**Total Body Personal Workouts**

**Day 1 (Complete Circuit 3 Times)**

Workout (Rest 1 min. between Circuits) Running

50 Jumping Jacks

20 Normal Width Pushups 16 – 100 meter sprints at 90%

20 Jump Squats

30 Situps

20 Narrow Width Pushups

20 Deep Squats

50 Jumping Jacks

**Day 2**

Workout

Dirty 30 – You need to do this on a space that gives you 50 yards to run.

Start on one side and do 30 Deep Squats. Sprint to the other side and do 29 Burpees. Sprints back to the other side and do 28 Deep Squats. Sprint back to the other side and do 27 Burpees. Continue until you get to 0.

**Day 3**

Workout (Complete Circuit 4 times) Running

(Rest interval between = 30 sec.)

50 Jumping Jacks Run 1.5 miles

40 Up-Downs

30 Jackknife situps

20 Narrow Width Pushups

10 Jump Squats

**Day 4**

Workout (Does not need to be all at once) Running

300 Pushups

300 Squats 30 – 50 meter sprints

300 Jumps

300 Situps