

# CRUSH @ HOME

## HOLLA-DAY WORKOUTS

### Equipment Needed:

- treadmill (bike will work as well)
- dumbbells
- interval timer (iPhone clock or watch)

### WARM UP 6 MINUTES

#### TREADMILL - 3 MINS

90S WALK OR JOG @ 0% INCLINE

90S WALK OR JOG @ 5% INCLINE

#### FLOOR - 3 MINS - AMRAP

INCHWORM W/ PUSH UP X5

LIZARD LUNGE W/ SHOULDER ROTATION X1/SIDE

ALT. REVERSE LUNGE W/ CACTUS ARMS X10 TOTAL

	BLOCK ONE - 10 MINUTES	BLOCK TWO - 12 MINUTES	BLOCK THREE - 16 MINUTES
TREADMILL	Interval Sprints - 5 MIN 20s on   40s off   5 rounds	Descending Pyramid Run 90s @ 8% incline 90s @ 6% incline 90s @ 4% incline 90s @ 2% incline	Treadmill - 8 min Interval Sprints 45s on   45s off   2 rounds 30s on   30s off   3 rounds 15s on   15s off   4 rounds
FLOOR	AMRAP - 5 MIN DB snatch x5/side DB alt. reverse lunge w/ halo burpees w/ push up x5	45s on   15s off   2 rounds DB walking lunges Circle jump squats DB thrusters	EMOM x 2 Rounds DB shoulder press DB racked squats DB bent over rows DB deadlifts