

WORKOUT 1

MKSTORM



Warm up <https://youtu.be/U1EX7tUj2aA>

- 20-30 x Jumping Jacks
- 6 x push ups, moving onto T-slab push ups when ready/able
- 10 x large arm circles each direction
- 10 x small arm circles each direction
- 8 x straight arm rotations each side
- 10 x single leg hip circles each direction, each side
- 8 x zombie squats with reach through
- 15 x shoulder t's
- 5 x zombie lateral lunges per side

Workout 1 <https://www.youtube.com/watch?v=t1J8DzXArRw>

- A-skips 9 meters there and back
- B-skips 9 meters there and back
- 10 x Explosive pause squats with 1 sec pause at bottom before exploding up
- 5 x Cossacks squats per leg
- 10 x Iron Cross alternating sides
- 10-20 x Jumping Jacks
- 10 x leg swings forwards and backwards per leg
- 10 x lateral leg swings forwards and backwards per leg
- 15 x bird dog alternating sides

Every day https://www.youtube.com/watch?v=Sz_0oviwbDw

- 10 x T-stand each leg
- 10 x toe elevated squats
- 10 x scorpion kicks alternating sides
- 5 x prisoner split squats per leg
- 10 x body weight renegade rows alternating arms

Cool down <https://www.youtube.com/watch?v=Exp5n2jHHU8>

Instead of counting, perform each stretch for 5-10 deep diaphragmatic breaths.

- Grounded or seated frog stretch
- Grounded or seated glute stretch
- Seated piriformis stretch – DO CAREFULLY
- Hip flexor stretch – start on ground
- Calf/Achilles stretch

https://www.youtube.com/watch?v=NYy_5Qf55pA

- Anterior delt/pec stretch – both sides
- Posterior delt/lat stretch – both sides
- Rotator cuff stretch – both sides
- Lying quad stretch
- Seated hamstring stretch

WORKOUT 2

MKSTORM



Warm up <https://youtu.be/U1EX7tUj2aA>

- 20-30 x Jumping Jacks
- 6 x push ups, moving onto T-slab push ups when ready/able
- 10 x large arm circles each direction
- 10 x small arm circles each direction
- 8 x straight arm rotations each side
- 10 x single leg hip circles each direction, each side
- 8 x zombie squats with reach through
- 15 x shoulder t's
- 5 x zombie lateral lunges per side

Workout <https://www.youtube.com/watch?v=rAUozCsnrBU>

- 8 x front foot elevated split squats per leg – then 1 min rest
- 16 x bird dog alternating sides – then 1 min rest
- 6 x push ups – then 1 min rest
- 10 x sprinter step ups per leg – then 1 min rest
- 16 x bicycle crunches alternating sides – then 1 min rest
- 8 x side to side walking plank per side – then 1 min rest

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- Anterior delt/pec stretch – both sides
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- Lying quad stretch
- Seated hamstring stretch

WORKOUT 3

MKSTORM



Warm up <https://youtu.be/U1EX7tUj2aA>

- 20-30 x Jumping Jacks
- 6 x push ups, moving onto T-slab push ups when ready/able
- 10 x large arm circles each direction
- 10 x small arm circles each direction
- 8 x straight arm rotations each side
- 10 x single leg hip circles each direction, each side
- 8 x zombie squats with reach through
- 15 x shoulder t's
- 5 x zombie lateral lunges per side

Workout <https://www.youtube.com/watch?v=DLuZkR9yqZ0>

- 2 x 10 sec sprint with feet starting at right angles – jog back
- 2 x 10 sec kneeling sprint – jog back
- 2 x 10 sec kneeling sprint facing wrong way – jog back
- 2 x 10 sec falling sprint – jog back
- 2 x side to side cross over sprints for 20 yards
- 2 x 10 sec high skip – jog back
- 2 x sprint up stairs
- 16 x bird dog alternating sides

Every day https://www.youtube.com/watch?v=Sz_0oviwbDw

- 10 x T-stand each leg
- 10 x toe elevated squats
- 10 x scorpion kicks alternating sides
- 5 x prisoner split squats per leg
- 10 x body weight renegade rows alternating arms

Cool down <https://www.youtube.com/watch?v=Exp5n2jHHU8>

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https://www.youtube.com/watch?v=NYy_5Qf55pA

- Anterior delt/pec stretch – both sides
- Posterior delt/lat stretch – both sides
- Rotator cuff stretch – both sides
- Lying quad stretch
- Seated hamstring stretch