

# December UTA P

| Monday  | Tuesday   | Wednesday  | Thursday   |
|---|---|--|--|
| 7   | 8   | 9  | 10   |
| WUSU: 30 Sec Plank<br>R&R   | WUSU: 40 sec plank, 1 min push, 1 min sit<br>Aces Paces 0.5: Squats & Side Leg Raises                     | WUSU: 50 sec plank, 2 min sit<br>Interval Run: 1 on, 2 off for 30 mins       | WUSU: 1 min plank, 1 min push, 1 min sit<br>Aces Paces 8.0: Elevated push up hold & toe touch kick backs |
| 14  | 15  | 16   | 17   |
| WUSU: 1:40 plank, 2 min sit<br>Aces Paces 6.0: Bicep Curls & Overhead Press                           | WUSU: 1:50 plank, 1 min push, 1 min sit<br>Leg Circuits: Box Jumps, Sumo squats, jump lunges, calf raises | WUSU: 2 min plank, 2 min sit<br>Choice Cross Cardio & Darebee Abs            | WUSU: 2:10 plank, 1 min push, 1 min sit<br>40 min run  |
| 21  | 22  | 23   | 24   |
| WUSU: 2:50 plank, 2 min sit<br>Ab Circuits: 2:00 / 1:00 / 0:30: Flutter, Windshield, Crunchy, Bicycle | WUSU: 3 min plank, 1 min push, 1 min sit<br>Interval Run: 2 on 1 off / 45 mins                            | WUSU: 3:10 plank<br>R&R  | WUSU: 3:20 plank, 2 min sit<br>Aces Paces 8.0: Hand release & Skull crushers                             |
| 28-Nov  | 29-Nov  | 30-Nov   | 1-Dec  |
| WUSU: 4 min plank<br>R&R  | WUSU: 4:10 plank, 2 min sit<br>Four Face Fury: Burpees, Jumping Jacks, Slalom Climbers, Run               | WUSU: 4:20 plank, 1 min push, 1 min sit<br>Choice Cross Cardio & Darebee Abs | WUSU: 4:30 plank, 2 min sit<br>45 min run  |

# rep

| Friday  | Saturday  | Sunday  |
|---|---|---|
| 11  | 12  | 13  |
| WUSU: 1:10 plank, 2 min sit<br>Choice Cross Cardio<br>Abs Circuit: Flutter, Oblique, Crunchy  | WUSU: 1:20 plank<br>R&R   | WUSU: 1:30 plank, 1 min push, 1 min sit<br>Track: Straight Away Sprints / 6 laps                  |
| 18  | 19  | 20  |
| WUSU: 2:20 plank<br>R&R   | WUSU: 2:30 plank, 2 min sit<br>10K                                  | WUSU: 2:40 plank, 1 min push, 1 min sit<br>Suit Camp: Arm circles all directions / Jokers Jog 1.0 |
| 25  | 26  | 27  |
| WUSU: 3:30 plank, 1 min push, 1 min sit<br>Choice Cross Cardio & Leg Circuits: Squats, Side Leg Raises, Toe touch kick backs, Hip openers | WUSU: 3:40 plank, 2 min sit<br>Track Straight Away Sprints / 8 laps | WUSU: 3:50 plank, 1 min push, 1 min sit<br>Aces Paces 6.0: Bicep Curls & Overhead Press           |
| 2   | 3   | 4   |

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