

Coach Cass Workouts

November Workout Plan				
	Cardio	Abs	Arms	Legs
Monday	5 sets of 2min sprinting intervals (try and take your self all the way up to 7.5 or higher) 1 min break in between (if no treamill or track avail. Do jumping jack intervals)	4 sets of 25: 25 v-ups, 25crunches, 25 situps, 25 reverse crunches	bicep curls (3 sets of 12)/ tricep kickbacks or pull downs 3 sets of 12)	2 sets of 20 leg lifts on your back- 1 straight leg up down open, 1 set alternate legs, 2 sets of 15 squats and 15 lunges
Tuesday	5 min of drills- jumping jacks 60 sec, mountain climbers 60 seconds, high knees 60 seconds, fast running place 60 seconds, 60 second Burpees	50 regular crunches 25 situps. 30 sec Plank	4 sets 25 pushups (regular or modified remebmer to bend those arms all the way & keep butt down)	2 sets of 25 walking lunges 3 sets of 12 leg press
Wednesday	5 sets of 2min sprinting intervals (try and take your self all the way up to 7.5 or higher) 1 min break in between (if no treamill or track avail. Do jumping jack intervals)	4 sets of 25: 25 v-ups, 25crunches, 25 situps, 25 reverse crunches	3 sets or 12 seated rows with resistance band or on machine and or 3 sets of 10 pullups	2 sets of 20 leg lifts on your back- 1 straight leg up down open, 1 set alternate legs, 2 sets of 15 squats and 15 lunges
Thursday	5 min of drills- jumping jacks 60 sec, mountain climbers 60 seconds, high knees 60 seconds, fast legs 60 seconds, 60 seconds burpees	50 regular crunches and 25 situps	chest press machine or free weight (3 sets of 12)/ tricep kickbacks or pull downs (two sets of 12)	2 sets of 25 jump squats 4 sets of 1 min wall squat sits
Friday	5 sets of 2min sprinting intervals (try and take your self all the way up to 7.5 or higher) 1 min break in between (if no treamill or track avail. Do jumping jack intervals)	4 sets of 25: 25 v-ups, 25crunches, 25 situps, 25 reverse crunches	4 sets 25 pushups (remebmer to bend those arms all the way down)	2 sets of 20 leg lifts on your back- 1 straight leg up down open, 1 set alternate legs, 2 sets of 15 squats and 15 lunges
Saturday	5 min of drills- jumping jacks 60 sec, mountain climbers 60 seconds, high knees 60 seconds, fast legs 60 seconds, 60 second burpees	50 regular crunches and 25 situps	2 sets or 12 seated rows with resistance band or on machine	2 sets of 25 walking lunges 3 sets of 12 leg press
Sunday (REST)				