

## #PhysiqueWeek Workouts by JillFit

### “Upper Body Bonanza”

Equipment needed: 1 set of moderate to heavy dumbbells, cardio option (see below)

#### Complete this workout for time:

400m run (or 2 min cardio of your choice: jump rope, high knees, burpees, cardio machines, stairs, etc.)

21 DB Renegade rows

21 DB Bent-over rows

21 DB Push presses

Then 18 of each movement

Then 15 of each movement

12 of each movement

9 of each movement

6 of each movement

3 of each movement

Finish with another 400m run (or 2 mins cardio of your choice)

### “High-Intensity Hype”

Equipment needed: None

#### 10-min “Up Chain” – complete as many rounds as you can in 10 minutes:

1 squat jump

1 burpee

2 squat jumps

2 burpees

3 squat jumps

3 burpees

4 and 4 ...

and so on, until you reach 10 minutes

Record what round you got to by the time 10 minutes is up

## “Full Body Chipper”

Equipment needed: 1 set of moderate weight dumbbells, a bench (or similar: couch, ottoman, step)

**Complete the following once through for time:**

45 Pushups (knees or toes are fine)

40 Front squats

35 Thrusters (squat and then shoulder press)

30 Single leg plyo jumps (15 each leg) – see video (can default to a regular lunge if no jumping)

25 Dumbbell cleans

## “Quad Squad”

Equipment needed: no weights, but access to a straight-away, like a track, driveway, park, treadmill etc

**Complete the following circuit 4 times, record your time:**

10 walking lunges

5 squat jumps

10 walking lunges

5 squat jumps

10 walking lunges

5 squat jumps

10 walking lunges

5 squat jumps

10 walking lunges

5 squat jumps

Sprint 50m (about 10 seconds)

## Mini-Challenges!

These are optional! And you can feel free to try your hand at any of them throughout the week. When you do, simply do your best and then share your time/weight/reps, etc., on Instagram and tag it #PhysiqueWeek #MiniChallenge so I can follow along.

For each mini-challenge you complete, you will get an additional entry into the raffle for prizes. You're only allowed to do each challenge one time for a total of 3 additional entries max.

**Mini-challenge #1:** Run ½ mile for time

**Mini-challenge #2:** Complete as many pushups as possible in 3 minutes (indicate knees or toes)

**Mini-challenge #3:** Find a 5-rep max effort on back squat (Be careful! Be safe! Don't hurt yourself!)