

March Workouts Week 5

MONDAY: TOTAL BODY

Bike/Run/Jog in place

5 minutes

Squats (use barbell or dumb bell)

4x15

Jump Rope

1 minute x 3

Hang Clean superset with Upright Row

4x15

Steps Ups

(2 minutes each leg)

Split Squats superset with 1 Arm DB snatch

4x15 (each side)

TUESDAY: Chest & Triceps

Bench Press (barbell or dumb bells)

4x15

Triangle Push ups

4x15

Floor Press (lay flat on the floor and perform chest press)

4x15

Skull Crushers superset w/ Chair Dips

4x15

Tricep Push Down (cable or band)

4x15

Cable Flies (may also use band) superset w/ Dumb Bell Flies

4x15

WEDNESDAY: Back & Biceps

Back Flies superset w/ 1 Arm Row

10x10 (20 sec rest between sets)

Lat Pulldowns (machine or band)

10x15 (20 sec rest between sets)

Seated Hammer Curls

10x10 (20 sec rest between sets)

Alternating Bicep Curls

10x10 (20 sec rest between sets)

Band Curls

1 x Failure

THURSDAY: Cardio & Core

Kettle Bell Swings

15 reps

Plank Twists

10 reps each side

Kettle Bell Swings

15 reps

Russian Twists

15 reps each side

Kettle Bell Swings

15 reps

Stability Ball Crunches

25 reps

5x through

Turkish Get Up

3x8 each side

FRIDAY: Shoulders

Dirty Dozen

1 push up, 1 shoulder press. 2 push ups, 2 shoulder press. 3 push ups, 3 shoulder press. And so on. Work your way up to 12!

Seated Arnold Press

4x12

Seated Alternating Front Raise

4x10 each arm

Seated Alternating Lateral Raises

4x10 each arm

Plate Front Raise w/ a twist at the top

4x12

Dirty Dozen

1 round

SATURDAY: Cardio

45 minutes