



maxT3

ON THE GO

TAKE YOUR MAXT3 WORKOUTS WITH YOU!

Included are:

7 Different Modules

91 Different Workouts

Equipment and Body Weight Only Workouts

www.maxt3.com

MODULES

MaxT3 modules are different types of workouts offered online and in the fitness centers. Essentially, each module serves as a template that all the other workouts in that module will follow.

TIME-BASED VS. REPETITION-BASED WORKOUTS

All MaxT3 workouts are either time-based or repetition-based. Some are both.

Time-Based: Workouts that follow a structure based on time. There are pre-determined work and rest phases. Participants produce as much effort as they can over this pre-determined amount of time.

Example 1: Fast Workout (6 exercises at as many reps in 1:00 min. for each exercise x 2 rounds)

Example 2: Tabata (as many reps in :20 sec work phase with a :10 rest phase x 8 rounds)

Repetition-Based: These workouts are governed by the amount of reps and/or rounds of an exercise that must be completed. The length of these workouts is determined by the completion of the repetitions or rounds.

Example 1: Quick Sets (Typically 3-4 exercises "x" amount of reps/exercise x 3-4 rounds).



RECOMMENDED EQUIPMENT

Tabata Pro Timer App: This is a great timer that is easy to manage and works incredibly well with virtually all of the MaxT3 modules. It can be purchased in the App store for \$3.99. It's a great investment.

Body Weight Only (BWO) Exercises: All of these movements require no equipment, just the use of your own body weight. Body weight only exercises are great options for workouts on the go where there is no fitness center and/or no equipment available. Nearly all of the workouts using body weight only movements can be done in a very small space.

Equipment Workouts: **MaxT3 on the GO** also provides a selection of workouts in each module that incorporate some equipment. The equipment chosen for these workouts include items you might find at your typical hotel fitness center (dumbbells, pull up bar, box or bench, etc.)



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MODULES

MODULE 1: SUPER FAST

Super Fast workouts focus on the front end of the anaerobic system. These workouts consist of 20-second all-out surges of exercise followed by a 20 second rest phase. Each exercise is done for three sets of the aforementioned work/rest phase. Then the next exercise is performed. This format is followed for all six exercises for a total of 12 minutes of total time (six minutes of work and six minutes of rest) It is critical that all of the exercises associated with this module be done at a very high intensity. Virtually all movements are very dynamic, fast paced, and isotonic in nature.

- **Format:** 20 sec work/20 sec rest phase x 3 sets/exercise x 6 exercises
- **Number of Exercises:** 6
- **Rounds:** 1
- **Total Exercise Time:** 6 min.
- **Total Rest Time:** 6 min.
- **Special Instructions:** Participants should be strongly encouraged to engage at their maximal effort. It should be constantly reiterated that the intensity of the exercise is paramount and that technique should never be compromised. Most people should be able to perform at a high intensity and should be constantly encouraged to do so. However, those that are severely deconditioned or have other limitations should simply do their best. Over time their bodies will adapt and performance will improve.
- **Example:**

Workout lineup

1. Push ups 20 pushups, :20 rest, :20 pushups, :20 rest, :20 pushups, :20 rest
2. Squats 20 squats, :20 rest, :20 squats, :20 rest, :20 squats, :20 rest
3. Crunches 20 crunches, :20 rest, :20 crunches, :20 rest, :20 crunches, :20 rest
4. Push press 20 push press, :20 rest, :20 push press, :20 rest, :20 push press, :20 rest
5. Lunges 20 lunges, :20 rest, :20 lunges, :20 rest, :20 lunges, :20 rest

MAXT3 CORE VALUE: GET IN SHAPE TO GET IN SHAPE!

MODULE 1: SUPER FAST

Super Fast 1- Whole Body (Body Weight Only)	Super Fast 6-Upper (Equipment)
<ol style="list-style-type: none"> 1. Speed Squats 2. Push Ups 3. Jump Squats 4. Plank Kicks 5. Foot Fires 6. Squat Thrusts 	<ol style="list-style-type: none"> 1. Pull Ups 2. Push Ups 3. Banded (weighted) Punches 4. High Pulls 5. Bent Over Rows 6. Prone Jacks
Super Fast 2-Whole Body (Body Weight Only)	Super Fast 7- Upper (Equipment)
<ol style="list-style-type: none"> 1. Burpees 2. Lunges (One leg for 20 sec) 3. Mountain Climbers (Both Legs =1) 4. Calf Jumps 5. Crunches 6. Knee Tucks 	<ol style="list-style-type: none"> 1. Jumping Pull Ups 2. Decline Push Ups 3. Dumbbell Snatches 4. Mountain Climbers 5. Chin Ups 6. Spiderman Push Ups
Super Fast 3-Whole Body (Body Weight Only)	Super Fast 8-Lower (Equipment)
<ol style="list-style-type: none"> 1. Squat Jacks 2. Diamond Push Ups 3. Shin Slaps 4. Side Hops 5. Mule Kicks or ½ Burpees 6. Split Squats 	<ol style="list-style-type: none"> 1. Speed Squats 2. Weighted Lunges 3. Box Jumps 4. Dead Lifts 5. Romanian Split Squats 6. Double Squat Jump Burpee
Super Fast 4-Whole Body (Body Weight Only)	Super Fast 9-Whole Body (Equipment)
<ol style="list-style-type: none"> 1. Jump Squats 2. Wide Push Ups 3. Mountain Climbers 4. Side Shuffles 5. Prone Jacks 6. Flip Squats 	<ol style="list-style-type: none"> 1. Chin Ups 2. Jump Squats 3. V-Seat Wraps 4. Toe Taps 5. Inverted Rows 6. Squat Thrusts
Super-Fast 5-Whole Body (Body Weight Only)	Super Fast 10-Whole Body (Equipment)
<ol style="list-style-type: none"> 1. Knee Tucks 2. Diamond Push Ups 3. Good Mornings 4. Mule Kicks or ½ Burpees 5. V-seat Wraps 6. Sprints or High Knees 	<ol style="list-style-type: none"> 1. Jumping Pull Ups 2. Full Squat Press 3. High Pulls 4. Diamond Push Ups 5. Dead lifts 6. Burpees
Super Fast 6-Whole Body (Body Weight Only)	Super Fast 10-Core (Equipment)
<ol style="list-style-type: none"> 1. Sumo Squats 2. Push Up Medley (Diamond, Standard, Wide) 3. Bicycles 4. Sprinters 5. Squat Thrusts 6. Side Hops 	<ol style="list-style-type: none"> 1. Crunches 2. Superman 3. Russian Twists 4. V-Seat March 5. Plank Kicks 6. Shin Slaps



MODULE 2: FAST

Fast workouts, while primarily anaerobic in nature, certainly cross over into the aerobic energy system. While intensity of exercise is still paramount, it is far more challenging to maintain the same level of intensity as seen in the Super Fast workouts for a full minute. These workouts have a different intention than the Super Fast workouts. They are designed to develop anaerobic endurance and efficiency. There are some slower movements incorporated into these workouts, which allow for isometric movements to be mixed in and also offer a bit of energy recovery.

Fast workouts consist of six exercises performed in two rounds. During the first round all six exercises are performed consecutively with a one-minute work phase. Following the completion of the first round is a 1-2 minute rest period. All six exercises are again repeated in the same manner for a second round.

- **Format:** 60 sec work/ 60 rest phase: allow only enough time to transition to the next exercise (x) 6 exercises
- **Number of Exercises:** 6
- **Rounds:** 2
- **Total Exercise Time:** 12 min.
- **Total Rest Time:** 1-2 min.
- **Example:**

Workout lineup

1. Speed squats
2. Push ups
3. Lunges
4. Crunches
5. Good mornings
6. Wall squats

Round 1: speed squats (:60); immediately into pushups (:60); then lunges (:60), crunches (:60); good mornings (:60), wall squats (:60)

Round 2: Repeat Round 1

MODULE 2: FAST

Fast 1-Whole Body (Body Weight Only)

1. Air Squats
2. Push Ups
3. Lunges
4. Crunches
5. Good Mornings
6. Wall Squats

Fast 7-Upper Body (Equipment)

1. Chin Ups
2. Diamond Push Ups
3. High Pulls
4. Push Press
5. Jumping Pull Ups
6. Two Banger Burpees

Fast 2-Whole Body (Body Weight Only)

1. Jump Squats
2. Spiderman Push Ups
3. Iso Lunges
4. Plank Kicks
5. Sit & Pray
6. Diamond Push Ups

Fast 8-Whole Body (Equipment)

1. Pull Ups
2. Bag Jumps
3. Crunches
4. Jump Squats
5. One Arm Snatches
6. Burpees

Fast 3-Whole Body (Body Weight Only)

1. Leap Frog Squats or Jump Squats (if restricted by space)
2. Push Ups
3. Foot Fires
4. Hamstring Hip Raises
5. Flip Squats
6. Decline Push Ups

Fast 9-Lower Body (Equipment)

1. Air Squats
2. Dead Lifts
3. Weighted Reverse Lunges
4. Flip Squats
5. Kettlebell Tips (:30,:30)
6. Foot Fires

Fast 4-Whole Body (Body Weight Only)

1. Dead Man Burpees
2. Knee Tucks
3. Hover
4. Pulse Ups
5. Wave Catchers
6. Wall Squats

Fast 10-Whole Body (Equipment)

1. Pull Ups
2. Weighted Squats
3. Shin Slaps
4. Push Ups
5. Dead Lifts
6. Kettlebell Swings

Fast 5-Whole Body (Body Weight Only)

1. Push Up Medley (Wide, Standard, Diamond)
2. Jump Squats
3. Flutter Kicks
4. Mountain Climbers
5. Pike Push Ups
6. Frog Squats

Fast 11-Whole Body (Equipment)

1. Inverted Rows
2. Box Jumps
3. Turkish Get Ups
4. Crunches
5. Push Presses
6. Double Squat Jump Burpees

Fast 6-Whole Body (Body Weight Only)

1. Air Squats
2. Push Ups
3. Explosive Iso Lunges
4. Good Mornings
5. Prone Paddles
6. Squat Jumps

Fast 12-Whole Body (Equipment)

1. Chin Ups
2. Wave Catchers
3. High Pulls
4. Wall Squats
5. Shin Slaps
6. Weighted Box Steps



MODULE 3: TABATA

Our Tabata workouts are based on the Tabata Protocol created by Izumi Tabata. This protocol utilizes a 20 second work phase with a 10 second rest phase and consists of eight sets of one exercise. Following the first Tabata set, the second Tabata then begins, followed by the third and possibly a fourth. Each Tabata will last four minutes (:20 work/:10 rest x 8 sets x 3-4 exercises). The entire workout will last a total of 12-16 minutes depending on whether there are 3 or 4 exercises with the Tabata workouts there are some slower paced and isometric type movements incorporated but, needless to say, the majority of exercises are high intensity and fast paced.



- **Format:** 20 sec work/ 10 sec. rest x 8 sets per exercise x 3 exercises
- **Number of Exercises:** 3-4
- **Rounds:** 1
- **Total Exercise Time:** 12-16 min.
- **Total Rest Time:** 3-4 min.
- **Special Instructions:** For the most part, the exercises will be very fast paced and maximal effort is required. One way to ensure maximal effort is to instruct participants to go all out in the first set of each exercise and mentally record the number of reps. Participants should be encouraged to shoot for that number during the rest of the sets. This will ensure that the intensity of the workout remains high. Again, technique is paramount and this should be reinforced in the later rounds of each Tabata.

MODULE 3: TABATA

Tabata 1-Whole Body (Body Weight Only)

1. Speed Squats
2. Push Ups
3. Split Squats
4. Burpees

Tabata 2-Whole Body (Body Weight Only)

1. Dead Man Burpees
2. Iso Lunges (left on odd rounds, right on even)
3. Shin Slaps
4. Squat Jumps

Tabata 3-Whole Body (Body Weight Only)

1. Flip Squats
2. Pike Push Ups
3. Explosive Lunges
4. Foot fires

Tabata 4-Whole Body (Body Weight Only)

1. Burpees
2. Spiderman Push Ups
3. Jumping Knee Tucks
4. Mountain Climbers

Tabata 5-Lower Body (Body Weight Only)

1. Speed Squats (Sit and Pray During Rest Phase)
2. Good Mornings
3. Squat Thrusts
4. Split Squats

Tabata 6-Whole Body (Body Weight Only)

1. Wave Catchers
2. Shin Slaps
3. Knee Tucks
4. Prone Jacks

Tabata 7- Upper/ Core Body

1. Spiderman Push ups
2. Prone Paddles
3. Plank Push Ups
4. Prone Marches

Tabata 8-Whole Body (Equipment)

1. Renegade Rows
2. Weighted Squats
3. Kettle Bell Swings
4. Box Jumps

Tabata 9-Whole Body (Equipment)

1. Decline Push Ups
2. Squat Jumps
3. Pull Ups
4. Dead Lifts

Tabata 10-Upper Body (Equipment)

1. Push Ups
2. High Pulls
3. Push Press
4. Bent Over Rows

Tabata 11-Whole Body (Equipment)

1. Inverted Row
2. Weighted Squats
3. Diamond Push Ups
4. Dead Lifts

Tabata 12-Whole Body (Equipment)

1. Squat Jacks
2. Spiderman Push Ups
3. Box Jumps
4. Clean & Press

Tabata 13-Whole Body (Equipment)

1. Clean & Press
2. Weighted Box Steps
3. Deadlift Kick Back
4. Burpees

Tabata 14-Whole Body (Equipment)

1. Pull Ups
2. Weighted Squats
3. Supermans
4. One Arm Snatch



MODULE 4: 40-20'S

40-20's are time-based workouts that offer a work phase in between that of the Super Fast and Fast modules. This protocol utilizes a 40 second work phase with a 20 second rest phase (2:1 work:rest) and consists of **six sets of two exercises**. One unique feature is that this module alternates exercises which provides an extra bit of rest on top of the 20 secs of rest that is built into the protocol. The participant starts with the first set of the first exercise then gets a 20 sec break. Next is the first set of the second exercise then a 20 second break. Next is the second set of each exercise, then third, etc. Each movement will last six minutes (:40 work/:20 rest x 12 sets x 2 exercises (6 sets per exercise)). The entire workout will last a total of 12 minutes (plus warm-up and cool-down).

- **Format:** 40 sec work/ 20 sec. rest x 6 sets per exercise x 2 exercises
- **Number of Exercises:** 2
- **Rounds:** 1
- **Total Exercise Time:** 9 min.
- **Total Rest Time:** 3 min.
- **Special Instructions:** This format is significantly different than the others as the participants will soon find out. One very unique feature about this module is that it can be utilized as an excellent partner workout. One partner (partner A) performs the first exercise. Simultaneously, the other person (partner B) does the second exercise. The rest phase occurs at the same time for each, then they switch. This is repeated for the remainder of the workout.
- **Example:**

Workout Lineup

- 1. Push Ups
- 2. Shin Slaps

Round 1: pushups (:40), rest (:20), shin slaps (:40), rest (:20)

Round 2: pushups (:40), rest (:20), shin slaps (:40), rest (:20)

Round 3: pushups (:40), rest (:20), shin slaps (:40), rest (:20)

Round 4: pushups (:40), rest (:20), shin slaps (:40), rest (:20)

Round 5: pushups (:40), rest (:20), shin slaps (:40), rest (:20)

Round 6: pushups (:40), rest (:20), shin slaps (:40), rest (:20)

MAXT3 CORE VALUE: WE ARE A TEAM!

MODULE 4: 40-20'S

40-20 1-Whole Body (Body Weight Only)

1. Push Ups
2. Shin Slaps

40-20 2-Whole Body (Body Weight Only)

1. Flip Squats
2. Plank to Push Up

40-20 3-Whole Body (Body Weight Only)

1. Burpees
2. Split Squats

40-20 4-Whole Body (Body Weight Only)

1. Side Hops
2. Wall Squats

40-20 5-Whole Body (Body Weight Only)

1. Wave Catchers
2. Jump Squats

40-20 6-Whole Body (Body Weight Only)

1. Prone Jacks
2. Jump Knee Tucks

40-20 7-Whole Body (Equipment)

1. Burpees
2. Box jumps

40-20 8-Upper Body (Equipment)

1. Pull Ups
2. Push Ups

40-20 9-Whole Body (Equipment)

1. High Pulls
2. Jump Squats

40-20 10-Whole Body (Equipment)

1. Man Makers
2. Split Squats

40-20 11-Whole Body (Equipment)

1. Knee tuck burpees
2. Clean & Press

40-20 12-Whole Body (Equipment)

1. Dead Lifts
2. Diamond Push Ups

40-20 12-Whole Body (Equipment)

1. Kettlebell Swings
2. Bag Jumps

40-20 12-Whole Body (Equipment)

1. One Arm Snatches
2. Scoop Push Ups



MODULE 5: PROGRESSIONS

This is a time-based workout that has participants performing alternating/complimentary movements. The second or complimentary movement increases in number by one with each set. An example is the Hendo (burpee with one tire jump, burpee with two tire jumps, burpee with three tire jumps and so on.) The objective is to do as many rounds in the allotted time.

Rounds: As many as possible (max rounds)

- **Total Exercise Time:** Can vary but usually 4-12 minutes (6 min is the typical time.)
- **Total Rest Time:** Undetermined...Taken as needed
- **Special Instructions:** Participants should be instructed to work as hard as they can to complete as many rounds as in the allotted time. Rests and modifications can be used as needed. This is not a race but can offer some friendly competition. The competition should lie within the individual in pushing themselves as hard as they can. Again, technique should never be compromised for speed.

Module 5: Progressions

Progression 1-Whole Body (BWO)

1. Primary: Burpees
2. Secondary: Jump Squats

Progression 2-Whole Body (BWO)

1. Primary: (4) Leap Frog Squats or Jump Squats
2. Secondary: Diamond Push Ups

Progression 3-Whole Body (BWO)

1. Primary: (3) Squat Jacks
2. Secondary: Shin Slaps

Progression 4-Whole Body (BWO)

1. Primary: Man Makers
2. Secondary: Kettlebell Swings

Progression 5-Whole Body (BWO)

1. Primary: Knee Tuck Burpees
2. Secondary: Split Squats (Left + Right = 1)

Progression 6-Whole Body (BWO)

1. Primary: Reverse Burpees
2. Secondary: Hand Release Push Ups

Progression 7 (Hendo)-Whole Body (Equipment)

1. Primary: Burpees
2. Secondary: Box Jumps

Progression 8 (Classic)-Upper (Equipment)

1. Primary: Pull Ups (2)
2. Secondary: Push Ups

Progression 9-Lower (Equipment)

1. Primary: (2) Weighted Box Steps (left + right =1)
2. Secondary: Jump Knee Tucks

Progression 10-Whole Body (Equipment)

1. Primary: Clean & Press
2. Secondary: Inverted Row

Progression 11-Whole Body (Equipment)

1. Primary: Man Makers
2. Secondary: Weighted Squats

Progression 12-Upper (Equipment)

1. Primary: Triple Push Press
2. Secondary: Scoops

Progression 13-Whole Body(Equipment)

1. Primary: (3) Clean & Press
2. Secondary: Shin Slaps

Progression 14-Whole Body (Equipment)

1. Primary: Man Makers
2. Secondary: Kettlebell Swings

MODULE 6: ELEVATOR (3<6<9)

This is a time-based workout that has participants performing three different exercises that increase in repetitions each round. The workout starts with three reps of each exercise in the first round then progresses to six reps of each in the second, nine reps in the third, 12 reps in the fourth, and so on. The objective is to do as many rounds in the allotted time. This can be an excellent partner workout and can be varied in several different ways.

Participants can finish the entire workout and then it is the partner's turn (the second partner (partner B)) to complete the workout. Another way to approach this workout is that partners can switch after each round. (one person can complete the round of threes then the partner can complete that round, sixes then switch, nines then switch, etc.) Finally, partners can switch after each

- **Number of Exercises:** 3
- **Rounds:** As many as possible
- **Total Exercise Time:** Can vary but usually 6 minutes if one person does the workout by themselves. 12 minutes if performed as a partner (back and forth) workout.
- **Total Rest Time:** Undetermined...Taken as needed
- **Special Instructions:** Participants should be instructed to work as hard as they can to complete as many rounds as fast as possible. Rests and modifications can be used as needed. This is not a race but can offer some friendly competition. The competition should lie within the individual in pushing themselves as hard as they can. Again, technique should never be compromised for speed.

• Examples:

Version 1: Each partner does the entire workout then switches

Workout Lineup

1. Burpees
2. Push Ups
3. Squat Jumps

- **Partner A:** 3 burpees, 3 push ups, 3 squat jumps" 6 burpees, 6 push ups, 6 squat jumps" 9 burpees, 9 push ups, 9 squat jumps" etc. as many rounds as possible for 6 minutes
- **Partner B:** 3 burpees, 3 push ups, 3 squat jumps" 6 burpees, 6 push ups, 6 squat jumps" 9 burpees, 9 push ups, 9 squat jumps" etc. as many rounds as possible for 6 minutes


Version 2: Partners switch rounds

- **Round 1: Partner A:** 3 burpees, 3 push ups, 3 squat jumps **Partner B:** 3 burpees, 3 push ups, 3 squat jumps
- **Round 2: Partner A:** 6 burpees, 6 push ups, 6 squat jumps **Partner B:** 6 burpees, 6 push ups, 6 squat jumps
- **Round 3: Partner A:** 9 of each **Partner B:** 9 of each
- Etc. until 12 minutes is reached

Version 3: Partners switch exercises

- **Round 1: Partner A:** 3 Burpees, **Partner B:** 3 burpees, **Partner A:** 3 push ups, **Partner B:** 3 push ups, **Partner A:** 3 squat jumps, **Partner B:** 3 squat jumps
- **Round 2: Partner A:** 6 Burpees, **Partner B:** 6 burpees, **Partner A:** 6 push ups, **Partner B:** 6 push ups, **Partner A:** 6 squat jumps, **Partner B:** 6 squat jumps
- **Round 3: Partner A:** 9 Burpees, **Partner B:** 9 burpees, **Partner A:** 9 push ups, **Partner B:** 9 push ups, **Partner A:** 9 squat jumps, **Partner B:** 9 squat jumps

Etc. until 12 minutes is reached



MODULE 6: ELEVATOR (3<6<9)

Elevator 1-Whole Body (Body Weight Only)

1. Burpees
2. Push Ups
3. Jump Knee Tucks

Elevator 2-Whole Body (Body Weight Only)

1. Flip Squats
2. Shin Slaps
3. Spiderman Push Ups

Elevator 3-Whole Body (Body Weight Only)

1. Jump Squats
2. Hand Release Push Ups
3. Split Squats (left + right =1)

Elevator 4-Whole Body (Body Weight Only)

1. Flip Squats
2. Plank to Push Up
3. Wave Catchers

Elevator 5-Whole Body (Body Weight Only)

1. Air Squats
2. Decline Push Ups
3. Burpees

Elevator 6-Whole Body (Body Weight Only)

1. Dead Man Burpees
2. Russian Twists (left + right = 1)
3. Jump Squats

Elevator 7-Upper (Equipment)

1. Inverted Rows
2. Scoops
3. High Pulls

Elevator 8-Lower Body (Equipment)

1. Weighted Squats
2. Weighted Lunges
3. Box Jumps

Elevator 9-Whole Body (Equipment)

1. Pull Ups
2. Weighted Reverse Lunges
3. Burpees

Elevator 10-Whole Body (Equipment)

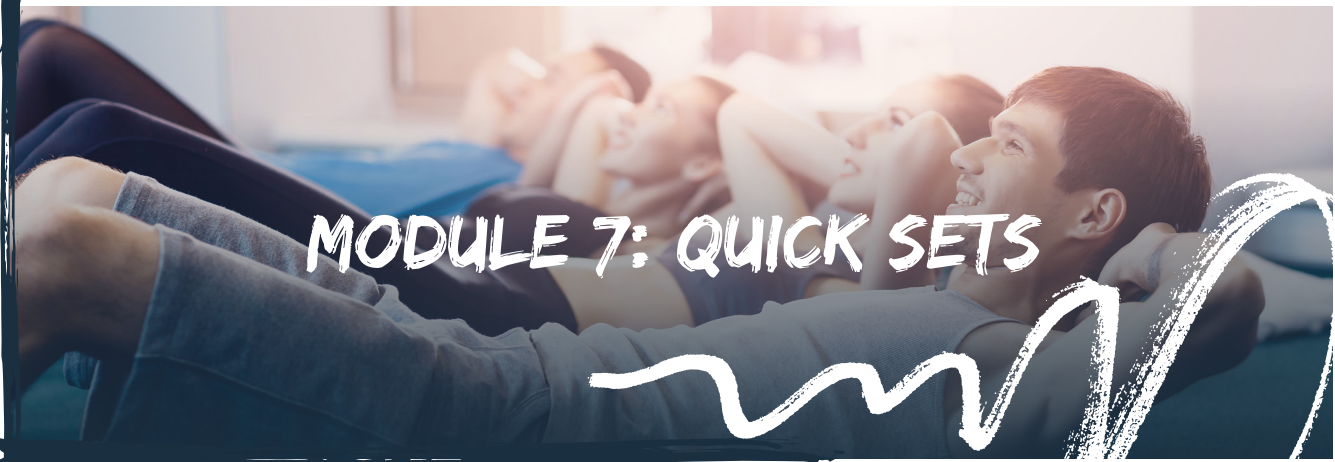
1. Clean and Press
2. Clapping Push Ups
3. Kettlebell Swings

Elevator 11-Whole Body (Equipment)

1. Scoops
2. Weighted Box Steps
3. Pull Ups

Elevator 12-Whole Body (Equipment)

1. Renegade Rows
2. Dead Lifts
3. Push Presses



This module consists of workouts where the exercises are performed for a predetermined amount of repetitions in the least amount of time. This module is different in that there is no predetermined time of each workout. The length of the workout is determined by ability and effort. Quick sets are excellent metabolic, fat-burning workouts. They consist of 3-4 rounds of 3-4 fast paced exercises.

Quick sets are excellent workouts to combine/compliment other workouts or serve as a bonus workout.

- **Number of Exercises:** 3-8 (if used as a workout usually 6-8, if used as a bonus usually 3-4)
- **Rounds:** 3
- **Total Exercise Time:** Undetermined (Typically 3-8 minutes)
- **Total Rest Time:** Undetermined...Taken as needed
- **Special Instructions:** Participants should be instructed to work as hard as they can to complete the required amount of reps and sets as fast as possible. Rests and modifications can be used as needed. This is not a race, but this format can offer some friendly competition. The competition should lie within the individual in pushing themselves as hard as they can. Again, technique should never be compromised for speed.



MAXT3 CORE VALUE: YOU VS. YOU!



MODULE 7: QUICK SETS

Quick Set 1-Whole Body (Body Weight Only)

1. Burpees (10)
2. Push Ups (15)
3. Crunches (25)
4. Air Squats (10)

Quick Set 2-Whole Body (Body Weight Only)

1. Jump Squats (5)
2. Diamond Push Ups (10)
3. Crunches (20)
4. Split Squats (20) (left+right=1)

Quick Set 3-Whole Body (Body Weight Only)

1. Side Hops (10) (back and forth=1)
2. Squat Thrusts (10)
3. Air Squats (15)
4. Hand Release Push Ups (10)

Quick Set 4-Whole Body (Body Weight Only)

1. Flip Squats (10)
2. Spiderman Push Ups (10)
3. Sprint (1 length)
4. Wave Catchers (10)

Quick Set 5-Whole Body (Body Weight Only)

1. Double Push Up Burpees (10)
2. Crunches (25)
3. Jumping Knee Tucks (10)
4. Squat Jacks (10)

Quick Set 6-Whole Body (Body Weight Only)

1. Dead Man Burpees (10)
2. Mountain Climbers (30) (left+right=1)
3. Jump Squats (15)
4. Scoop Push Ups (15)

Quick Set 7-Whole Body (Equipment)

1. Pull Ups (10)
2. Squat Jumps (10)
3. Shin Slaps (10)
4. KB Swings (10)

Quick Set 8-Whole Body (Equipment)

1. Spiderman Push Ups (10)
2. One Arm Snatches (5/5)
3. ½ Burpees (10)
4. Inverted Rows (10)

Quick Set 9-Whole Body (Equipment)

1. Clapping Push Ups (10)
2. Jump Knee Tucks (10)
3. High Pulls (10)
4. Weighted Box Steps (10)

Quick Set 10-Upper Body (Equipment)

1. Inverted Rows (10)
2. Diamond Push Ups (10)
3. Push Presses (10)
4. Wave Catchers (10)

Quick Set 11-Whole Body (Equipment)

1. Prone Jacks (10)
2. Jump Knee Tucks (10)
3. KB Swings (10)
4. Squat Jacks (10)

Quick Set 12-Whole Body (Equipment)

1. Pull Up Burpees (10)
2. Mountain Climbers (30)
3. Push Presses (15)
4. Box Jumps (15)



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