



3DIMENSIONAL FITNESS

Featured Workout – 4 Day Training On, 1 Day Off Rest

Day 1 – Core, full body

Equipment Needed: Fit Ball, Stretch Bands

Superset all exercises; 45 second rest between sets; 3 sets to burn or failure

- Pushups & Wall Sits
- Planks & Walking Lunges
- Single Leg Hamstring Raise & Band Side Lat. Raise
- Single Leg Calf Raise on a Step & Band Pulls/Rows
- Tricep Dips & Standing Band Curls
- Navy Seal Crunch & Hyperextension on Ball
- Seated on Ball Crunch
- 50 Minute Cardio session, HR 60-75% of Target

Day 2 – Plyometrics

Equipment Needed: Milk Crate Size Box, Distance Markers

Stretch between all sets; 30-60 second rest between sets; 10-45 second count on all exercises; working up to 4 sets

- Jumping on Toes
- Knee- ups
- Kick your butt
- Mountain Climber
- Squat Jumps
- 4 Direction Box Jumps
- Distance Jumps
- Side to Side Ski Jump
- Quick Sprints
- 25 Minute Cardio Session, Changing Speed & Difficulty, HR 50-85%

Day 3 – Resistance

Equipment Needed: Fit ball, Dumbbells

30 second rest between sets; 3 sets up to 15 reps; push the weight

- Chest Press on Ball
- Bent over Row on Ball
- Seated Shoulder Press on Ball
- Standing Front to Rear Delt. Raise
- Ball Wall Squats
- Ball Leg Extension
- Ball Leg Curls
- Seated Dumbbell Curls on Ball
- Skull Crushers on Ball
- Standing Donkey calf Raise, Hands on Ball
- Laying on Floor, Legs over Ball Crunch
- 50 Minute Cardio session, HR 60-75% of Target

Day 4 – Cardio Only

Equipment Needed: None

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

Day 5 – Off

- Off, rest day, Then next day repeat starting with Day 1

Notes:

1. Record or document all workouts
2. All cardio to be done on stationary indoor cardio equipment OR outdoors walk, run, biking, swimming, etc.