

ELEVATE98

TRAINING FACILITY

Warm Up- 8 Min

AMRAP

10 Deadbug.

15 Glute Bridge

10/10 Side Lunge.

Prime- 4 Rounds

5 Broad Jumps

10 KB Swing/DB Snatch

5 Rounds-

15 Squats- 5 normal, 5 Paused, 5 1 1/2.

45 Sec plank.

4 Rounds-

8/8 Elevated Goblet Split
Squat

10 Romanian Deadlift

Finisher-

4 Rounds for time:

10 Burpees

10 Goblet Squat

10 Squat Jumps



ELEVATE 98

TRAINING FACILITY

Warm Up- 8 Min AMRAP

45 Sec RKC Plank

10 Gorilla Squat

20 Calf Raise

Prime- 4 Rounds

10 Plyo Couch Press Ups

15 Butterfly Sit Ups

5 Rounds-

5 Eccentric Press Ups

5 Hand Release Press Ups

12 Single Arm Row each side/

4 Rounds-

10 Single Arm Glute Bridge

Floor Press each side.

12 High Pull

Finisher-8 Min

AMRAP

12 Jumps over weight.

20 Tall Plank Shoulder Taps

3 Single Arm Devils Press
each side.



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TRAINING FACILITY

Midweek Mash Up.

0-10 Minutes- AMRAP

10 Press Ups

15 Butterfly Sit Ups

20 Couch Dips

10-20 Minutes- 10 Min EMOM

Min 1- 12 Thrusters

Min 2- 8/10/12 Burpees

20-30 Minutes-

3 Rounds:

10 Squat Jumps

15 Swings/DB Snatch

20 Russian Twists

*In remainder of 10 min block complete as many squats as possible.



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TRAINING FACILITY

8 Min AMRAP

8/8 Single Leg Bridge

15 Hollow Rocks

12 Sumo Deadlift High Pull

20-15-10-5

Press Ups

Straight Leg Sit Ups

Band Pull Aparts

Banded Row

4 Rounds

12 Deadlifts- 2 sec pause at bottom

8/8 Single Arm Thrusters.

Ladder- 2,4,6,8....For 12

Mins

Floor Press

Lunges

Couch Dips



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TRAINING FACILITY

Freaky Friday

50-40-30-20-10

Squats

Couch Dips

Band Pull Aparts

25-20-15-10-5

Press Ups

Glute Bridge

Butterfly Sit Up

10-8-6-4-2

Devils Press

Burpees

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