

All exercise description can be [found here](#) if needed

Monday	reps	sets	rest
A1: Walking lunges	20	5	5 sec
A2: Push-ups	10	5	5 sec
A3: Inverted row	10	5	5 sec
A4: Air Squats	20	5	5 sec
A5: Sit-ups	10	5	5 sec
A6: Stair runs	10	5	2 minutes

* up and down =1

Cardio: Run walk 10-15 min

Wednesday	reps	sets	rest
A1: Walking lunges	10	5	5 sec
A2: Push-ups	10	5	5 sec
A3: Pullup	10	5	5 sec
A4: Air Squats	20	5	5 sec
A5: Sit-ups	10	5	5 sec
A6: Stair runs	10	5	5 sec

* up and down =1

Cardio: Run walk 10-15 min

Friday	reps	sets	rest
A1: Walking lunges	AMRAP in 30 sec	5	30 sec
A2: Push-ups	AMRAP in 30 sec	5	30 sec
A3: Inverted row	AMRAP in 30 sec	5	30 sec
A4: Air Squats	AMRAP in 30 sec	5	30 sec
A5: Sit-ups	AMRAP in 30 sec	5	30 sec
A6: Stair runs/walks	AMRAP in 30 sec	5	30 sec

* up and down =1

Cardio: Run walk 10-15 min

Tues/Thurs/Sat

Keep up your walks on these days 45-60 minutes, take care of your body man!

NOTES:

AMRAP= as many reps as possible in 30 seconds

Workout #1: Complete all exercises in a row. That would be one set. Rest 2 minutes after all six are complete and repeat for 5 sets

Workout #2: Try and keep you body moving through the exercises for 20 minutes without stopping. If you need to, stop the clock, rest, and pick up where you left off for a total of 20 minutes

Workout #3: Perform as many reps as you can of each exercise in 30 seconds. Rest 30 seconds and move on to the next exercises. Once all 6 are complete that is 1 set. Repeat for a total of 5