

Cold Weather Workouts - JM #1

Warm Up 8 to 10 min

Upright Swings
Bent Over Swings
Leg swings - Fwd, Bwd, Side
Summo Squats
Plank jump to squats
Inch worm on gym floor
Arm Circles forward/backward
Jump Squats
Hip Flexor stretches w/fingers interlocked

WOD: Teams of 5 - 15 min

- 1 - Lap around gym (or 30 Cliff Climbers 1&, 2&)
- 2 - Push Ups
- 3 - Air Squats
- 4 - Bicep/Tricep Rotation
- 5 - Frog Jumps/wide squats

Rest 2 to 3 min before Tabata #2

Cardio: Tabata #2 4 min 20/10

Do Not Alternate -- 4 straight rounds of each

Burpees

Squat hop fwd, 2 hops bwd

Cardio: Tabata #1 4 min 20/10

Alternate between exercise

Gate Swings/Jumping Jacks

180 degree jumps (add touch down for more intensity)

Core: 30 sec ea ~ 7 min

Plank
Peter Pan
Dead Bug
Reverse Crunch
Superman
Heel Taps
Oblique Reaches
Cross overs
Yoga 4-in-1
Pillar Bridges
Sitting twists
Slow bicycles
Fast bicycles
Punching Planks

Trainer Lead Cool Down

Cold Weather Workouts - JM #2

Separate into 2 or 3 groups for the bigger classes

Warm Up: Together (8 to 10 min)

Fwd Lunge

Downward dog calf stretch

Lateral Lunges

Handwalks

Arm Swings

Summo Squats

Alt. Quad Stretches

Jumping Jacks (30 sec)

Rotate through each station 2 x's, 5 min ea, 90 sec rest
between and to transition

Circuit #1 - 1 min each

Pillar Bridge

Tricep PU's

Split Lunge jumps/plyo

Mountain Climbers

Air Squats

Circuit #2 - 30 sec ea, repeat 1 more time, no rest

Static Lunge right Leg - low pulsing

Bicep Curls

Static Lunge Left Leg - low pulsing

Push Ups

FAST Squat Jumps

Fun Colorful Bands

Trainer Choice, just go for 5 min and repeat the same thing in
the second round.

Cool Down and Announcements

Cold Weather Workouts - JM #3

Warm Up (8 to 10 min)

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
Jumping Jacks
Gate Swings
Touch The Sky
Hand Walk

Partner Up (10 min)

One does ladders, while the other does core, then switches. Keep moving doing the exercises for 2 min, then rest and go to next one.

2 Min on, 30 sec rest

1. Dead Bug/2 in ea, 2 x's
2. Pillar Bridge/ 2 in, 2 out ea side
3. Reverse Froggers/2 in, 2 out fwd
2x's
4. Plank spiderman's/Jack's 2x's

Trainer Challenge: Tell partners to do less/more ladders so they each get equal number of rounds

WOD - Circuit Style! ~ 23 to 25 Min

Divide into 6 Groups in the middle of gym vs. edges, each starting at a different station.

60 seconds per station, 30 to 45 seconds to move to the next.

1. Suicides (sides of gym)
2. Push Ups
- 3 Jump ups (or step ups) on seating area
4. Mountain Climbers (or plank to modify)
5. Thrusters
6. Dead Lifts w/weights

RUN AROUND THE GYM 1 OR 2 TIMES, THEN REST 2 MIN BEFORE ROUND 2

Cool down and Announcements