

February 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Wall Ball
2 Wall Ball	3 Burpees 3 x 15 Push Ups 3 x 15 Crunches 3 x 25 Squats 3 x 15 Suicide Runs x 3	4 Wall Ball	5 Jump Rope 2 x 1 minute Burpees 3 x 20 Crunches 3 x 25 Squats 3 x 15 10yd Sprints x 15	6 Wall Ball	7 Jump Rope 3 x 1 minute Push Ups 3 x 20 Crunches 3 x 25 Squats 3 x 15 Russian Twists with Stick 2 x 10 30yd Sprints x 15	8 Wall Ball
9 Wall Ball	10 Jump Rope 3 x 1 minute Push Ups 3 x 20 Crunches 3 x 25 Squats 3 x 15 Russian Twists with Stick 2 x 10 10 yd Sprints x 15	11 Wall Ball	12 Burpees 3 x 15 Squats 3 x 15 Squat Jumps 2 x 20 Crunches 3 x 25 Walking Lunges 3 x 10 Suicide Runs x 3	13 Wall Ball	14 Jump Rope 3 x 1 minute Push Ups 4 x 15 Russian Twists w/ stick 3 x 15 Crunches 4 x 15 Squat Jumps 3 x 15 20yd Sprints x 15	15 Wall Ball
16 Wall Ball	17 Jump Rope 3 x 1 minute Push Ups 4 x 15 Russian Twists w/ stick 3 x 15 Crunches 4 x 15 Squat Jumps 3 x 15 20yd Sprints x 15	18 Wall Ball	19 Burpees 4 x 10 Body Squats 4 x 10 Walking Lunges 4 x 10 Crunches 4 x 10 1/2 gassers x 6	20 Wall Ball	21 Jump Rope 4 x 1 minute Squats 4 x 10 Squat Jumps 4 x 10 Push Ups 4 x 15 10yd Sprints x 20	22 Wall Ball
23 Wall Ball	24 Jump Rope x 4 x 1 minute Squats 4 x 10 Squat Jumps 4 x 10 Push Ups 4 x 15 10yd Sprints x 20	25 Wall Ball	26 Burpees 4 x 10 Push Ups 4 x 15 Jump Rope x 4 x 1 min Crunches Suicide Runs	27 Wall Ball	28 Jump Rope x 4 x 1 minute Squats 4 x 10 Squat Jumps 4 x 10 Push Ups 4 x 15 10yd Sprints x 20	1 Wall Ball