

30 DAY CHALLENGE

Seminar 21 Workout

Home Fat Burning Workout (Beginner | Intermediate | Advanced Levels):

1. Lower Segment x 4 Exercises
2. Upper Segment x 4 Exercises
3. Core Segment x 4 Exercises

Lower Segment

Rest (between each exercise)

- Beginner 15 sec
- Intermediate 10 sec
- Advanced 5 sec

Exercises:

- Beginner 15 sec
 - Intermediate 20 sec
 - Advanced 25 sec
1. Split Squat Lateral Hops
 2. Ratchet Squats
 3. Prisoner Walk-Ups
 4. Sidewinders x 30 sec (all levels)

Rest 30 seconds and move onto upper segment

Upper Segment

Rest (between each exercise)

- Beginner 15 sec
- Intermediate 10 sec
- Advanced 5 sec

Exercises:

- Beginner 15 sec
 - Intermediate 20 sec
 - Advanced 25 sec
1. Hover Hops
 2. Step Through Push Ups
 3. Push Up Toe Taps
 4. Hover Pulses x 30 sec (all levels)

Rest 30 seconds and move onto core segment

Core Segment

Rest (between each exercise)

- Beginner 15 sec
- Intermediate 10 sec
- Advanced 5 sec

Exercises:

- Beginner 15 sec
 - Intermediate 20 sec
 - Advanced 25 sec
1. Twisting Pistons
 2. Black Widow Knee Slides
 3. Lat. Mountain Climbers
 4. V-Sit Pules x 30 sec (all levels)

Rest 30 seconds and end if beginner, repeat workout 1x
Intermediate, repeat workout 2x
Advanced

No equipment, low-impact, no running, full body workout. Recommend 3 consecutive rounds on "Advanced" which takes 23 minutes to complete will help with overall fitness & ACFT prep.



MARCH CHALLENGE SEMINAR WORKOUTS

With a buddy/team members choose a seminar workout for each week. Complete the workout 5 days out of 7 each week. Over the four weeks complete all four Seminar workouts.

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