



Warmup: If time allows, do a light warm-up for 10-15 minutes on the treadmill, step mill or elliptical machines.

Standard 1m work / 20s transition

1. Bench press (Nautilus, barbell or push-ups)
2. Military press (Nautilus or dumbbells)
3. Squats (body weight, dumbbells or barbell)
4. Pull-ups or lat pulldown (Cybex)
5. Concept 2 Rowing Machine (1 of 2)
6. Concept 2 Rowing Machine (2 of 2)
7. Biceps curls (dumbbells or Nautilus)
8. Split squat (body weight or dumbbells)
9. Crunches (abdominal board or Nautilus)
10. Triceps extensions (Nautilus, Cybex or bodyweight-Dips)
Optional: 1 interval rest
11. Leg extensions (Nautilus)
12. Leg curls (Nautilus)
13. Jump Rope or Jumping Jacks or Step Ups
14. Low row back (Cybex or barbell)
15. Chest Fly (Nautilus, Cybex cable crossover or dumbbells)
16. Plank or Leg Raise
17. Leg Press (Nautilus) or Thrusters (squat to shoulder press)
18. Shoulder Shrugs (dumbbells)
19. Walking Lunge (body weight, barbells or dumbbells)
20. One-arm row (dumbbell)

Intermediate 1m work / 20s transition

1. Bench press (Nautilus, barbell or push-ups)
2. Military press (Nautilus or dumbbells)
3. Squats (body weight, dumbbells or barbell)
4. Pull-ups or lat pulldown (Cybex)
5. Concept 2 Rowing Machine (1 of 2)
6. Concept 2 Rowing Machine (2 of 2)
7. Biceps curls (dumbbells or Nautilus)
8. Split squat (body weight or dumbbells)
9. Crunches (abdominal board, Nautilus or GHD machine)
10. Wall Ball
11. Triceps extensions (Nautilus, Cybex or bodyweight-Dips)
12. Leg extensions (Nautilus)
13. Leg curls (Nautilus)
14. Jump Rope or Jumping Jacks or Step Ups
15. Low row back (Cybex or barbell)
16. Chest Fly (Nautilus, Cybex cable crossover or dumbbells)
17. Plank or Leg Raise
18. Leg Press (Nautilus) or Thrusters (squat to shoulder press)
19. Shoulder Shrugs (dumbbells)
20. Wall Ball
21. Walking Lunge (body weight, barbells or dumbbells)
22. One-arm row (dumbbell)
23. Concept 2 Rowing Machine (1 of 2)
24. Concept 2 Rowing Machine (2 of 2)
25. One arm snatch (dumbbell)

Cooldown: Light cool down for 5-10 minutes on the treadmill or upright bike.