

INTERMEDIATE

<p><u>WORKOUT AA (TONE)</u> 5 Min Cardio 2X Five Point Balance Drill Rest for 2 Min 2X8 Squat 2X8 Bench Press Rest for 2 Min 2X8 Alternating Step-Ups (box) 2X8 Decline Bench Rest for 2 Min 2X8 Lat Pull Down 2X8 Shoulder Press 2X8 Seated Row Rest for 2 Min 2X4 Pullups 2X4 Lateral Shoulder Raises 2X4 Squat Row</p>	<p><u>WORKOUT BB (TONE)</u> 5 Min Cardio 1X10 Lunge 1X10 Hurdle Walk 2 Min Skip Rest for 3 Min 4X6 Cleans 4X6 Tuck Jumps Rest for 3 Min 4X6 Incline Bench 4X4 Push-Up w/ Clap Rest for 3 Min 4X4 Deadlift 4X4 Two Foot Forward Jumps Rest for 3 Min 4X6 Lat Pull Down 4X6 Standing Row 4X6 Bicep Curl 4X6 Tricep Extension Rest for 2 Min 10 Min Cardio</p>	<p><u>WORKOUT CC (TONE)</u> 3 Min Skip 1X10 Bench Press 1X10 Lunge 1X10 Bench Press 3 Min Skip Rest for 3 Min 4X4 Cleans 4X4 Barbell Bench Press Rest for 3 Min 4X4 Lat Pull Down 4X4 Lunge 4X4 Squat Row Rest for 3 Min 3X6 Shoulder Press 3X6 Bicep Curls 3X6 Lateral Shoulder Raises 3X6 Tricep Kickbacks</p>	<p><u>WORKOUT DD (WEIGHT LOSS)</u> 5 Min Cardio 2X8 Wood Choppers 2X8 Wood Choppers on Knees 2X2 Five Point Balance Drill 5 Min Jog 4X4 Push Press 4X4 Incline Press 4X4 Seated Row 5 Min Cardio 3X6 Lunge 3X6 Bench Press 3X6 Bent Over Row 5 min Cardio 2X6 Push Up on Bench 2X6 Horizontal Pull-Ups 2X6 Pull-Ups 2X6 Dips 5 Min Cardio</p>
<p><u>WORKOUT EE (WEIGHT LOSS)</u> 5 Min Cardio 3 Min Skip 1 Min High Knees 1 Min Kick Butt Rest for 1 Min 30 Sec Squat with Shoulder Press Rest for 30 Sec 30 Sec Side Walkout Push Up (L/R) Rest for 30 Sec 30 Sec Horizontal Pull-Up Rest for 30 Sec 30 Sec Bench Press Rest for 30 Sec 30 Second Mountain Climbers Rest for 30 Sec 30 Sec Horizontal Pull-Ups Rest for 30 Sec 30 Sec Wood Choppers Rest for 30 Sec 30 Second Wood Choppers on Knee Repeat Backwards</p>	<p><u>WORKOUT FF (WEIGHT LOSS)</u> 1X10 Overhead Squat 1X30 Sec Rotational Push-Up 1X 30 Sec Side Plank 1X10 Lunge 30 Sec Skip 1X30 Sec Push Up 1X30 Sec Superman's 1X30 Sec Plank 1X30 Sec Bridge 1X30 Sec Single Leg Wall Sit 1X30 Sec Five Point Balance Drill Rest for 3 Min 5 Min Skip 1X10 Overhead Squat 1X30 Sec Rotational Push-Up 1X 30 Sec Side Plank 1X10 Lunge 30 Sec Skip 1X30 Sec Push Up 1X30 Sec Superman's 1X30 Sec Plank 1X30 Sec Bridge 1X30 Sec Single Leg Wall Sit 1X30 Sec Five Point Balance Drill</p>	<p><u>WORKOUT GG (INTENSE)</u> 5 Min Cardio Rest for 2 Min 1X8 Alternating Step-Ups 1X8 Bench Press 1X6 Squat w/Dumbbell 1X6 Incline Bench 1 Min Sprint Jog for 2 Min Sprint for 1 Min Jog for 2 Min 1X8 Alternating Step-Ups 1X8 Bench Press 1X6 Squat w/Dumbbell 1X6 Incline Bench 1 Min Sprint Jog for 2 Min Sprint for 1 Min</p>	<p><u>WORKOUT (INTENSE) CONT'D</u> Jog for 2 Min 1X8 Lunge 1X8 Bent Over Row 1X6 Mason Twist 1X6 Horizontal Pull-Ups 1 Min Sprint Jog for 2 Min Sprint for 1 Min Jog for 2 Min 1X8 Lunge 1X8 Bent Over Row 1X6 Mason Twist 1X6 Horizontal Pull-Ups 1 Min Sprint Jog for 2 Min Sprint for 1 Min Jog for 2 Min</p>