

Briars Body Weight Workouts

SUPERSETS - 3 sets of 15 reps of each exercise

30seconds rest between sets

1minute rest between each superset

Set 1 – 15 x push ups & 15 x burpees

Set 2 – 15 x lunges (alternating legs) & 15 x squat jumps

Set 3 – 15 x squats & 15 x split jumps (jumping lunges)

Set 4 – 15 x tricep dips & 15 x 180 jumps (jumping changing direction 180n degrees)

Set 5 – 15 x lateral jumps (jump out to squat then jump feet in together) 15 x broad jumps

AMRAP (as many rounds of the exercises below as possible in 25 minutes)

10 x 20-meter shuttles

1 x 20-meter bear crawl

1 x 20-meter walking lunge

1 x 20-meter broad jumps

20 mountain climbers

EMOM (every minute on the minute)

5 sets of each exercise below starting on the minute and any free time under 1-minute is rest)

- 10 Burpees broad jump
- 40 split jumps
- Push up - hand reach
- 6 20m shuttles
- 20 basketball jumps - chest to ground every 5th jump

ENDURANCE - 4-minute set of each exercise below

- 10 squats - 10 split jumps - 10 line fast feet
- 10 push ups - 20 shoulder taps - 4x 5m side shuttle
- 10 lunges - 10 squat jumps - 10 heismens
- 10 mountain climbers - 10 up down planks - 20s plank hold
- 2 shuttles - 10 180 jumps - 10 Russian twists
- 10 lateral lunges - 2 shuttles backwards - 15s side planks

RUNNING PRACTICE (aerobic)

Fartlek – repeat the 3 aerobic levels below 5 times

Jog 4 minutes

Hard 1 minute

walk 1 minute

EMOM (every minute on the minute) – for 10 minutes

5 burpees - 5 broad jumps

Go up by 1 burpees every second minute and up by 2 broad jumps every minute

AMRAP x 6 minutes

10 shoulder taps

10 plank arm raises

10 Russian twists

2 shuttles 20m

EMOM (every minute on the minute) – for 8 minutes

10 basketball jumps - 10 mountain climbers

Up by 2 every minute for both exercises

RUNNING PRACTICE (aerobic)

Fartlek – repeat the 4 aerobic levels below 5 times

3-minute jog

1-minute hard

30s sprint

1:30 walk

ABDOMINAL SET – 3 sets of 45 seconds with 15 seconds rest

Plank

Russian twist

Mountain climbers

Plank toe taps

Crunches

Ankle taps

4-point hover

ENDURANCE – Perform 1 minute of running before each exercise below, then perform 10 x reps of each exercise. Repeat (2 sets)

- push ups
- Squats
- Lunges
- Lateral lunge
- Russian twist
- Burpee
- 180 jumps
- Broad jumps
- Mountain climbers

ENDURANCE

2/4/6/8/10 x 20m shuttles 15s rest between

2/4/6/8/10 x split jumps 10s rest between

2/4/6/8/10 x 20m shuttles 15s rest between

2/4/6/8/10 x burpees 15s rest between

2/4/6/8/10 x 20m shuttles 15s rest between