



CALISHREDICS

WORKOUT

PLAYBOOK

www.workoutad.com

Before you start using this program, I encourage you to take a photo of your present body and when you finish the program, take another photo of your transformation and send it to

Austin@Workoutad.com



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AD Workout LLC

WORKOUT A1

UPPER BODY LOWER INTENSITY

WARMUP PHASE

- 15 Jumping Jacks
- 30 Seconds High Knees
- 30 Seconds Butt Taps
- 10 Shoulders Rotations Front
- 10 Shoulder Rotations Back

STRENGTH + CARDIO PHASE

*(3 Rounds*20 Sec. Rest Between Rounds*)*

20 Jump Ropes + 10 Pushups

Rest 45 Sec.

30 Sec. Plank + 30 Sec. High Pushup Hold + 10 Sec. Low Pushup Hold

Rest 1 Minute

*(3 Rounds *30 Sec. Rest Between Rounds*)*

10 Half Burpees + 10 Jumping Jacks

Rest 45 Sec.

30 Second Plank + 20 Second Superman Hold

Rest 1 Minute

30 Sec. High Knees

30 Sec. Mountain Climbers

15 Sec. High Pushup Hold

Rest 1 Minute

15-20 Minutes LISS Cardio



Recommended Tips:

Include 3 Sets of Pullups at the end If you can! Stretch after every training session.

END Workout

WORKOUT A2

UPPER BODY HIGH INTENSITY

WARMUP PHASE

- 20 Jumping Jacks
- 30 Seconds High Knees
- 30 Seconds Butt Taps
- 10 Shoulders Rotations Front
- 10 Shoulder Rotations Back

STRENGTH PHASE

*(3 Sets *2 Min. Rest Between. Each set*)*

8-12 Pike Pushups

Rest 1 Minute 30 Seconds

HIIT + STRENGTH PHASE

*(3 Rounds *45 Sec. Rest Between Rounds*)*

10 One Leg Explosive Burpees
(5 Each side) + 30 Sec. Mountain Climbers

Rest 1 Minute

*(3 Rounds*1 Min. Rest Between Rounds*)*

10 Plyo Pushups + 20 Double Unders

Rest 1 Minute

*(3 Rounds*1 Min. rest Between Rounds*)*

10 Arm Hollers + 5 Seconds Super Man Hold

Rest 1 Minute

High Knees 10 Seconds + Burpee Combo 5
Reps

100 Jump Ropes



Recommended Tips:

Include 3 Sets of Pullups at the end If you can! Stretch after every training session.

END Workout

WORKOUT B1

LOWER BODY LOWER INTENSITY

WARMUP PHASE

- 30 Seconds High Knees
- 30 Seconds Butt Taps
- 20 Bodyweight Squats

STRENGTH + CARDIO PHASE

*(3 Rounds *Rest 1 Minute Between Rounds*)*

- 10 Lunges + 10 Half Burpees
- Rest 1 Minute*

*(3 Rounds *Rest 45 Sec. Between Rounds*)*

- 20 Sec. Jumping Lunges + 20 Sec. Air Sit
- Rest 1 Minute*
- 15 Fire Hydrants Each Leg
- 10 In Out Squats
- High Knees 30 Sec.
- 10 Slow Squats
- 15-20 Minutes LISS Cardio

End Workout



Recommended Tips:

Stretch after every training session.

WORKOUT B2

LOWER BODY HIGH INTENSITY

WARMUP PHASE

- 30 Seconds High Knees
- 30 Seconds Butt Taps
- 20 Bodyweight Squats

STRENGTH PHASE

- (3 Sets *2 Min. Rest Between. Each set*)*
- 5 Assisted Pistol Squats Each Leg 3 Sets
- Rest 1 Minute. 30 Seconds*

HIIT + STRENGTH PHASE

- (3 Rounds *Rest 1 Minute Between Rounds*)*
- 10 Jumping Lunges + 10 Explosive Squats
- Rest 1 Minute*
- 10 Knee to Explosive Squat Jumps
- Rest 1 Minute*

- (2 Rounds *Rest 45 Sec. Between Rounds*)*
- 10 Single Leg Glute Bridge + 10 Fire Hydrants
- Rest 1 Minute*
- 30 Seconds Jumping Lunges
- Rest 1 Minute*
- 100 Single Leg Jump Rope (Each Leg)

End Workout



Recommended Tips:

Stretch after every training session.

WORKOUT C1

FULL BODY LOWER INTENSITY

WARMUP PHASE

- 20 Jumping Jacks
- 10 Shoulder Rotations Front & Back

STRENGTH + CARDIO PHASE

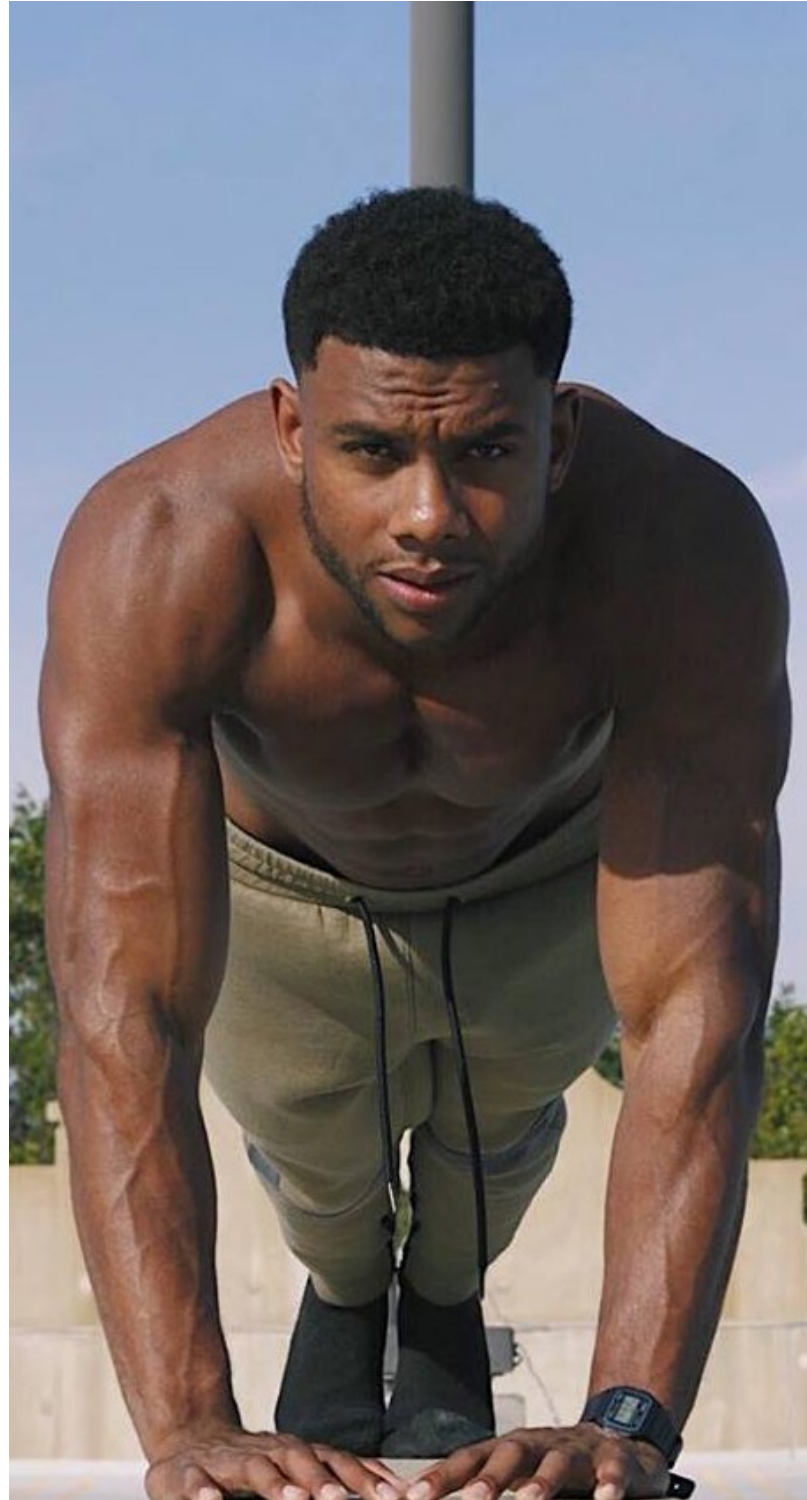
*(3 Rounds *Rest 45 Sec. Between Rounds*)*

- 5 Burpees + 15 (4 Count) Flutter Kicks
- Rest 1 Minute*
- 5 Lunges each Leg + 20 Bodyweight Squats
- Rest 30 Seconds*
- 10 Pushups
- 30 Sec. One Leg Plank (Right)
- Rest 1 Minute*
- 10 Pushup
- One Leg Plank (Left)
- Rest 1 Minute*
- 10 Burpees
- 30 Sec. High Knees

End Workout

Recommended Tips:

*End the Workout with a 5-10 Min. Brisk Walk
Stretch after every training session.*



WORKOUT C2

FULL BODY HIGH INTENSITY

WARMUP PHASE

- 20 Jumping Jacks
- 30 Seconds High Knees
- 30 Seconds Butt Taps
- 10 Shoulders Rotations Front
- 10 Shoulder Rotations Back

Full Body Ladder (STRENGTH + HIIT)

*(3 Rounds *Rest 45 Sec. Between Rounds*)*

15-10-5 Burpees + 15-10-5 Jumping Lunges (Superset)

Rest 1 Minute

*(3 Rounds *Rest 1 Min. Between Rounds*)*

15 Sec. Mountain Climbers + 10 Pushups + 15 (4 Count) Flutter Kicks

Rest 1 Minute

10 One Leg Glute Bridges (Each Leg) + 15 Burpees

30 Sec. High Knees



End Workout

Recommended Tips:

- Include 3 Sets of Pullups at the end if you can!*
- For MAXIMUM Fat Burning Include 3-5 Rounds of Sprint Intervals. (Sprint 10-15 Sec. Rest 45 sec. – 1 Min.)*
- Stretch after every training session.*

BONUS WORKOUT D**CORE CRUSHER****Beginner:**

1 Round

Intermediate/Adv:

2-3 Rounds

(Rest 2 minutes between rounds)

NO REST UNLESS STATED

20 Sec. Bicycles Crunches

20 Sec. Plank Hold

10 Plank Hip Taps

Rest 1 Minute

10 Leg Raises

10 Scissor Kicks

30 Sec. 6 Inch Hold

Rest 1 Minute

10 Floor Wipers

20 Sec. Bicycle Crunches

End Workout



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