



3DIMENSIONAL FITNESS

Featured Workouts – 4 Day Training

Day 1 – Core, full body

- Superset: Push-ups w/wall sits, 3 sets from 15 seconds working up to 1 minute; Rest 60 seconds between sets
- Planks w/walking lunges, 3 sets 30 seconds to 2 minutes; Rest 60 seconds between sets
- Single leg ball/floor leg curls w/standing front to rear dumbbell raise, 3 sets, 1-3 minutes; Rest 60 seconds between sets
- Ball/floor leg ext. w/hyperextension 20-40 reps, 3 sets Rest 60 seconds between sets
- Chin-up/bench dip combination 3 sets to failure; Rest 60 seconds between sets
- Seated on ball crunch, 4 sets working up to 100 reps
- 10 minutes of full body stretch & cool down
- Cardio: 45 minutes, work 60-75% of target heart rate

Day 2 – Plyometrics

- Explosive moves: on toes jumping 3 sets 15-30 seconds; 60 second rest
- Deep squat jumps 3 sets 10-15 reps go slow; 60 second rest
- Knee-ups, fast 3 sets 10-20 seconds; 60 second rest
- Kick your butt, hamstring 3 sets 20-30 seconds; 30 second rest
- Mountain climbers, 3 sets, 20-40 reps; Rest 60 seconds between sets
- Sprints 50 yards, jog back, 3 sets; 75 second rest
- Distance jumps 4 forward, 4 reverse 3 sets; 75 seconds rest
- Box jumps 4 directions up/down 3 sets 30-45 seconds, 3 sets
- 15 minutes stretch/cool down
- Cardio: Intervals changing level every 3 minutes, work 50-85% of target heart rate

Day 3 – Resistance

- Full body training: ball chest press 3 sets 15-20 reps
- Bent over dumbbell rows 3 sets 10-15 reps
- Seated ball military press 3 sets 12-18 reps
- Seated side lat raise, 3 sets, 12-18 reps
- Seated ball curls 3 sets 10-15 reps
- Lying ball skull crushers 3 sets 15-20 reps
- Ball wall squats 3 sets 20-50 reps
- Ball leg extension 4 sets 15-25 reps
- Ball legs together curls 4 sets 20-40 reps
- Donkey calf raise, hands on ball 3 sets 20-40 reps
- Laying on floor, legs over ball 5 sets 25-50 reps
- Cardio: 45 minutes, work 60-75% of target heart rate

Day 4 – Cardio Only

- 60-minute session, highest intensity of the week; include 5 minute warm-up and 5 minute cool down