



DAY 6: Level 2 (Medium)

Warm up:

- 200 jump rope or 50 jumping jax

Stretches:

- Legs (Hamstrings, quads) | Arms (Shoulders, triceps) | Chest | Back

Workout of the Day:

- Map out $\frac{1}{4}$ mile distance from your starting point finishing back where you started
 - Exercises: Weighted thruster's (dumbbell or barbell), box jumps, burpees
1. $\frac{1}{4}$ mile run then perform each exercise 21 reps:
 - a. Thrusters (if you do not have weights substitute with atomic push-ups: push-up then bring one knee to elbow, push-up then bring opposite knee to elbow)
 - b. Box jumps (if you do know have a ledge or high curb to jump on, substitute with squat jumps)
 - c. Burpees
 2. $\frac{1}{4}$ mile run then perform each exercise 15 reps:
 - a. Thrusters (if you do not have weights substitute with atomic push-ups: push-up then bring one knee to elbow, push-up then bring opposite knee to elbow)
 - b. Box jumps (if you do know have a ledge or high curb to jump on, substitute with squat jumps)
 - c. Burpees
 3. $\frac{1}{4}$ mile run then perform each exercise 9 reps:
 - a. Thrusters (if you do not have weights substitute with atomic push-ups: push-up then bring one knee to elbow, push-up then bring opposite knee to elbow)
 - b. Box jumps (if you do know have a ledge or high curb to jump on, substitute with squat jumps)
 - c. Burpees

CORE:

- 5-minute plank. Break up to sets of 30 or 60 seconds with rests under 20 seconds

END

Post your results on social media tagging:

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