

Workout #1: "Industry Standard"

Beginner

Perform 5 rounds of the following exercises - Rest 90 seconds b/w rounds 10 push-ups

10 Sit-ups

10 air squats

Intermediate

Perform 5 rounds of the following exercises - Rest 60 seconds b/w rounds

15 push-ups

15 Sit-ups

15 air squats

Advanced

Perform 5 rounds of the following exercises as fast as possible

20 push-ups

20 Sit-ups

20 air squats

Workout #2: "Keep Up"

Beginner

Minute 1 perform 1 burpee

Minute 2 perform 2 burpees

Minute 3 perform 3 burpees

etc...

Continue until you cannot finish the reps in the given minute

Intermediate

Minute 1 perform 1 burpee, 1 squat

Minute 2 perform 2 burpees, 2 squats

Minute 3 perform 3 burpees, 3 squats

etc...

Continue until you cannot finish the reps in the given minute

Advanced

Minute 1 perform 1 burpee, 1 squat, 1 sit-up

Minute 2 perform 2 burpees, 2 squats, 2 sit-ups

Minute 3 perform 3 burpees, 3 squats, 3 sit-ups

etc...

Continue until you cannot finish the reps in the given minute

Workout #3: "Average Joe"

Beginner

In 10 minutes, perform as many rounds of the following circuit as possible

10 lunges (5 per leg)

15 jumping jacks

20 second plank

Intermediate

In 12 minutes, perform as many rounds of the following circuit as possible

20 lunges (10 per leg)

30 jumping jacks

30 second plank

Advanced

In 15 minutes, perform as many rounds of the following circuit as possible

20 jumping lunges (10 per leg)

40 jumping jacks

30 second plank

Workout #4: "Pulse Check"

Beginner

Perform 50 air squats as fast as possible Rest 2 minutes Perform 30 sit ups as fast as possible Rest 2 minutes

Perform 10 burpees as fast as possible

Intermediate

Perform 100 air squats as fast as possible Rest 2 minutes Perform 50 sit ups as fast as possible Rest 2 minutes Perform 20 burpees as fast as possible

Advanced

Perform 150 air squats as fast as possible Rest 2 minutes Perform 75 sit ups as fast as possible Rest 2 minutes Perform 25 burpees as fast as possible

Workout #5: "Flight Simulator"

Beginner

In one minute, perform as many skips as you can Rest one minute Repeat 10X

Intermediate

Perform 5 skips in a row without tripping, stop. Perform 10 skips in a row without tripping, stop. perform 15 skips in a row without tripping, stop. etc...

Repeat until you have reached 50.

*If you trip, restart from zero but stay at the number you were currently working towards, do NOT start all over.

Advanced

Perform 5 double unders in a row without tripping, stop. Perform 10 double unders in a row without tripping, stop. perform 15 double unders in a row without tripping, stop. etc...

Repeat until you have reached 50.

*If you trip, restart from zero but stay at the number you were currently working towards, do NOT start all over.

Workout #6: "Test Run"

Beginner

Complete 5 rounds of the following circuit as fast as possible...

Run 200m or 1 minute in place 10 air squats 10 push-ups

Intermediate

Complete 5 rounds of the following circuit as fast as possible...

Run 400m or 90sec in place 20 air squats 20 push-ups

Advanced

Complete 5 rounds of the following circuit as fast as possible...

Run 600m or 2 minutes in place 30 air squats 30 push-ups

Workout #7: "Lunge, Jump, Burp..."

Beginner

Every minute perform the following circuit..for 10 minutes 3 lunges per leg 10 jumping jacks 2 burpees

Intermediate

Every minute perform the following circuit..for 15 minutes 5 lunges per leg 15 jumping jacks 3 burpees

Advanced

Every minute perform the following circuit..for 20 minutes 5 lunges per leg 15 jumping jacks 3 burpees

Workout #8: "Whirlwind"

Beginner

50 skips or 50 hops in place 10 push-ups

Intermediate

100 skips or 100 hops in place 10 push-ups or 5 plyo push-ups

Advanced

Perform 5 rounds as fast as possible of: 50 double unders 10 plyo push-ups

Workout #9: "Climb The Ladder"

Beginner

Perform the following sequence for 8 minutes 1 sit-up, 1 push-up, 1 air squat, 2 sit-ups, 2 push-ups, 2 air squats, 3 sit-ups, 3 push-ups, 3 air squats, etc...

Intermediate

Perform the following sequence for 10 minutes 1 sit-up, 1 push-up, 1 air squat, 2 sit-ups, 2 push-ups, 2 air squats, 3 sit-ups, 3 push-ups, 3 air squats, etc...

Advanced

Perform the following sequence for 12 minutes 1 sit-up, 1 push-up, 1 jump squat, 2 sit-ups, 2 push-ups, 2 jump squats, 3 sit-ups, 3 push-ups, 3 jump squats, etc...

Workout #10: "Kitchen Sink"

Beginner

3 burpees 6 air squats 9 sit-ups 12 lunges (6 per leg) 15 jumping jacks Rest 1 minute

Intermediate

4 burpees 8 air squats 12 sit-ups 16 lunges (8 per leg) 20 jumping jacks Run 200m Rest 1 minute

Advanced

5 burpees 10 air squats 15 sit-ups 20 lunges (10 per leg) 25 jumping jacks Run 400m No Rest ;)

Disclaimer: You should consult your physician or other health care professional before starting this or any other fitness program to determine if it is right for your needs. This is particularly true if you (or your family) have a history of high blood pressure or heart disease, or if you have ever experienced chest pain when exercising or have experienced chest pain in the past month when not engaged in physical activity, smoke, have high cholesterol, are obese, or have a bone or joint problem that could be made worse by a change in physical activity. Do not start this fitness program if your physician or health care provider advises against it. If you experience faintness, dizziness, pain or shortness of breath at any time while exercising you should stop immediately. If you engage in this exercise or exercise program, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge FirePower Training Inc from any and all claims or causes of action.