

## Brad's Inside Workout #1

Stretch bands

**Warm Up** – Forward Lunge w/Twist, Backward Lunge, Airplane, Lateral Lunge, 4 in 1 squats, Summo Squat, hand walks

5:30am can split into 3 groups. Evening sessions split into 2 Groups and trainer rotates.

**Group/Station #1 10 min**  
**No rest (rest only if you need to)**  
**Explain what's next during 30 sec**

30 Sec each

Slow Mountain Climbers  
Slow AirSquats  
LT Leg static Lunge w/row  
LT leg balance w/Bicep Curls  
Rt Leg static Lunge w/Row  
Rt leg balance w/shoulder press  
Rest 30 Seconds  
Repeat Circuit 3 times

**Group/Station #2 10 min**  
50/10 50 on 10 to quickly move to next

Plank  
SuperMan (hold for 10 sec)  
LT Leg Static Lunge w/DB  
Push Ups 4 down 2 pause 1 up  
Reverse Crunch or Heels to Heavens  
RT Leg Static Lunge w/DB  
Slow Bicycles  
Squat Jumps (hold for 5 sec at bottom)  
Scissors

**Group/Station #3 10 min**  
Depending on group size (should have 20 foam), you can get do in groups of 1, 2 or 3.  
30 Sec on 30 Sec off (can walk/jog in place) Move to next exercise as  
#1 goes to #2 Goes to #3

#1 Jump or Step Overs (like car wash foam – pick a line and jump over. You can also do the jump touches on the wall)  
#2 Burpees  
#3 Walking lunges with BD's

**If Time**  
Trainer Choice  
  
Stationary Cardio  
DB circuit  
Core work

Warm Up <http://www.youtube.com/watch?v=WrcSydO3Mzk&feature=related>

Upright Arm Swings  
 Bent Over Arm Swings  
 Forward, backward, and Side leg swings  
 bent lunges each leg  
 Plank jump to squats  
 Inch warm Cobra  
 Arm Circles forward/backward  
 Jump Squats  
 Hip Flexor stretches w/fingers interlocked

**Group Cardio**

Cardio Set (jumping jacks,  
 jump rope in place, side to  
 side front to back, touch sky)  
  
 Base Side to Side  
 SLOW Defensive Slides  
 Jump Squats  
 1-2-3 inside knee

**Station/Group #1 12-13 min**

Partner up on goes while the other  
 rests. Designed to go all out (while  
 keeping form)  
 Start on Line  
 7 Thrusters  
 5 bupees  
 Shuttles (pick about 15 feet and run  
 down and back twice OR if you  
 have room half court/full court and  
 back)  
  
 7 Total sets each (14 total)  
 or 12-13 Cut off time

**Station/Group #2 12-13 min**

LT leg Balance w/db	45
Bicep curls	45
Tricep ext (standing)	45
RT leg Balance w/db	45
jog/walk in place to shake it out	
LT Leg static Lunge w/Y	45
Shoulder press	45
RT Leg Static Lunge w/T	45
2 Arm Row	45
jog/walk in place to shake it out	
If other group is Still going	

## Brad's Inside Workout's #3



Warm Up #5 – get in lines like ladders  
<http://www.youtube.com/watch?v=5S1q6abG4AI>

High Knees  
Forward Lunge w/ Rotate  
Reverse Lunge w/reach over top  
Side Lunge w/skip  
15 Air Squats  
Skip with knees coming up  
Frankenstein Walks (walking toe touches)  
Jumping Jacks  
Gate Swings  
Touch The Sky  
Walking Hand Walks

### Cardio 4-5 min

Cliff Climbers	30 Sec
Jump Squats (hold for 5 sec at bottom)	30 Sec
Frog Hops	30 Sec

**Choice Rest or jog for 30 seconds**

Repeat one time

### Station #2 9 Minutes

50 seconds on 10 break  
Pillar Bridges  
Kneeling Opposite Alternating  
LT Side Pillar  
RT Side Pillar  
Dead bugg  
SuperMans (hold for 5 sec)  
Scissors  
Plank (focus on CORE)

### Workout of the Day

4 May Relay teams count reps  
13 minutes

1. Run/suicide in gym
2. Squat Thrusts
3. Burpees (mountain climbers as modified exercise)
4. Rest or Core exercise

### Station #3 If time Trainers/campers choice CORE or Cardio

Heel Taps w/crunch	Same	30/30
Slow Bicycles	1 min	
Kneeling Opp. Same	30/30	
SuperMan Hold for 5 sec	1 min	
Slow Bicycles		min

## Brad's Inside Workout #4

### Warm Up #4

<http://www.youtube.com/watch?v=DPYwsrlaX40>

### Glute Bridges

Iron Cross's each leg kicks laying on back

single leg Glute Bridges (each leg)

Straight Leg Kicks

T Crossover rotations

Side lying glute raises

Kneeling Leg circles

Forward Lunge – Just 1<sup>st</sup> and 2<sup>nd</sup> stretch

Summo Squats

Squat and reach stretch (10 each)

Calf raises (like hand walk) each

### Station #1

Glute Bridges 2 leg/1 leg/or marching	45	→	Knee Pulls	15/15
Scissors	45		Squat hops FAST	30
Heel tap crunches	45		123 Inside knee	30
Plank to Pillar	45		Mummy Kicks	30
Yoga 4 in 1			Defensive slides	30
Toe Touches (2-0-2)	45		Cliff Climbers	30
Superman's (2-0-2)	45		Scissor jacks	30
Bicycles FAST then SLOW	25/25		Run in place/football drill	20/10

### Workout of the Day

2 Minutes to complete 2 rounds – Rest 2 Minutes in between- Change reps as needed to complete 2 rounds. 4 Rounds

30/16/10 Split Lunges (either jump or step)

30/16/10 Mountain Climbers (15 Each)

15/12/10 Dead Lifts w/dbs

15/12/10 Push Ups

If time trainers choice – Stationary Cardio