**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