

I have selected 5 workouts from last year's challenge at random. They are workout 2, 3, 5, 12 & 20. Which also go with the 5 videos.

I hope you can join me on June 1st for 30 days to fitness. 1 x 20 minute each day for 30 days, which is designed to get you back to your best and consistent again with your own fitness.

[CLICK HERE TO JOIN 40+ LIKE MINDED TRAINERS TODAY!](#)

When you join, you'll also get this lots as a bonus.

Here's everything you get...

- 30 workouts over 30 days (powerful 20 minutes' workouts)
- Accountability
- Email & chat support

- + All 30 challenges written up (Value \$39)
- + All 30 workout templates (Value \$39)
- + All 30 workout videos (Value \$97)
- + All 30 workouts from last year (Value \$39)
- + All 30 workout videos from last year (Value \$97)

Plus, a detailed 'how to' guide on how to run your own challenge. (\$47 bonus)



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Leon Melnicenko May 20 at 5:43pm

Warm Up Workout 2- Sunday May 20th
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Leading up to June 1st I'll be posting 15-20 minute warm up workouts to get you in the swing of things. It's up to you if you complete them. Links to all workouts can be found in the Google drive folder attached to the pinned welcome post.

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Please watch the video where I explain the workout and demonstrate the exercises. Before commencing, conduct your own warm up.

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You have 5 new members this week. Write a post to welcome them. Write Post

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Matt Murphy Add Member

Workouts to go with the videos, then the templates are at the bottom.

Workout 2: Descending Warrior

Equipment: K-bell, towel, stop watch

Time: 21 minutes

Complete each exercise for 60 seconds, then 50, 40, 30, 20, 10. Rest for no more than 30 seconds between rounds.

1. Half burpee (with or without the push up)
2. Plank (advanced version available)
3. Lat pul
4. Tuck press
5. M-Climbers
6. Hop overs

Note: Transition between the exercises as quick as you can. I used an online interval timer for this workout. However, a countdown timer works fine.

Workout 3: Battle Tabata

Equipment: K-bell, stop watch

Time: 20 minutes

Complete each exercise for 4 minutes at a ratio of 20 seconds work, 10 seconds rest.

Rest for no more than 60 seconds per round. If at all.

Tabata: Here is the online Tabata timer that I use. It will time the intervals for you. Just press start and the rest is done for you. <http://www.tabatatimer.com>

1. Goblet press
2. Sit up alternate twist
3. Curl press
4. Action Man
5. Plank push up (off or on the knees)

Workout 5: Titan Test (AMRAP)

Equipment: K-bell, stop watch

Time: 21 minutes

Round 1

- 10 Sumo Lift
- 10 Super Thruster (advanced add push up)
- 10 Cross Overs
- 10 Crawlers (advanced add push up)
- 10 Sumo Boxer

You have 21 minutes to complete as many rounds as you can. Please record your score. Which is how many rounds and what exercise you finished on. I.e. Round 4, exercise 3 would be a score of 4.3.

Workout 12: Harder Than It Looks

Time: 19 minutes

Phase 1: Complete 10 burpees every minute on the minute for 10 minutes. If you struggle in the later rounds drop a rep or 2.

Phase 2: Complete each exercise for 1 minute x 3 rounds.

1. Super crawler
2. V-Crunch
3. Shoulder taps

I used this interval timer <http://www.intervaltimer.com/create/hiit-timer>

Good luck!

Workout 20: Cardio Attack

Round 1: Complete exercise 1-5 for 1 minute and exercise 6 for 30 seconds. Complete 4 rounds without stopping.

1. Jack fighter
2. Quick switch
3. Hoppers
4. Speed ball
5. Beat'em ups
6. Speed M-Climbers (fast as you can)

It's a sweaty one.

Same workouts but in template format.**Workout 2: Descending Warrior**

Equipment: K-bell, towel, stop watch

Time: 21 minutes

Complete each exercise for 60 seconds, then 50, 40, 30, 20, 10. Rest for no more than 30 seconds between rounds.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

Note: Transition between the exercises as quick as you can. I used an online interval timer for this workout. However, a countdown timer works fine.

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- 1.
- 2.
- 3.
- 4.
- 5.

Workout 5: Titan Test (AMRAP)

Equipment: K-bell, stop watch

Time: 21 minutes

Round 1

- 10
- 10
- 10
- 10
- 10

You have 21 minutes to complete as many rounds as you can. Please record your score. Which is how many rounds and what exercise you finished on. I.e. Round 4, exercise 3 would be a score of 4.3.

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- 2.
- 3.

I used this interval timer <http://www.intervaltimer.com/create/hiit-timer>

Good luck!

Workout 20: Cardio Attack

Round 1: Complete exercise 1-5 for 1 minute and exercise 6 for 30 seconds. Complete 4 rounds without stopping.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

It's a sweaty one.