



Breaking Muscle

CIRCUIT AND INTERVAL - TOTAL BODY

BODY WT. ONLY - RUN / MOVE	IMPLEMENT - RUN / MOVE	IMPLEMENT - STATIONARY
Agility run	Any cardio machine	Kneel to stand to kneel + OHP + BOR
Anything Tabata	Bar walking lunge	Kneel to stand to kneel w/wt. overhead
Bear crawl	Board/plate/towel push	Lunge + bent-over row + overhead press
Boxing/punching	Car push	Medicine ball ground chops + overhead
Broad jump	Chain drag	OHP in lunge position
Burpee + long jump	D.B. burpee with overhead press + squat	OHP in squat position
Burpees (push up + jump)	Dumbbell stair climb	Overhead squat
Burpees + chin up	Dumbbell walking lunge	Reverse wall sit
Cone jumps	Farmer's walk	Squat + overhead press
Crab walk	Manual labor	Squat + overhead press + bent-over row
Dummy jumps	Mat drag	Weight plate circuit: FR+BC+TRI+UR+
Frogs hops	Mat roll & carry	OHP + BOR + LNG + SQT
Gator walk	Medicine ball get up and throw	Wt. squat + curl + overhead press
Hill run	Overhead run	
Jump outs	Sand bag carry	
Jump rope	Sand bag stair climb	
Jumping jacks	Sand bag walking lunge	
Mountain climbers	Sled drag	
Run in place	Sled pull	
Run with burpee or squat thrust	Sledge hammer on tire	
Scald the dog	Tire flip	
Shuttle run	Tire carry	
Side-to-side shuffle	Walking lunge w/overhead press	
Split jumps	Walking lunge with medicine ball touch	
Squat thrust (no push + jump)	Weighted hill climb	
Squat thrust + chin up	Weighted overhead press & walk	
Squat thrust + long jump	Wt. vest stair climb	
Stair run	Wt. vest walking lunge	
Tuck jumps		
Walking lunges + push ups		