

Stand-Alone Workout - September 2017

Day A

Tri-Set

1a. 3x15 DB Bench

1b. 3x15 DB Row

1c. 3x15 Walking Lunges

Complex: 10x of

1x Inchworm

:20s Plank

1x Burpee

2m AMRAP Situps

Day B

Tri-Set

1a. 3x30s Pushups

1b. 3x30s Inverted Rows

1c. 3x30s Jump Squats

Tabata

20:10x8 - Treadmill/Rowing/Bike/Sprint/Stairs

Hold a plank for time