

MAUD 2.23 V2

EXERCISE	REPS	FOCUS
TRX ATOMIC PUSHUPS	5	FULL ROM EACH REP
TRX PIKES	6	KEEP THE CORE ENGAGED
TRX BODY SAWS	7	KEEP THE CORE ENGAGED
WP RUSSIAN CRUNCH	8	COMBINING THE CRUNCH AND RUSSIAN TWIST
DB KNEELING SHOULDER PRESS	9	KEEP THE CORE BRACED FOR EACH REP
DB RENEGADE ROWS	10	PERFORM 10 PER ARM-ALTERNATING EACH REP
KB BULGARIAN SPLIT SQUATS	11	PERFORM 11 PER LEG FOR FULL ROM
DB HIGH STEP UPS	12	PERFORM 12 PER LEG-FOCUS ON LEG DRIVE & SPEED
FOREARM PLANK WITH CONE TOUCH	13	TOUCH THE CONE 13 REPS PER HAND-ALTERNATING EVERY REP
LATERAL SPEED SKATERS	14	14 REPS PER LEG-EXPLODE Laterally EACH REP
EXPLOSIVE WP PUSHOUT W/BOUND	15	BE EXPLOSIVE WITH BOTH HANDS AND FEET
BW FORWARD BOUNDS	16	LOAD AND EXPLODE EACH REP
DB HANG CLEAN & PRESS	17	USE AN AGGRESSIVE WEIGHT!
DB POWER SQUAT JUMPS	18	LOAD AND EXPLODE EVERY REP FOR POWER
MB POWER SLAMS	19	DRIVE THE BALL INTO THE GROUND
KB LATERAL WALKING SWINGS	20	TOTAL 20 SWINGS- 10 PER SIDE
DB WALKING LUNGE WITH SHOULDER PRESS	23	PRESS THE DB AT THE BOTTOM OF THE LUNGE

HOW TO DO IT:

Set your interval timer for 22 minutes and 30 seconds. Perform each exercise for the reps listed. The goal is to finish the workout within 22 minutes and 30 seconds.

BBL= Barbell **BW**= Bodyweight **DB**= Dumbbell **DL**= Double Leg **FR**= Foam Roller **HR**= Hand Release **KB**= Kettlebell **ROM**=Range of Motion **SB**= Strength Band **SL**= Single Leg **SS**= Super Set (one exercise immediate followed by another) **WP**= Weight Plate