

# Stucky Workouts

Warmup Options: FOR ALL DAYS OF THE WEEK!

- Jump Rope/High Knees (if you don't have jump rope, do high knees) x 200-300 each
- Butt kicks x 20 each
- Open/Close the gate x 10 each
- Oil Rigs x 10 each
- Karaoke x 20 yds each
- Shuffles x 20 yards each
- Quad Stretch x 5 each
- Calf stretch x 15 each
- Skips x 20 each

## MONDAY

1a. Squat (w/ bag) x 15-20 each

1b. Bicep Curls (w/bag) x 10 each

1c. Sit-ups x 20 each

**2 Sets**

2a. Walking Lunges (w/bag) x 10 each

2b. Upright Row (w/bag) x 10 each

2c. Leg Lifts 6inches off the ground x :30 second hold and :30 second flutter

**2 Sets**

3a. 2 Leg jumps side to side over a jump rope or other object x 20 each

3b. Elevated leg push-ups, feet on chair or steps x 15-20 each

3c. Bicycles x 50 each

**2 Sets**

4a. Wall Sits x 1:00 minute

4b. Mountain Climbers x 50 each

**2 Sets**

## TUESDAY

\*\*20-yard shuttle sprints – Mark off 20 yards with a tape measure or 20 big steps

### 1<sup>st</sup> Set:

- Sprint 20 yards, walk 20 yards
- Sprint 20 yards x 2 (40 yards total), walk 20 yards
- Sprint 20 yards x 3 (60 yards total), walk 20 yards
- Sprint 20 yards x 4 (80 yards total), walk 20 yards

Rest 2:00 minutes

### 2<sup>nd</sup> Set:

- Sprint 20 yards, walk 20 yards
- Sprint 20 yards x2 (40 yards total), walk 20 yards
- Sprint 20 yards x3(60 yards total), walk 20 yards
- Sprint 20 yards x4 (80 yards total), walk 20 yards

Rest 2:00 minutes

### 3<sup>rd</sup> Set: Optional

- Sprint 20 yards, walk 20 yards
- Sprint 20 yards x2 (40 yards total), walk 20 yards
- Sprint 20 yards x3(60 yards total), walk 20 yards
- Sprint 20 yards x4 (80 yards total), walk 20 yards

## WEDNESDAY

1a. Split Squat or Scissor Jumps x 20 each

1b. Bent-over Row (w/bag) x 15 each

1c. V-Sit-ups x 15 each

2 Sets

2a. Step-Ups (w/bag) (step up onto a bench or step) x 10 each leg

2b. Sit-Up Presses (w/bag) x 10 each

2 Sets

3a. 1-Leg Squats (to a chair, bench, sofa) x10 each leg

3b. Push-ups x 15-20 each

3c. Superman x 1:00 min

**2 Sets**

4a. Burpees x 15

4b. Side plank x 1:00 minute (right side first round, left side second set)

**2 Sets**

## THURSDAY

Interval Runs

5 minute warmup jog or run in place

:30 second hard, 1:00 min easy x5

**Rest 2:00 Minutes**

1:00 min hard, 2:00 min easy x5

**Rest 2:00 Minutes**

:30 second hard, 1:00 min easy x5

Cool down as long as needed

## FRIDAY

1a. Squat Press (w/bag) x 10 each

1b. Russian Twists x 30 each

**2 Sets**

2a. Walking Lunges (w/ bag) x 10 each

2b. Tricep dips x 15-20 each

2c. Up-down front planks x 20 each

**2 Sets**

3a. Pullups x 10 each

3b. One Leg Skaters x 30 each leg

3c. V Sit-ups x 15 each

**2 Sets**

4a. Heart Push-ups x 20 each

4b. Reverse Superman x 1:00 minute

4c. Squat jumps x 20 each

**2 Sets**

**Cool Down and stretch daily after each workout**