

EVOLUTION 1

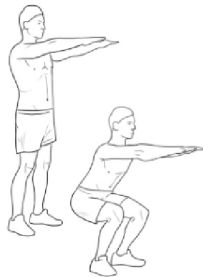
DIRECTIONS: 1 round for time.



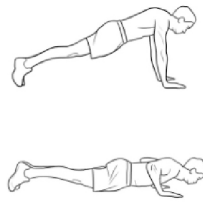
1 Mile Run



300 Air Squats



200 Push Ups



100 Sit Ups



1 Mile Run



7 MINUTES OF CORE

(To be done after the workout or anytime during the day)

Do each exercise for 1 minute.

Plank



Crunches



Bicycle Abs



Mtn. Climbers



Flutter Kicks



Plank



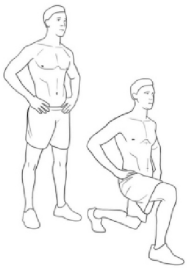
EVOLUTION 2



DIRECTIONS: Level 1 – 3 sets
Level 2 – 5 sets
Level 3 – 7 sets
2 minute rest between sets.

Start every set with:

40 Lunges



20 Push Ups



20 Second Plank



20 Second Push Up Plank



20 Air Squats



20 Snatch



20 Second Squat Hold



7 MINUTES OF CORE

(To be done after the workout or anytime during the day)

Do each exercise for 1 minute.

Plank



Crunches



Bicycle Abs



Mtn. Climbers



Flutter Kicks



Plank



EVOLUTION 3

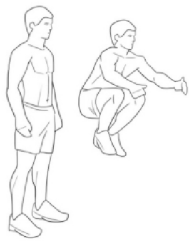


DIRECTIONS: Level 1 – 3 sets
 Level 2 – 5 sets
 Level 3 – 7 sets
 2 minute rest between sets.

Army Crawl



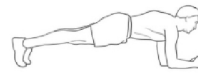
**Jumping
Knee Tucks**



Army Crawl



**10 Second
Plank**



Army Crawl



**10 Second
Side Plank**



Army Crawl



**Jumping
Knee Tucks**



Army Crawl



7 MINUTES OF CORE

(To be done after the workout or anytime during the day)

Do each exercise for 1 minute.

Plank



Crunches



Bicycle Abs



Mtn. Climbers



Flutter Kicks



Plank



EVOLUTION 4



DIRECTIONS: Level 1 – 3 sets
Level 2 – 5 sets
Level 3 – 7 sets
2 minute rest between sets.

20 Push Ups



20 Second Plank



20 Second Push Up Plank



20 Lunge & Swing



20 Air Squats



20 Air Squats



20 Deadlift



20 Row



20 Second Row Hold



7 MINUTES OF CORE

(To be done after the workout or anytime during the day)

Do each exercise for 1 minute.

Plank



Crunches



Bicycle Abs



Mtn. Climbers



Flutter Kicks



Plank



EVOLUTION 5



DIRECTIONS: Level 1 – 3 sets
Level 2 – 5 sets
Level 3 – 7 sets
2 minute rest between sets.

1 Minute Jump to Target



20 Squat Hops



20 Jump Squats



1 Minute Jump to Target



20 Jumping Lunges



Jumping Knee Tucks



1 Minute Jump to Target



20 Hop + Deep Squat



Jumping Knee Tucks



7 MINUTES OF CORE

(To be done after the workout or anytime during the day)

Do each exercise for 1 minute.

Plank



Crunches



Bicycle Abs



Mtn. Climbers



Flutter Kicks



Plank



EVOLUTION 6

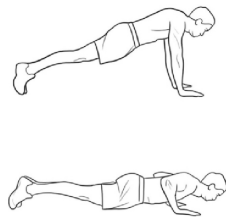


DIRECTIONS: 1 round for time.
During the Ruck complete the evolution movements.

Ruck 3 - 5 Miles



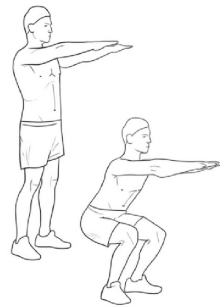
100 Push Ups



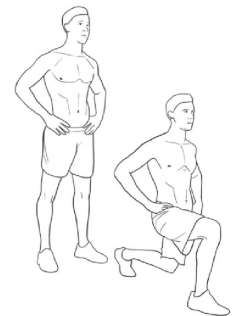
100 Sit Ups



100 Air Squats



100 Lunges



7 MINUTES OF CORE

(To be done after the workout or anytime during the day)

Do each exercise for 1 minute.

Plank



Crunches



Bicycle Abs



Mtn. Climbers



Flutter Kicks



Plank



EVOLUTION 7

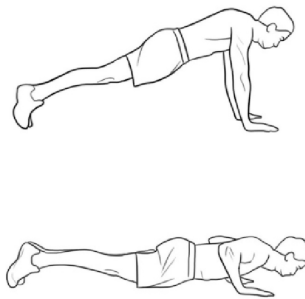


DIRECTIONS: 1 round for time.

**32 x 40 Yard
Sprints**



200 Push Ups



200 Sit Ups



7 MINUTES OF CORE

(To be done after the workout or anytime during the day)

Do each exercise for 1 minute.

Plank



Crunches



Bicycle Abs



Mtn. Climbers



Flutter Kicks



Plank

