
5. How to Rotate
6. How to Hinge

#### STATIC STRETCHES:

Hold for a minimum of 30 seconds each.

1. Seated Hamstring Reach
2. Lying Piriformis
3. Kneeling Hip Flexor
4. Child's Pose



# WEEK 1

## Setting a Foundation

### Workout 2: Fitness Test (40 Minutes)

#### WARM UP:

Jog in place or around the room for three minutes.

#### DYNAMIC STRETCHES:

Complete each for 30 seconds.

1. Hamstring Toe Reach
2. Hip Flexor Reach Overs
3. Hip Circle Lateral Reaches
4. Inch Worms with Hip/Chest Openers

#### MAIN WORKOUT:

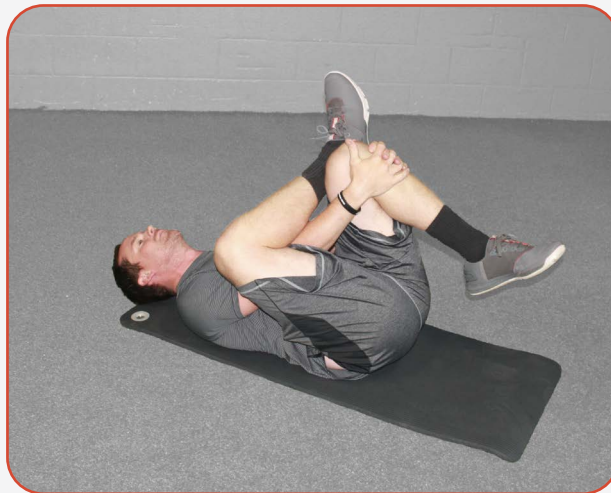
This test is what we call an AMRAP (As Many Rounds As Possible). Set your timer for 20 minutes and complete as many rounds as you can.

1. Push-ups x 10 reps
2. Squats x 20 reps
3. Sit-ups x 10 reps
4. High Knees x 20 reps

#### STATIC STRETCHES:

Hold for a minimum of 30 seconds each.

1. Seated Hamstring Reach
2. Lying Piriformis
3. Kneeling Hip Flexor
4. Child's Pose



Lying Piriformis



# WEEK 2

## Strengthening the Foundation

### Workout 3 (35 Minutes)

#### WARM UP:

Jog in place or around the room for three minutes.

#### DYNAMIC STRETCHES:

Complete each for 30 seconds.

1. Hamstring Toe Reach
2. Hip Flexor Reach Overs
3. Hip Circle Lateral Reaches
4. Inch Worms with Hip/Chest Openers

#### MAIN WORKOUT:

This workout is a circuit style, which means that you go through each exercise and then restart back at the beginning.

#### Three rounds

1. Plank x 30 seconds
  - Rest x 30 seconds
2. Push-ups x 12 reps
  - Rest x 30 seconds
3. Squats x 12 reps
  - Rest x 30 seconds
4. Low-High Rotations x 12 reps each side
  - Rest x 30 seconds
5. Kneeling Flys x 12 reps each side
  - Rest x 30 seconds

#### STATIC STRETCHES:

Hold for a minimum of 30 seconds each.

1. Seated Hamstring Reach
2. Lying Piriformis
3. Kneeling Hip Flexor
4. Child's Pose



Plank



# WEEK 2

## Strengthening the Foundation

### Workout 4 (30 Minutes)

#### WARM UP:

Jog in place or around the room for three minutes.

#### DYNAMIC STRETCHES:

Complete each for 30 seconds.

1. Hamstring Toe Reach
2. Hip Flexor Reach Overs
3. Hip Circle Lateral Reaches
4. Inch Worms with Hip/Chest Openers

#### MAIN WORKOUT:

This workout is a circuit style, which means that you go through each exercise and then restart back at the beginning.

#### Three rounds

1. Plank x 30 seconds
  - Rest x 30 seconds
2. Push-ups x 12 reps
  - Rest x 30 seconds
3. Squats x 12 reps
  - Rest x 30 seconds
4. Low-High Rotations x 12 reps each side
  - Rest x 30 seconds
5. Kneeling Flys x 12 reps each side
  - Rest x 30 seconds

#### STATIC STRETCHES:

Hold for a minimum of 30 seconds each.

1. Seated Hamstring Reach
2. Lying Piriformis
3. Kneeling Hip Flexor
4. Child's Pose



Seated Hamstring Reach



# WEEK 3

## Advancing the Foundation

### Workout 5 (35 Minutes)

#### WARM UP:

Jog in place or around the room for three minutes.

#### DYNAMIC STRETCHES:

Complete each for 30 seconds.

1. Hamstring Toe Reach
2. Hip Flexor Reach Overs
3. Hip Circle Lateral Reaches
4. Inch Worms with Hip/Chest Openers

#### MAIN WORKOUT:

This workout is a circuit style, which means that you go through each exercise and then restart back at the beginning.

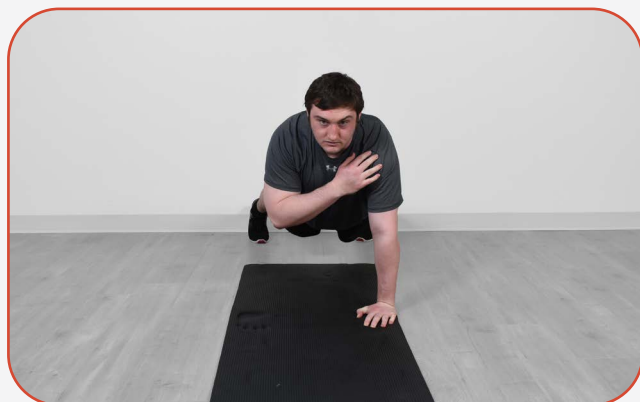
#### Three rounds

1. Shoulder Tap Plank x 30 seconds
  - Rest x 30 seconds
2. Single Leg Taps x 15 seconds
  - Rest x 30 seconds
3. Lunges x 30 seconds each side
  - Rest x 30 seconds
4. Single Leg Push-ups x 15 seconds each side
  - Rest x 30 seconds
5. Single Leg Flys x 15 seconds each side
  - Rest x 30 seconds

#### STATIC STRETCHES:

Hold for a minimum of 30 seconds each.

1. Seated Hamstring Reach
2. Lying Piriformis
3. Kneeling Hip Flexor
4. Child's Pose



Shoulder Tap Plank





# WEEK 3

## Advancing the Foundation

### Workout 6 (25 Minutes)

#### WARM UP:

Jog in place or around the room for three minutes.

#### DYNAMIC STRETCHES:

Complete each for 30 seconds.

1. Hamstring Toe Reach
2. Hip Flexor Reach Overs
3. Hip Circle Lateral Reaches
4. Inch Worms with Hip/Chest Openers

#### MAIN WORKOUT:

This workout is called a superset style. This means you do each designated set of exercises then progress to the next set.

#### Three rounds of each set

1. **a.** Plank x 30 seconds  
**b.** Bird Dog Push-ups x 10 reps

---

2. **a.** Lunge Step Ups x 10 reps each side  
**b.** Single Leg Romanian Deadlift with opposite arm out x 10 reps each side

#### Two rounds

1. High Knees x 30 reps
2. Jumping Jacks x 30
3. Bicycle Crunches x 30 reps

#### STATIC STRETCHES:

Hold for a minimum of 30 seconds each.

1. Seated Hamstring Reach
2. Lying Piriformis
3. Kneeling Hip Flexor
4. Child's Pose



# WEEK 4

## Maintaining the Foundation: Endurance

### Workout 7 (40 Minutes)

#### WARM UP:

Jog in place or around the room for three minutes.

#### DYNAMIC STRETCHES:

Complete each for 30 seconds.

1. Hamstring Toe Reach
2. Hip Flexor Reach Overs
3. Hip Circle Lateral Reaches
4. Inch Worms with Hip/Chest Openers

#### MAIN WORKOUT:

This workout is a circuit style, which means that you go through each exercise and then restart back at the beginning.

#### Three rounds

1. Triangle Cone Runs x 60 seconds
  - Rest x 60 seconds
2. Cone Stack x five cones
  - Rest x 60 seconds
3. Squats x 60 seconds
  - Rest x 60 seconds
4. Low Shuffles x 60 seconds
  - Rest x 60 seconds

#### STATIC STRETCHES:

Hold for a minimum of 30 seconds each.

1. Seated Hamstring Reach
2. Lying Piriformis
3. Kneeling Hip Flexor
4. Child's Pose



Hip Circle Lateral Reaches



# WEEK 4

## Maintaining the Foundation: Endurance

### Workout 8 (40 Minutes)

#### WARM UP:

Jog in place or around the room for three minutes.

#### DYNAMIC STRETCHES:

Complete each for 30 seconds.

1. Hamstring Toe Reach
2. Hip Flexor Reach Overs
3. Hip Circle Lateral Reaches
4. Inch Worms with Hip/Chest Openers

#### MAIN WORKOUT:

This workout is a circuit style, which means that you go through each exercise and then restart back at the beginning.

#### Two rounds

1. Push-ups x 60 seconds
  - Rest x 60 seconds
2. Squats x 60 seconds
  - Rest x 60 seconds
3. Bent Over Rear Flys x 60 seconds
  - Rest x 60 seconds
4. Bicycle Crunches x 60 seconds
  - Rest x 60 seconds
5. High Knees x 60 seconds
  - Rest x 60 seconds

#### STATIC STRETCHES:

Hold for a minimum of 30 seconds each.

1. Seated Hamstring Reach
2. Lying Piriformis
3. Kneeling Hip Flexor
4. Child's Pose



# WEEK 5

## Maintaining the Foundation: Power

### Workout 9 (35 Minutes)

#### WARM UP:

Jog in place or around the room for three minutes.

#### DYNAMIC STRETCHES:

Complete each for 30 seconds.

1. Hamstring Toe Reach
2. Hip Flexor Reach Overs
3. Hip Circle Lateral Reaches
4. Inch Worms with Hip/Chest Openers

#### MAIN WORKOUT:

This workout is a circuit style, which means that you go through each exercise and then restart back at the beginning.

#### Two rounds with a three second x three second tempo

1. Push-ups x 10 reps
  - Rest x 30 seconds
2. Lunges x 10 reps
  - Rest x 30 seconds
3. Romanian Deadlift x 10 reps
  - Rest x 30 seconds
4. Bent Over Rear Flys x 10 reps
  - Rest x 30 seconds
5. Leg Lifts x 10 reps
  - Rest x 30 seconds
6. Low/High Rotations x 10 reps
  - Rest x 30 seconds

#### STATIC STRETCHES:

Hold for a minimum of 30 seconds each.

1. Seated Hamstring Reach
2. Lying Piriformis
3. Kneeling Hip Flexor
4. Child's Pose



# WEEK 5

## Maintaining the Foundation: Power

### Workout 10 (35 Minutes)

#### WARM UP:

Jog in place or around the room for three minutes.

#### DYNAMIC STRETCHES:

Complete each for 30 seconds.

1. Hamstring Toe Reach
2. Hip Flexor Reach Overs
3. Hip Circle Lateral Reaches
4. Inch Worms with Hip/Chest Openers

#### MAIN WORKOUT:

This workout is called a superset style. This means you do each designated set of exercises then progress to the next set.

#### Two rounds

1. **a.** Lunges x 15 reps each side  
**b.** Tricep Push-ups x 15 reps  
\_\_\_\_\_
2. **a.** Leg Lifts x 15 reps  
**b.** Glute Bridge x 15 reps  
\_\_\_\_\_
3. **a.** Squat Pause x 15 reps  
**b.** Mountain Climbers x 30 reps

#### Two rounds

1. Jumping Jacks x 25 reps
2. Down Ups x 25 reps
3. High Knees x 25 reps

#### STATIC STRETCHES:

Hold for a minimum of 30 seconds each.

1. Seated Hamstring Reach
2. Lying Piriformis
3. Kneeling Hip Flexor
4. Child's Pose



# WEEK 6

## Maintaining the Foundation: Strength

### Workout 11 - Fitness Test (40 Minutes)

#### WARM UP:

Jog in place or around the room for three minutes.

#### DYNAMIC STRETCHES:

Complete each for 30 seconds.

1. Hamstring Toe Reach
2. Hip Flexor Reach Overs
3. Hip Circle Lateral Reaches
4. Inch Worms with Hip/Chest Openers

#### MAIN WORKOUT:

This test is what we call an AMRAP (As Many Rounds As Possible). Set your timer for 20 minutes and complete as many rounds as possible.

1. Push-ups x 10 reps
2. Squats x 20 reps
3. Sit-ups x 10 reps
4. High Knees x 20 reps

#### STATIC STRETCHES:

Hold for a minimum of 30 seconds each.

1. Seated Hamstring Reach
2. Lying Piriformis
3. Kneeling Hip Flexor
4. Child's Pose



Child's Pose



# WEEK 6

## Maintaining the Foundation: Strength

### Workout 12 - Outdoor Optional (40 Minutes)

#### WARM UP:

Jog in place or around the room for three minutes.

#### DYNAMIC STRETCHES:

Complete each for 30 seconds.

1. Hamstring Toe Reach
2. Hip Flexor Reach Overs
3. Hip Circle Lateral Reaches
4. Inch Worms with Hip/Chest Openers

#### MAIN WORKOUT:

This workout is a timed pyramid style workout. You will complete five exercises by increasing your time for each exercise and then decreasing your time for each exercise. Round one is 30 seconds of each exercise, round two is 45 seconds and round three is 60 seconds. Once you've completed your first 60-second round, you will complete another 60-second round, then decrease to a 45-second round and end with a 30-second round.

1. Jump Rope
2. Jogging in place
3. Bicycle Crunches
4. Sprints
5. Rest

#### STATIC STRETCHES:

Hold for a minimum of 30 seconds each.

1. Seated Hamstring Reach
2. Lying Piriformis
3. Kneeling Hip Flexor
4. Child's Pose



Hip Flexor Reach Overs



# WEEK 7

## Building Upon the Foundation: Plank/Squat

### Workout 13 (35 Minutes)

#### WARM UP:

Jog in place or around the room for three minutes.

#### DYNAMIC STRETCHES:

Complete each for 30 seconds.

1. Hamstring Toe Reach
2. Hip Flexor Reach Overs
3. Hip Circle Lateral Reaches
4. Inch Worms with Hip/Chest Openers

#### MAIN WORKOUT:

This workout is called a superset style. This means you do each designated set of exercises then progress to the next set.

#### Two rounds

1. a. Chest Openers x 10 reps each side  
b. Deep Squats x 10 reps

---

#### Four rounds

1. a. Power Push-ups x 10 reps  
b. Squat Jumps x 10 reps
2. a. Rocker Planks x 10 reps  
b. Speed Skaters x 10 reps each side

---

#### Five rounds

1. a. Mountain Climbers x 20 reps  
b. Down Ups x 10 reps

#### STATIC STRETCHES:

Hold for a minimum of 30 seconds each.

1. Seated Hamstring Reach
2. Lying Piriformis
3. Kneeling Hip Flexor
4. Child's Pose





# WEEK 7

## Building Upon the Foundation: Plank/Squat

### Workout 14 (35 Minutes)

#### WARM UP:

Jog in place or around the room for three minutes.

#### DYNAMIC STRETCHES:

Complete each for 30 seconds.

1. Hamstring Toe Reach
2. Hip Flexor Reach Overs
3. Hip Circle Lateral Reaches
4. Inch Worms with Hip/Chest Openers

#### MAIN WORKOUT:

This workout is called a superset style. This means you do each designated set of exercises then progress to the next set.

#### Three rounds

1. **a.** Broad Jumps x five reps  
**b.** Lateral Walking High Planks x five reps each direction
  - Rest x 60 seconds

---
2. **a.** Lateral Three Step x five reps each direction  
**b.** Side Plank x 15 seconds each side
  - Rest x 60 seconds

---
3. **a.** Jumping Knee Tucks x five reps  
**b.** Spider Man Crawls 10 feet x four reps
  - Rest x 60 seconds

#### STATIC STRETCHES:

Hold for a minimum of 30 seconds each.

1. Seated Hamstring Reach
2. Lying Piriformis
3. Kneeling Hip Flexor
4. Child's Pose



# WEEK 8

## Building Upon the Foundation: Push/Pull

### Workout 15 – Outdoor Optional (40 Minutes)

#### WARM UP:

Jog in place or around the room for three minutes.

#### DYNAMIC STRETCHES:

Complete each for 30 seconds.

1. Hamstring Toe Reach
2. Hip Flexor Reach Overs
3. Hip Circle Lateral Reaches
4. Inch Worms with Hip/Chest Openers

#### MAIN WORKOUT:

This workout is called a superset style. This means you do each designated set of exercises then progress to the next set.

#### Three rounds

1. a. Cone Stack x five cones  
b. Push-ups x 12 reps
  - Rest x 60 seconds

---

2. a. Low/High Rotations x 12 reps  
b. Run/Back Peddles 10 yards x four laps
  - Rest x 60 seconds

---

3. a. Single Leg Planks x 15 seconds each side  
b. Bird Dogs x 8 reps each
  - Rest x 60 seconds

#### Three rounds

1. Run x 10 yards
2. Mountain Climbers x 20 reps
3. Run x 10 yards
4. Down Ups x 10 reps
5. Run x 10 yards
6. Squat Jumps x 10 reps
7. Jog x 40 yards

#### STATIC STRETCHES:

Hold for a minimum of 30 seconds each.

1. Seated Hamstring Reach
2. Lying Piriformis
3. Kneeling Hip Flexor
4. Child's Pose



# WEEK 8

## Building Upon the Foundation: Push/Pull

### Workout 16 (40 Minutes)

#### WARM UP:

Jog in place or around the room for three minutes.

#### DYNAMIC STRETCHES:

Complete each for 30 seconds.

1. Hamstring Toe Reach
2. Hip Flexor Reach Overs
3. Hip Circle Lateral Reaches
4. Inch Worms with Hip/Chest Openers

#### MAIN WORKOUT:

This workout is a circuit style, which means that you go through each exercise and then restart back at the beginning.

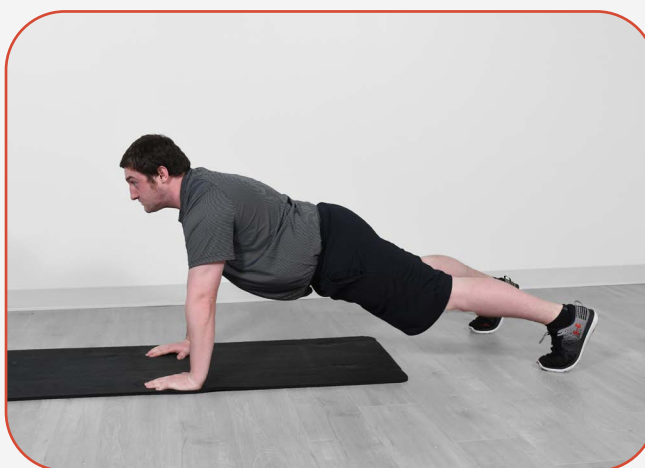
#### Three rounds with a tempo of three seconds x three seconds

1. Push-ups x 10 reps
  - Rest x 45 seconds
2. Lunges x 10 reps each side
  - Rest x 45 seconds
3. Single Leg Romanian Deadlift x 10 reps each side
  - Rest x 45 seconds
4. Bent Over Flys x 10 reps
  - Rest x 45 seconds
5. Leg Lifts x 10 reps
  - Rest x 45 seconds
6. Low/High Rotations x 10 reps each side
  - Rest x 45 seconds

#### STATIC STRETCHES:

Hold for a minimum of 30 seconds each.

1. Seated Hamstring Reach
2. Lying Piriformis
3. Kneeling Hip Flexor
4. Child's Pose



Push-ups



# WEEK 9

## Building Upon the Foundation: Hinge/Rotation

### Workout 17 (40 Minutes)

#### WARM UP:

Jog in place or around the room for three minutes.

#### DYNAMIC STRETCHES:

Complete each for 30 seconds.

1. Hamstring Toe Reach
2. Hip Flexor Reach Overs
3. Hip Circle Lateral Reaches
4. Inch Worms with Hip/Chest Openers

#### MAIN WORKOUT:

This workout is a circuit style, which means that you go through each exercise and then restart back at the beginning.

#### Four rounds with a five second x five second tempo

1. Lunges x 8 reps each side
2. Tricep Push-ups x 8 reps
3. Mountain Climbers x 8 reps
4. Rocker Plank x 8 reps
5. Kneeling Sky Reaches x 8 reps each side

#### STATIC STRETCHES:

Hold for a minimum of 30 seconds each.

1. Seated Hamstring Reach
2. Lying Piriformis
3. Kneeling Hip Flexor
4. Child's Pose



Hip Circle Lateral Reaches



# WEEK 9

## Building Upon the Foundation: Hinge/Rotation

### Workout 18 (35 Minutes)

#### WARM UP:

Jog in place or around the room for three minutes.

#### DYNAMIC STRETCHES:

Complete each for 30 seconds.

1. Hamstring Toe Reach
2. Hip Flexor Reach Overs
3. Hip Circle Lateral Reaches
4. Inch Worms with Hip/Chest Openers

#### MAIN WORKOUT:

This workout is a circuit style, which means that you go through each exercise and then restart back at the beginning.

#### Four rounds with a three second x one second tempo

1. Lunges x 10 reps each side
2. Tricep Push-ups x 10 reps
3. Mountain Climbers x 20 reps
4. Rocker Plank x 10 reps
5. Kneeling Sky Reaches x 10 reps each side

#### STATIC STRETCHES:

Hold for a minimum of 30 seconds each.

1. Seated Hamstring Reach
2. Lying Piriformis
3. Kneeling Hip Flexor
4. Child's Pose



Rocker Plank



# WEEK 10

## Challenging the Foundation: Plank/Squat

### Workout 19 (40 Minutes)

#### WARM UP:

Jog in place or around the room for three minutes.

#### DYNAMIC STRETCHES:

Complete each for 30 seconds.

1. Hamstring Toe Reach
2. Hip Flexor Reach Overs
3. Hip Circle Lateral Reaches
4. Inch Worms with Hip/Chest Openers

#### MAIN WORKOUT:

This workout is a circuit style, which means that you go through each exercise and then restart back at the beginning.

#### Four rounds (fifth round optional)

1. Lateral Power Push-ups x 30 seconds
  - Rest x 30 seconds
2. Speed Skaters x 30 seconds
  - Rest x 30 seconds
3. Plank x 30 seconds
  - Rest x 30 seconds
4. Romanian Deadlift Hops x 30 seconds
  - Rest x 30 seconds
5. Lateral Three Step x 30 seconds
  - Rest x 30 seconds

#### STATIC STRETCHES:

Hold for a minimum of 30 seconds each.

1. Seated Hamstring Reach
2. Lying Piriformis
3. Kneeling Hip Flexor
4. Child's Pose



# WEEK 10

## Challenging the Foundation: Plank/Squat

### Workout 20 - Outdoor Optional (45 Minutes)

#### WARM UP:

Jog in place or around the room for three minutes.

#### DYNAMIC STRETCHES:

Complete each for 30 seconds.

1. Hamstring Toe Reach
2. Hip Flexor Reach Overs
3. Hip Circle Lateral Reaches
4. Inch Worms with Hip/Chest Openers

#### MAIN WORKOUT:

This workout is a circuit style which means that you go through each exercise and then restart back at the beginning.

#### Two rounds

1. Jog x three minutes
  - Rest x 30 seconds
2. Shuffle x three minutes
  - Rest x 30 seconds
3. Walking Lunges x three minutes
  - Rest x 30 seconds
4. Shuttle Run x three minutes
  - Rest x 30 seconds

#### STATIC STRETCHES:

Hold for a minimum of 30 seconds each.

1. Seated Hamstring Reach
2. Lying Piriformis
3. Kneeling Hip Flexor
4. Child's Pose



Shuffle



# WEEK 11

## Challenging the Foundation: Push/Pull

### Workout 21 (35 Minutes)

#### WARM UP:

Jog in place or around the room for three minutes.

#### DYNAMIC STRETCHES:

Complete each for 30 seconds.

1. Hamstring Toe Reach
2. Hip Flexor Reach Overs
3. Hip Circle Lateral Reaches
4. Inch Worms with Hip/Chest Openers

#### MAIN WORKOUT:

This workout is a circuit style, which means that you go through each exercise and then restart back at the beginning.

#### Two rounds

1. Jumping Rope x 60 seconds
  - Rest x 30 seconds
2. Flurry x 60 seconds
  - Rest x 30 seconds
3. Jab-Punch x 60 seconds
  - Rest x 30 seconds
4. Hooks x 60 seconds
  - Rest x 30 seconds
5. Upper Cuts x 60 seconds
  - Rest x 30 seconds
6. Jab-Punch-Hook x 60 seconds
  - Rest x 30 seconds
7. Six Up x 60 seconds
  - Rest x 30 seconds
8. Jab-Punch-Hook-Hook-Hook x 60 seconds
  - Rest x 30 seconds

#### Five rounds

1. Down Ups x 10 reps
2. Flurry x 20 reps

#### STATIC STRETCHES:

Hold for a minimum of 30 seconds each.

1. Seated Hamstring Reach
2. Lying Piriformis
3. Kneeling Hip Flexor
4. Child's Pose





# WEEK 11

## Challenging the Foundation: Push/Pull

### Workout 22 (35 Minutes)

#### WARM UP:

Jog in place or around the room for three minutes.

#### DYNAMIC STRETCHES:

Complete each for 30 seconds.

1. Hamstring Toe Reach
2. Hip Flexor Reach Overs
3. Hip Circle Lateral Reaches
4. Inch Worms with Hip/Chest Openers

#### MAIN WORKOUT:

This workout is a circuit style, which means that you go through each exercise and then restart back at the beginning.

#### Two rounds

1. Side Plank x 45 seconds
  - Rest x 30 seconds
2. Bridge x 45 seconds
  - Rest x 30 seconds
3. Rocker Planks x 45 seconds
  - Rest x 30 seconds
4. Low/High Rotations x 45 seconds
  - Rest x 30 seconds
5. Leg Lifts x 45 seconds
  - Rest x 30 seconds
6. Single Leg Romanian Deadlift x 45 seconds
  - Rest x 30 seconds

#### STATIC STRETCHES:

Hold for a minimum of 30 seconds each.

1. Seated Hamstring Reach
2. Lying Piriformis
3. Kneeling Hip Flexor
4. Child's Pose



Side Plank



**Workout 23 (40 Minutes)****WARM UP:**

Jog in place or around the room for three minutes.

**DYNAMIC STRETCHES:**

Complete each for 30 seconds.

1. Hamstring Toe Reach
2. Hip Flexor Reach Overs
3. Hip Circle Lateral Reaches
4. Inch Worms with Hip/Chest Openers

**MAIN WORKOUT:**

This workout is a timed pyramid style workout. You will complete 5 exercises by increasing your time for each exercise and then decreasing your time for each exercise. Round one is 30 seconds of each exercise, round two is 45 seconds and round three is 60 seconds. Once you've completed your first 60-second round, you will complete another 60-second round, then decrease to a 45-second round and end with a 30-second round.

1. Jump Rope
2. Jogging in place
3. Bicycle Crunches
4. Sprints
5. Rest

**STATIC STRETCHES:**

Hold for a minimum of 30 seconds each.

1. Seated Hamstring Reach
2. Lying Piriformis
3. Kneeling Hip Flexor
4. Child's Pose



**Seated Hamstring Reach**



## Workout 24 - Fitness Test (40 Minutes)

### WARM UP:

Jog in place or around the room for three minutes.

### DYNAMIC STRETCHES:

Complete each for 30 seconds.

1. Hamstring Toe Reach
2. Hip Flexor Reach Overs
3. Hip Circle Lateral Reaches
4. Inch Worms with Hip/Chest Openers

### MAIN WORKOUT:

This test is what is called an AMRAP (As Many Rounds as Possible). Set your timer for 20 minutes and complete as many as you can.

1. Push-ups x 10 reps
2. Squats x 20 reps
3. Sit-ups x 10 reps
4. High Knees x 20 reps

### STATIC STRETCHES:

Hold for a minimum of 30 seconds each.

1. Seated Hamstring Reach
2. Lying Piriformis
3. Kneeling Hip Flexor
4. Child's Pose



**Squat**

