

# ALAC'S 14 DAY

# challenge

## ABT



| DAY | COMPLETE 5 ROUNDS WITH 45 SEC REST BETWEEN ROUNDS |        |                        |        | DAY |
|-----|---|--------|------------------------|--------|-----|
| 1   | SINGLE LEG LIFT                                   | x10    | SUMO SQUAT             | x15    | 8   |
|     | BICYCLE CRUNCHES                                  | x10    | SAME LEG LUNGES        | x15    |     |
|     | TOE TOUCH   | x10    | HIP THRUST + 1/4       | x15    |     |
|     | MOUNTAIN CLIMBERS                                 | x30sec | JUMP SQUAT             | x45sec |     |
|     | PLANK   | x30sec | WALL-SIT               | x45sec |     |
| 2   | SUMO SQUAT  | x10    | DOUBLE LEG + HIP LIFT  | x15    | 9   |
|     | ALT. LUNGES                                       | x10    | SPRINTER CRUNCHES      | x15    |     |
|     | HIP THRUST  | x10    | S/S/D TOE TOUCH        | x15    |     |
|     | JUMP SQUAT  | x30sec | MOUNTAIN CLIMBERS      | x45sec |     |
|     | WALL-SIT  | x30sec | PLANK                  | x45sec |     |
| 3   | SINGLE LEG LIFT                                   | x10    | SUMO SQUAT + 1/4       | x15    | 10  |
|     | BICYCLE CRUNCHES                                  | x10    | SPLIT SQUATS           | x15    |     |
|     | S/S/D TOE TOUCH                                   | x10    | SINGLE LEG HIP THRUST  | x10    |     |
|     | MOUNTAIN CLIMBERS                                 | x30sec | SQUAT JUMPS            | x45sec |     |
|     | PLANK   | x30sec | WALL-SIT               | x45sec |     |
| 4   | SUMO SQUAT  | x10    | DOUBLE LEG + HIP LIFT  | x20    | 11  |
|     | ALT. LUNGES                                       | x10    | SPRINTER CRUNCHES      | x20    |     |
|     | HIP THRUST + 1/4                                  | x10    | S/S/D TOE TOUCH        | x20    |     |
|     | SQUAT JUMP  | x30sec | X-BODY MTN. CLIMBER    | x60sec |     |
|     | WALL-SIT  | x30sec | PLANK                  | x60sec |     |
| 5   | DOUBLE LEG LIFT                                   | x10    | SUMO SQUAT + 1/4       | x20    | 12  |
|     | BICYCLE CRUNCHES                                  | x10    | SPLIT SQUAT            | x20    |     |
|     | S/S/D TOE TOUCH                                   | x10    | SINGLE LEG HIP THRUST  | x20    |     |
|     | MOUNTAIN CLIMBERS                                 | x30sec | ALT. STANCE JUMP SQUAT | x60sec |     |
|     | PLANK   | x30sec | WALL-SIT               | x60sec |     |
| 6   | SUMO SQUAT  | x15    | DOUBLE LEG + HIP LIFT  | x20    | 13  |
|     | SAME SIDE LUNGE                                   | x15    | SPRINTER CRUNCHES      | x20    |     |
|     | HIP THRUST + 1/4                                  | x15    | S/S/D TOE TOUCH        | x20    |     |
|     | SQUAT JUMP  | x45sec | X-BODY MTN. CLIMBER    | x60sec |     |
|     | WALL-SIT  | x45sec | PLANK                  | x60sec |     |
| 7   | DOUBLE LEG LIFT                                   | x15    | SUMO SQUAT + 1/4       | x20    | 14  |
|     | BICYCLE CRUNCHES                                  | x15    | SPLIT SQUAT            | x20    |     |
|     | S/S/D TOE TOUCH                                   | x15    | SINGLE LEG HIP THRUST  | x20    |     |
|     | MOUNTAIN CLIMBERS                                 | x45sec | ALT. STANCE JUMP SQUAT | x60sec |     |
|     | PLANK   | x45sec | WALL-SIT               | x60sec |     |