**Day 1**: Mid/Upper body:

 Push-ups - 100 for time

 Sit-ups - 300 in as few sets as possible

 Incline push-ups - 8 sets of 20 seconds on 10 seconds rest, elevated 24-36 inches

 Plank - 8 sets of 30 seconds on 10 seconds rest

 Shadow Punches - 5 rounds - 2 minutes alternating arms

 Mountain Climbers - 4 sets of 100.

 **Day 2**: Cardio:

 Aerobic exercise - 10K for time.

 **Day 3**: Mid/Lower body:

 Jump squats - 100 in as few sets as possible

 Butterfly Leg lifts - 300 for time.

 Lunges - 10 sets of 20, alternating steps

 Plank- 8 sets 30 seconds on 10 seconds rest

 Box jumps - 100 in as few sets as possible

 V-ups - 100 for time (straight arms and legs come together)

 **Day 4:**

Cardio:

Anaerobic exercise- 10 sets, 100-yard sprints

 **Day 5**:

 Full Body:

Hit the Deck, for time: One deck playing cards, card value equals reps, all face cards 10 reps, jokers equal ½ mile run.

 Hearts - Push-ups

 Clubs - Sit-ups

 Spades - Air Squats

 Diamonds - Burpees