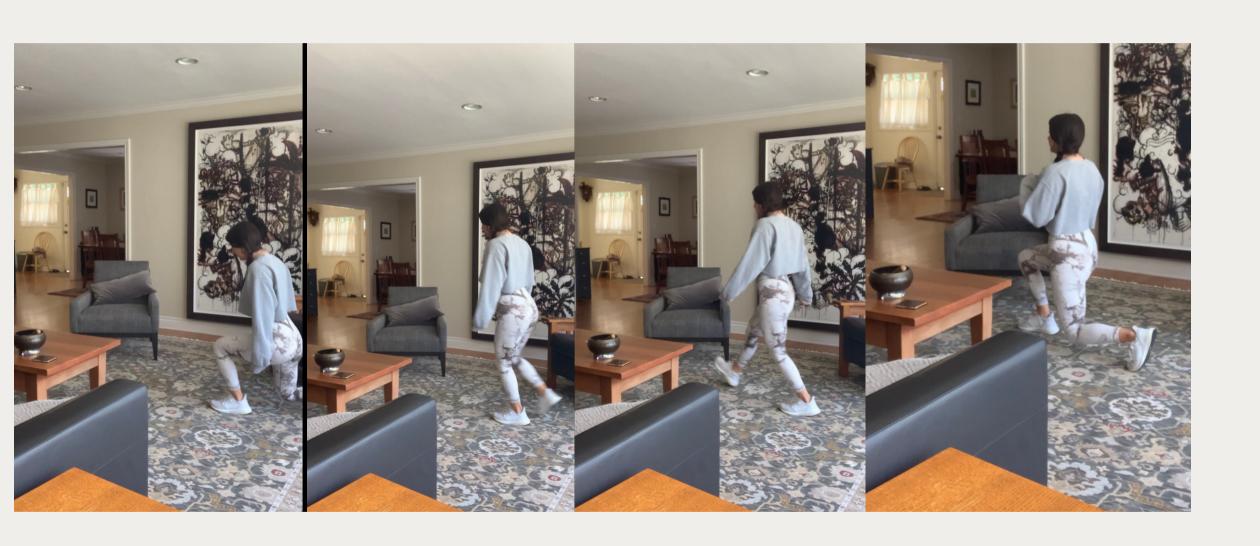
HIT SQUAD

WEEK 1 WORKOUT

EMOM
REPEAT 3-5X WITH
ONE MINUTE REST
BETWEEN ROUNDS



Forward to back lunge

0:00- 1:00 5 rounds per side

one round is doing BOTH a front and back lunge

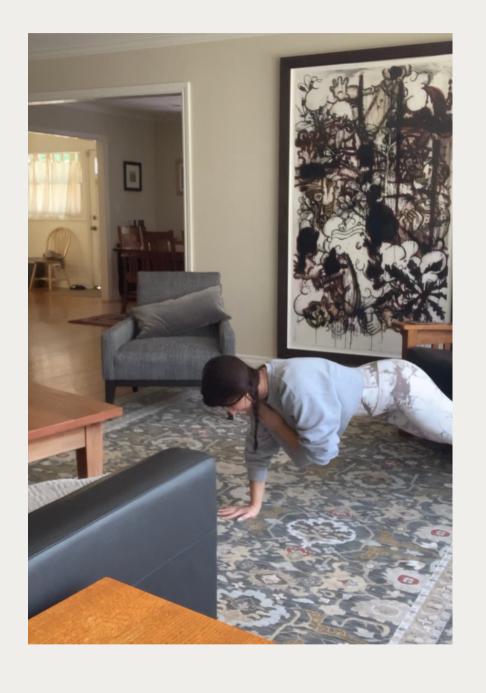
weight in heel on front foot tap between lunges if unstable

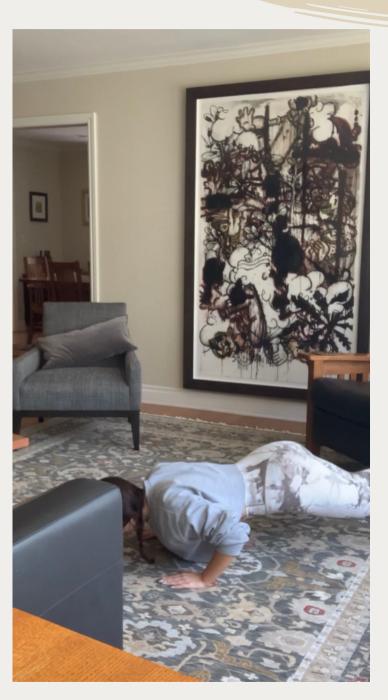


Burpees

1:00-2:00
10 reps
jump down into
high plank
back up into
standing then
leap at the top







12 shoulder taps into 10 pushups

2:00-3:00

12 shoulder taps to 10 push-ups
High plank on knees or toes
engage core to keep hips stable



Do 12 shoulder taps (6 per side)

then go directly into 10 pushups)



20 squat side steps

3:00-4:00
20 reps
Squat down, come up,
step in and out with
opposite leg.
alternate sides







Slow exterior mountain climber

4:00-5:00 10 reps per side

wrists under shoulders in high plank keep spine aligned, hips not sinking. bring knee out and into elbow slooowly