

RESULTS inc

Workout of the week

ANYWHERE

No equipment needed

2022

RESULTS inc

EMOM Challenge

#Fitness

A1	Burpees	4 reps
A2	Sit Ups	8 reps
A3	Bodyweight Squats	12 reps
<p>All exercises EMOM until unable to complete reps in the minute.</p> <p>At 10 minutes add 2 reps to every exercise each minute.</p>		

ANYWHERE

No equipment needed

Homework

#Fitness

A1	Lunges Right Leg	15 reps
A2	Butterfly Sit Ups	10 reps
A3	Lunges Left Leg	15 reps
A4	Handwalkouts	10 reps
Max rounds in 12 minutes		

ANYWHERE

No equipment needed

Broken Burpee

#Fitness

A1	Press Up	50 reps
A2	Squat Thrust	50 reps
A3	Jump Squats	50 reps
Accumulate reps in any order as fast as possible.		

ANYWHERE

No equipment needed

What goes down must

go up

#Fitness

ANYWHERE

No equipment needed

A1	Mountain Climbers	50 reps/side
A2	Russian Twists	40 reps/side
A3	Plank Jacks	30 reps
A4	Surrenders	20 reps
A5	Inchworms	10 reps
A6	Dips	20 reps
A7	Squats	30 reps
A8	Shoulder Taps	40 reps/side
A9	Flutter Kicks	50 reps/side
Complete as fast as possible.		

VO2 Max

#Fitness

ANYWHERE

No equipment needed

A1	Star Jumps	25 reps
A2	Plank to Press	5 reps
3 minutes of A's. Rest 1 minute.		
B1	Mountain Climbers	25 reps
B2	Surrenders	5 reps
3 minutes of B's. Rest 1 minute.		
C1	Low Jacks	25 reps
C2	Murpees	5 reps
3 mins of C's.		

Jack of All Trades

#Fitness

A1	Low Jacks	45 seconds
A2	Plank Jacks	45 seconds
A3	Seal Jacks	45 seconds
A4	Cross Jacks	45 seconds
A5	Jumping Jacks	45 seconds
A6	Step Jacks	45 seconds
15 seconds rest between exercises. 2 rounds.		

ANYWHERE

No equipment needed

On the Spot Triathlon

#Fitness

A1	Plank Jack + Get Ups	Max reps in 1 minute
3 sets of A1. 30 seconds rest.		
B1	Mountain Climber + Shoulder Taps	Max reps in 1 minute
3 sets of B1. 30 seconds rest.		
C1	Seal Jacks	Max reps in 1 minute
3 sets of C1. 30 seconds rest.		

ANYWHERE

No equipment needed

Jupiter

#Fitness

ANYWHERE

No equipment needed

A1	Front Plank	30 seconds
A2	Hip Taps	30 seconds
3 sets of A. No rest.		
B1	Iso Lunge Left	30 seconds
B2	Iso Lunge Right	30 seconds
3 sets of B. No rest.		
C1	Bodyweight Squats	30 seconds
C2	Reverse Lunges	30 seconds
3 sets of C. No rest.		

Rex

#Fitness

A1	Plank Saws	1, 2, 3, 4, 5, 6, 7, 8, 9, 10 reps of each.
A2	Bodyweight Squats	
A3	Sit Ups	
B1	Burpees	Max reps in remainder of 12 minutes.

ANYWHERE

No equipment needed

Polka Dot

#Lower

A1	Step Ups	8 reps/side
A2	Feet Together Squats	15 reps
A3	Cycle Crunches	10 reps/side
Max rounds in 10 minutes		

ANYWHERE

No equipment needed

The Quadfather

Part II

#Lower

A1	Squat Pulses	30 seconds
A2	Wall Sit	30 seconds
A3	Split Squat Hold	30 seconds/side
4 sets.		
2 Burpee penalty every time you have to stop the timer.		

ANYWHERE

No equipment needed

Harry Squatter

#Lower

A1	Jump Squats	10 reps
A2	RFESS	10 reps/side
A3	Offset Squats	10 reps/side
A4	Feet Together Squats	10 reps
4 sets in an 8 minute time cap.		

ANYWHERE

No equipment needed

Agent Smith

#Lower

A1	Top Position Paused Sprinter Lunges	10 reps/ side
A2	Reverse Nordics	10 reps
4 sets in an 8 minute time cap.		

ANYWHERE

No equipment needed

Pressupytirian

#Upper

A1	Press up	10, 9, 8, 7, 6, 5, 4, 3, 2, 1 reps
A2	Bent Over Y-T-I	5 reps in each position
For an extra challenge count back up to 10 again!		

ANYWHERE

No equipment needed

Tricepatops

#Upper

A1	Kneeling Floor Tricep Extensions	10, 9, 8, 7, 6, 5, 4, 3, 2, 1 reps of each
A2	Dips	
A3	Close Grip Press Ups	

ANYWHERE

No equipment needed

The Holiday

#Upper

A1	Feet Elevated Press Ups	Max reps in 4 minutes
B1	Front Plank	60 seconds
C1	Double Leg Deadbugs	60 seconds
D1	Plank to Press	60 seconds

ANYWHERE

No equipment needed

Spartan

#Upper

A1	Press Ups	100 reps
A2	Sit Ups	100 reps
Accumulate the reps in whatever order you need.		

ANYWHERE

No equipment needed