



DAY 3: Level 2 (Medium)

Warm up: 5 Rounds

- 30 Jumping Jax

Stretches:

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

Workout of the Day:

(Instruction)

- Set up 3 cones
 - One as a start and end, Second cone 10 yards away, Third cone 15 yards away
 - Suicide= Sprint to second cone, sprint back to first cone, sprint to third cone, sprint back to first cone
 - Limit rest time under 90 seconds AFTER all three exercises are completed
1. Suicide cones, when you finish, perform the following exercises 50 reps:
 - a. Thrusters with dumbbells (if you do not have dumbbells, 50 squat jumps)
 - b. Dumbbell Push-up with Row (if you do not have dumbbells, 50 regular push-ups)
 - c. Kettle bell swings (if you do not have a dumbbell or kettlebell, 50 ice skaters)
 2. Suicide cones, perform each exercise 40 reps (a, b, c)
 3. Suicide cones, perform each exercise 30 reps (a, b, c)
 4. Suicide cones, perform each exercise 20 reps (a, b, c)
 5. Suicide cones, perform each exercise 10 reps (a, b, c)

CORE:

100 Russian twists (with weights and legs off the floor if able)

3 minutes plank (break into sets if necessary)

END

Post your results on social media tagging:

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