

**DAY 1 TOTAL BODY WORKOUT E1**

EXERCISE	SETS/REPS
1. Pushups	3 x F
2. Plank Walk Ups from Knees	3 x F
3. Single Leg Drop Squats	3 x F each leg
4. Alt. Sprinter Lunges	3 x F
5. Thumbs Up Pushups from Knees	3 x F
6. Doorway Row Hold	3 x F

Perform 3 sets of each of the above exercises prior to moving on to the next exercise, resting 60-90 seconds between sets.

**DAY 2 OFF**

**DAY 3 TOTAL BODY WORKOUT F1**

EXERCISE	SETS/REPS
1. Hover Pige Pushups	3 x F
2. SW Side Laterals from Knees	3 x F
3. Prisoner Walk Ups	3 x F
4. Hip Buck Marches	3 x F
5. Prone "W" Raises	3 x F
6. Iron Cross Wall Holds	3 x F

Perform 3 sets of each of the above exercises prior to moving on to the next exercise, resting 60-90 seconds between sets.

**DAY 4 OFF**

**DAY 5 TOTAL BODY WORKOUT E1**

EXERCISE	SETS/REPS
1. Pushups	3 x F
2. Plank Walk Ups from Knees	3 x F
3. Single Leg Drop Squats	3 x F each leg
4. Alt. Sprinter Lunges	3 x F
5. Thumbs Up Pushups from Knees	3 x F
6. Doorway Row Hold	3 x F

Perform 3 sets of each of the above exercises prior to moving on to the next exercise, resting 60-90 seconds between sets.

**DAY 6 OFF**

**DAY 7 OFF**



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**Jiyuan Zhang**





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