

# shutupWORK.

## STRUCTURE & FUNCTION

### SAMPLE DAYS

#### DAY 1

Walk or jog 10 minutes to warm up  
1 lap across your room of high knee jog  
1 lap butt kick jog

10 arm circles forward/ 10 backwards  
10 air squats  
10 push-ups (any style)  
10 walking lunges (total)  
2 rounds

For 10 minutes/ Every minute on the minute do:  
Odd) 10 air squats + 2 jump squats  
Even) 10 step ups onto a bench + 2 burpees

Rest 2:00

Next section-  
:30 max effort work/ :30 rest for 4:00

:30 Max sit-ups then :30 full rest  
Rest 1:00  
:30 max distance walking lunges/ :30 full rest  
Rest 1:00  
:30 jumping jacks / :30 full rest

\*stretch to cool down

#### DAY 2

Warmup stretch  
Jog/ walk 15 minutes

Mark off a 10 m space  
Every minute on the minute you will run.  
minute 1 run to the 10 meter mark.  
Minute 2 run to the 10 meter mark and back.  
Minute 3 run the 10 meter 3x and so on until you cannot finish  
the # of  
Laps for the minute you are on.  
(Shoot for above 12 minutes)  
\*Rest once you are finished

2 sets of 15 sit-ups  
3 sets of :30 plank hold

#### DAY 3

Warmup stretch

10 toe touch  
10 arm circles forward and back  
2 rounds

1 push-ups + 1 air squat  
2 push-ups + 2 air squats  
3 push-ups + 3 air squats  
Up to 5, then back down again, 4,3,2,1

7 minutes max burpee test

Cool down walk/jog + stretch

Sunday rest/ jog/ hike/ walk 30+ minutes