

SIMPLY *sadie jane*

WEEK ONE

Day #1	Day #4
<p>Strength Weighted Squats: 5 sets x 5 Reps</p>	<p>Strength Front Squat: 5 sets x 5 reps</p>
<p>WOD 21-15-9</p> <p>Jumping Squats Pushups Mountain Climbers Sit-Ups</p>	<p>WOD Run 1 mile or Bike 3 Miles</p>
<div style="border: 1px solid black; background-color: #fce4ec; padding: 5px; width: 150px; margin: 0 auto;">Time</div> <div style="border: 1px solid black; height: 60px; width: 150px; margin: 5px auto;"></div>	<div style="border: 1px solid black; background-color: #fce4ec; padding: 5px; width: 150px; margin: 0 auto;">Time</div> <div style="border: 1px solid black; height: 60px; width: 150px; margin: 5px auto;"></div>
Day #2	Day #5
<p>Strength Pushups: 4 sets x 20 reps (rest 2 mins between sets)</p>	<p>Strength 10 min EMOM Even Minute: Wall Sits (30 seconds) Odd Minute: Plank (30 Seconds)</p>
<p>WOD 5 Rounds</p> <p>Lunges (25 steps) 25 Burpees Bear Crawl (25 steps)</p>	<p>WOD 4 Rounds 50 Double Unders (150 Singles) Lunges (25 steps)</p>
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Day #3	Day #6
<p>Strength Sprints: 4 sets x 400 Meter Sprints (Rest 2 mins between sets)</p>	<p>Strength 10 EMOM 15 Burpees (each minute)</p>
<p>WOD 4 Rounds</p> <p>20 Dips 20 Pushups 20 Sit Ups Plank (20 seconds)</p>	<p>WOD 10 min AMRAP</p> <p>15 Air Squats 10 Pushups 5 Pullups</p>
<div style="border: 1px solid black; background-color: #fce4ec; padding: 5px; width: 150px; margin: 0 auto;">Time</div> <div style="border: 1px solid black; height: 60px; width: 150px; margin: 5px auto;"></div>	<div style="border: 1px solid black; background-color: #fce4ec; padding: 5px; width: 150px; margin: 0 auto;">Rounds</div> <div style="border: 1px solid black; height: 60px; width: 150px; margin: 5px auto;"></div>