



★ CINCINNATI ★
ROLLERGIRLS

14 DAYS OF DOOM

1. DECK OF CARDS

20 minutes, if feeling ambitious do whole deck!

- Diamonds: Pushups
- Spades: Situps/crunches
- Hearts: Burpees
- Clubs: Squat Jumps
- Jacks: 1 minute wall sit
- Queens: 1 minute plank
- Kings: 1 minute glute bridge hold

2. HIIT

30 seconds work, 30 seconds rest X 4 rounds

2 minutes rest between each round

- Split squats, right
- Split squats, left
- Planks
- Pushups
- Side lunges
- Glute bridges
- Tricep dips
- Skater lunges
- Plank rotations
- Pike P/U

Finisher: Moby, Flowers - Squats

3. AMRAP

15 minutes

- 10 jump lunges
- 10 ab V-ups
- 10 star Jumps
- Count to 20 quick feet
- 30 second squat hold

Finisher: complete all no breaks

- 45 second plank
- 5 pushups
- 10 mountain climbers
- 10 low jump lunge (lowest lunge possible)
- 2 tuck jump burpees
- 10 low jump lunge
- 10 mountain climbers
- 5 pushups
- 45 second plank

4. REST OR YOGA

5. 14 DAYS OF QUARANTINE

- 1 burpee
- 2 pushups plus all listed above
- 3 jump lunges plus all listed above
- 4 glute bridges plus all listed above
- 5 diamond pushups plus all listed above
- 6 jump squats plus all listed above
- 7 up/down planks plus all listed above
- 8 tricep dips plus all listed above
- 9 star jumps plus all listed above
- 10 speed skaters plus all listed above
- 11 situps/crunches plus all listed above
- 12 jumping jacks plus all listed above
- 13 mountain climbers plus all listed above
- 14 bicycle crunches plus all listed above

Now work your way back down (if you can)!

6. HIIT

40 seconds work, 20 seconds rest X 3 rounds 2 minutes rest between each round

- Jump squats
- Pushups
- Plank
- Burpees
- Jump lunges
- Walk out + 4 plank jacks

Finisher: Moby, Flowers - Planks

7. AMRAP

10 minutes

- 30 mason twists
- 20 elbow planks with leg lifts
- 10 towel double foot hops
- 10 lunges
- 10 pushups
- 10 180 degree, hip-switch hops

Rest 2 minutes

AMRAP

10 minutes

- 20 mountain climbers
- 5 burpees
- 10 single foot towel hops each foot
- 10 up-down planks
- 10 airplane arms
- 10 broad jumps

Finisher: AC/DC, Thunderstruck - Burpees

8. ROLL THE DICE

15-20 minutes

1. 5 tuck jump burpees
2. 10 pushups
3. 10 squat jacks
4. 5 double pushup tuck jump burpees
5. 1 minute plank
6. 10 reverse crunches

Finisher: Moby, Flowers - Burpees

9. PYRAMID

- 1 pushup, 1 situp, 1 burpee, 10 second plank
 - 2 pushup, 2 situp, 2 burpees, 20 second plank
- Continue in this manner up to 10, then back down to one
- Finisher: AC/DC, Thunderstruck - Pushups

10. REST OR YOGA

11. TABATA

20 seconds work, 10 seconds rest, 4 rounds, no breaks

- Plank jacks
- Up down planks
- Airplane arms
- Mountain climbers

Finisher: complete all no breaks

- 45 second plank
- 5 pushups
- 10 mountain climbers
- 10 low jump lunge (lowest lunge you can possibly do)
- 2 Tuck Jump Burpees
- 10 low jump lunge
- 10 mountain climbers
- 5 pushups
- 45 second plank

12. HIIT LEGS/CARDIO

40 seconds work, 20 seconds rest, 3 rounds, no breaks

- Wall sit
- Jump squat
- Split squat left leg
- Squat jacks
- Split squat right leg

Finisher: Moby - Flowers, Pushups

13. AMRAP

15-20 minutes

- 20 count high knees
- 10 pushups
- 10 situps
- 30 second plank
- 30 second right side plank
- 30 second left side plank
- 10 squats

Finisher: Moby, Flowers - Burpees

14. HIIT

50 seconds work, 10 seconds rest, 3 rounds, no breaks

- Bear crawls
- Plank
- Skater lunges
- Walkouts

WORKOUT COMPLETED ON (DATE)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____