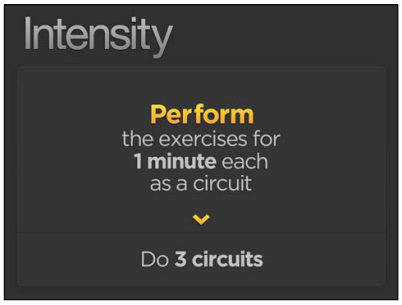
FitnessBuilder: TRY THIS WORKOUT

Pump For Life: Week 11: Day 4 - Cross-Training

Fadi Malouf

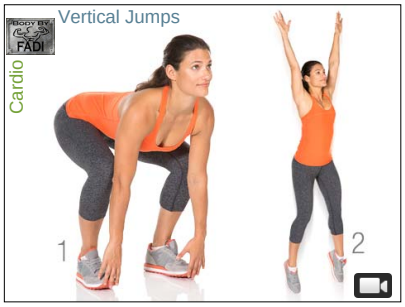
There are 6 workouts for this week. Perform each workout once, following the indicated intensity.

Equipment Needed: Dumbbells, Barbell, Cables, Swiss Ball, Med Ball, Dip Station, Jump Rope



Perform each exercise in a circuit for 1 minute each, resting for 60 seconds at the end of the circuit.
Perform 3 full circuits.

Vertical Jumps



- Stand upright with your arms by your sides.
1 - Bend at the hips and knees into a semi-squat position, leaning your torso slightly forward.
2 - Push off your feet, jumping straight up and raising your arms up overhead.
- Land in semi-squat with your arms back by your sides and repeat the jump.

Sets	Reps	Weight	Notes
1			
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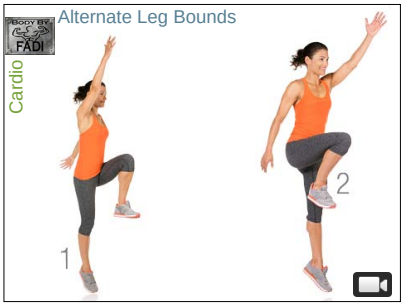
3			
4			
5			
6			

Alternate Leg Bounds



- Stand upright with your arms by your sides.
1 - Drive up off one foot, swinging the opposite leg and same side arm up as you jump forward on the other foot.
2 - Land on the ball of other foot and explode off again, swinging your opposite leg and same side arm forward.
- Perform one rep on one

Sets	Reps	Weight	Notes
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Push Up to T

1 - Support your body on your toes and hands with your elbows bent and your chest nearly touching the floor.
2 - Push up to a straight arm position, then raise one hand to the ceiling while rotating your body to the same side and look up at your hand.
- Lower your body back to the start position and repeat to the other side.

Sets	Reps	Weight	Notes
1			
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Alternating V-Up

1 - Lie on your back with your legs straight and your arms stretched out overhead.
2 - Raise one leg straight up while also lifting your upper body off the floor and reach your opposite hand towards your foot, keeping both your arm and leg straight.
- Lower both and repeat using the opposite arm and leg.
- Perform one rep on one

Sets	Reps	Weight	Notes
1			
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3			
4			
5			
6			

Reverse Lunge

1 - Stand upright with your arms by your sides.
2 - Take a step backward, dropping your back knee to the floor and leaning your torso slightly forward with your weight on your front leg.
3 - Push off your front foot to return to the start position.
- Complete all reps on one side before switching to the other side.

Sets	Reps	Weight	Notes
1			
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High Knees

- Stand upright with your feet together and your arms by your sides.
1 - Run on the spot raising your knees as high as possible each step.
2 - Rapidly switch feet and use your arms as if running.

Sets	Reps	Weight	Notes
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Moving Push Up

1 - Support your body on your toes and hands with your elbows bent and your chest nearly touching the floor.
2 - Push up to a straight arm position.
3 - Move your hands about 12 inches to one side.
4 - Lower your chest back to the floor.
- Repeat, moving to the other side.

Sets	Reps	Weight	Notes
1			
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Pump For Life: Week 11: Day 4 - Cross-Training

Fadi Malouf

Lateral Mountain Climber

Cardio

1 - Support your body on your toes and hands with your knees bent and drawn up into your chest.
2 - Step one foot out to the side with your leg straight, keeping your hands on the floor.
3 - Step back to the center and switch sides.
• Alternate sides rapidly.

Sets	Reps	Weight	Notes
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Step Up

Legs

1 - Stand upright with one foot on a bench and your arms at your sides.
2 - Step up onto the bench by pushing down on your front foot.
• Step down onto the back foot and then repeat.
• Complete all reps on one side before switching to the other side.

Sets	Reps	Weight	Notes
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Feet Up Bench Dip

Triceps

1 - Place your palms on a bench behind you and your heels on a bench in front with your legs and arms straight.
2 - Lower your body toward the floor, bending at the elbows.
3 - Push up through your palms to return to the straight arm position.

Sets	Reps	Weight	Notes
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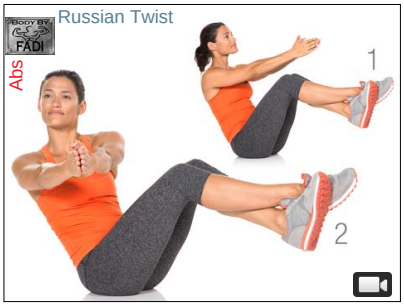
Russian Twist

Abs



1 - Start in a sit up position with your feet up off the floor, knees bent and your arms extended out in front at chest height.
2 - Twist your torso to one side.
• Twist your torso back to the other side, keeping your feet up and arms straight throughout.
• Alternate sides with each

Sets	Reps	Weight	Notes
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Split Squat Jumps

Cardio

• Stand upright with your feet split front to back with your arms at your sides.
1 - Bend at the hips and knees, leaning your torso slightly forward with your weight on the front leg.
2 - Push off the front foot and jump up off the floor, switching your feet in the air.
3 - Land in a split squat with the other foot in front and

Sets	Reps	Weight	Notes
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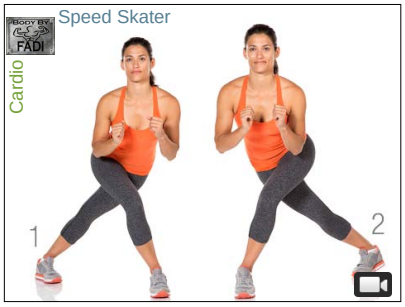
Speed Skater

Cardio



1 - Stand with one leg stretched out behind and across the other leg with your arms reaching to this side.
2 - Push off your front leg jumping to the other side and land, switching your legs and immediately jumping back.
• Use your arms in a swinging motion as if you were skating.

Sets	Reps	Weight	Notes
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Alternating Superman

Lower Back

• Lie face down on floor with your legs straight and your arms outstretched overhead.
1 - Raise one arm and the opposite leg straight up about 18 inches off the floor.
2 - Lower both and repeat with the other arm and leg, keeping your arms and legs straight throughout and your head steady.
• Perform one rep on one

Sets	Reps	Weight	Notes
1			
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Bicycle Crunch

Abs

• Lie on your back with your legs straight and your hands to the sides of your head.
1 - Raise your head and shoulders, bringing one knee towards your chest and the opposite elbow to this knee, twisting your torso.
2 - Lower your upper body and leg to the floor and repeat to the opposite side, using your other leg.

Sets	Reps	Weight	Notes
1			
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