

Bodyweight

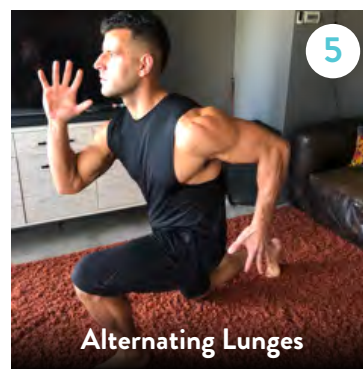
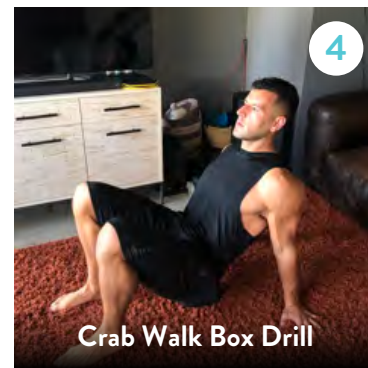
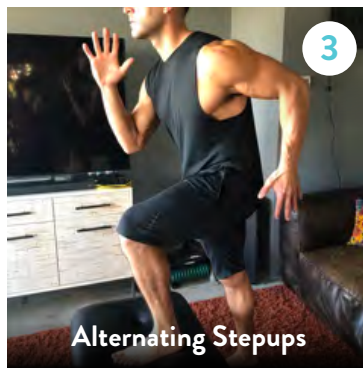
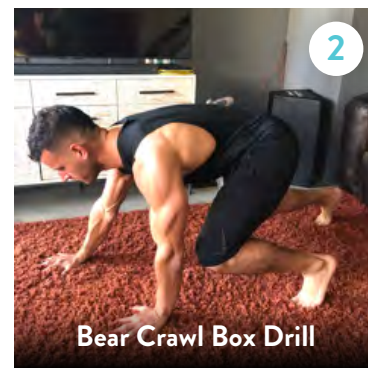
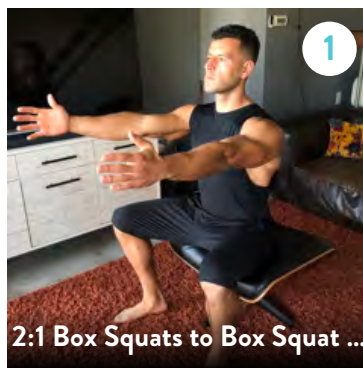
Perform each move for 2 minutes of work with little to no rest between moves:

Do up to 3 total rounds for a 30-minute workout.

Exercise Time Rest

| | | | |
|---|----------------------------------|----|----|
| 1 | 2:1 Box Squats to Box Squat Jump | 2m | 0s |
| 2 | Bear Crawl Box Drill | 2m | 0s |
| 3 | Alternating Stepups | 2m | 0s |
| 4 | Crab Walk Box Drill | 2m | 0s |
| 5 | Alternating Lunges | 2m | 0s |

1 Round = 10 Minutes. Repeat **3x**



See this workout at:

<https://thedailybj.vhx.tv/january-2019-workouts/videos/workout-1-january-2019>

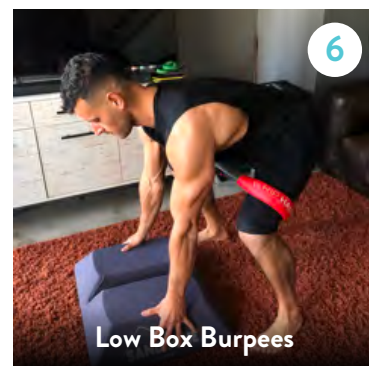
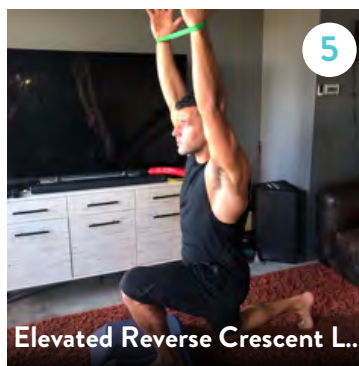
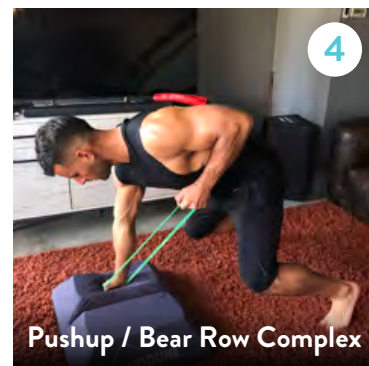
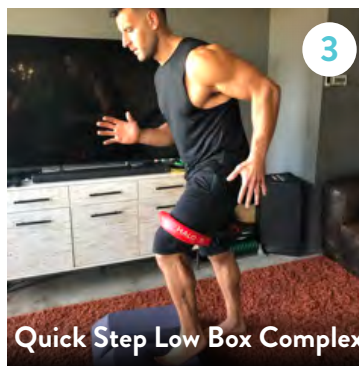
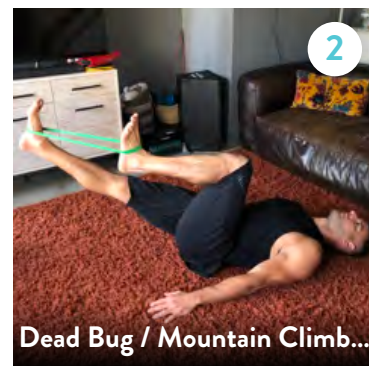
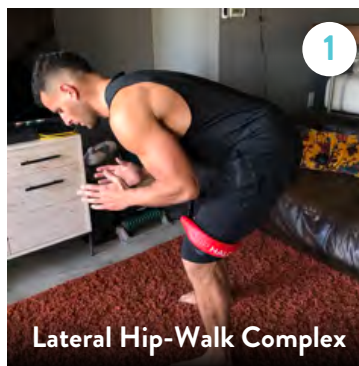
Mini-Band & Low Box

Perform each move for 2 minutes of work with 30 seconds of rest between moves:

Do up to 2 total rounds for a 30-minute workout.

| | Exercise | Time | Rest |
|---|--|------|------|
| 1 | Lateral Hip-Walk Complex <i>60 seconds each</i> | 2m | 30s |
| 2 | Dead Bug / Mountain Climber Complex <i>60 seconds each</i> | 2m | 30s |
| 3 | Quick Step Low Box Complex <i>60 seconds each</i> | 2m | 30s |
| 4 | Pushup / Bear Row Complex <i>60 seconds each</i> | 2m | 30s |
| 5 | Elevated Reverse Crescent Lunges <i>60 seconds / side</i> | 2m | 30s |
| 6 | Low Box Burpees | 2m | 30s |

1 Round = 15 Minutes. Repeat **2x**



See this workout at:

<https://thedailybj.vhx.tv/january-2019-workouts/videos/workout-2-january-2019>

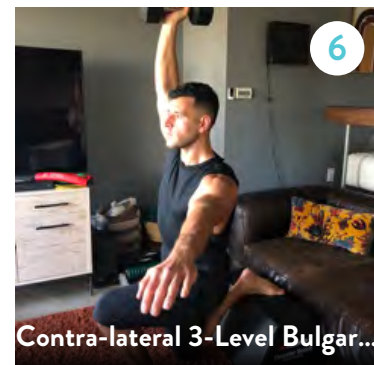
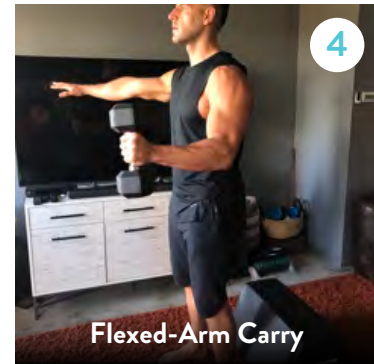
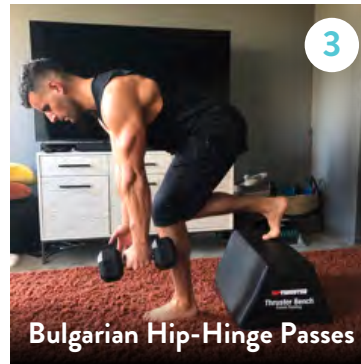
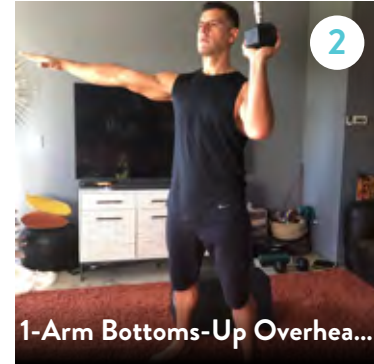
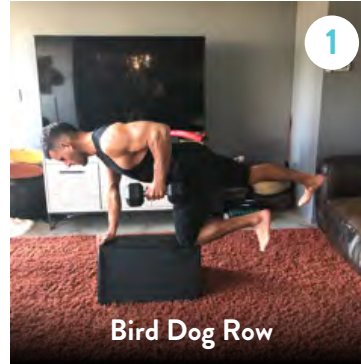
Single Dumbbell

Perform each move for 2 minutes of work with 30 seconds of rest between moves:

Do up to 2 total rounds for a 30-minute workout.

| | Exercise | Time | Rest |
|---|---|------|------|
| 1 | Bird Dog Row <i>60 seconds / side</i> | 2m | 30s |
| 2 | 1-Arm Bottoms-Up Overhead Press <i>60 seconds / side</i> | 2m | 30s |
| 3 | Bulgarian Hip-Hinge Passes <i>60 seconds / side</i> | 2m | 30s |
| 4 | Flexed-Arm Carry <i>60 seconds / side</i> | 2m | 30s |
| 5 | Ipsi-lateral 3-Level Bulgarian Split Squat <i>60 seconds / side</i> | 2m | 30s |
| 6 | Contra-lateral 3-Level Bulgarian Split Squat <i>60 seconds / side</i> | 2m | 30s |

1 Round = 15 Minutes. Repeat **2x**



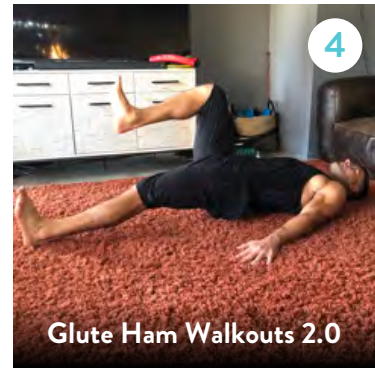
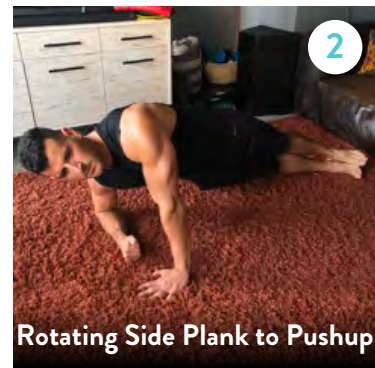
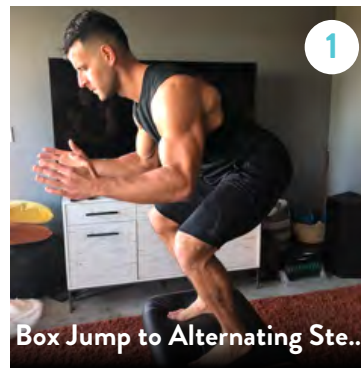
See this workout at:

<https://thedailybj.vhx.tv/january-2019-workouts/videos/workout-3-january-2019>

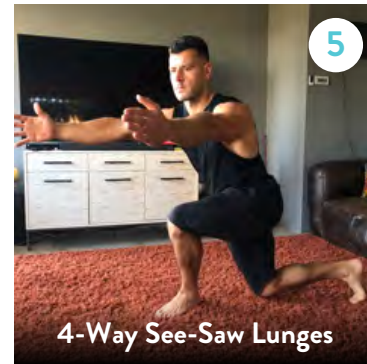
Bodyweight

Perform each move for 2 minutes of work with little to no rest between moves:

Do up to 3 total rounds for a 30-minute workout.



| | Exercise | Time | Rest |
|---|--|------|------|
| 1 | Box Jump to Alternating Stepdown | 2m | 0s |
| 2 | Rotating Side Plank to Pushup | 2m | 0s |
| 3 | X-Over Stepups <i>60 seconds / side</i> | 2m | 0s |
| 4 | Glute Ham Walkouts 2.0 <i>60 seconds/ side</i> | 2m | 0s |
| 5 | 4-Way See-Saw Lunges <i>60 seconds / side</i> | 2m | 0s |



1 Round = 10 Minutes. Repeat **3x**

See this workout at:

<https://thedailybj.vhx.tv/january-2019-workouts/videos/workout-4-january-2019>

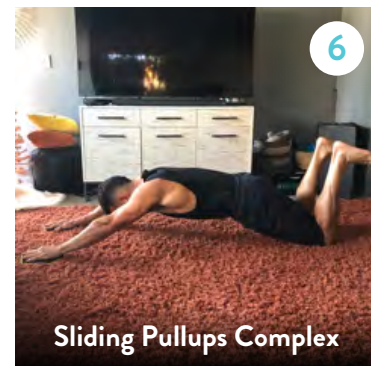
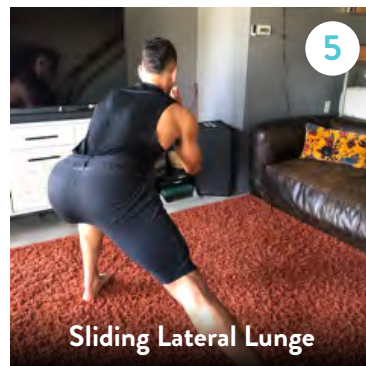
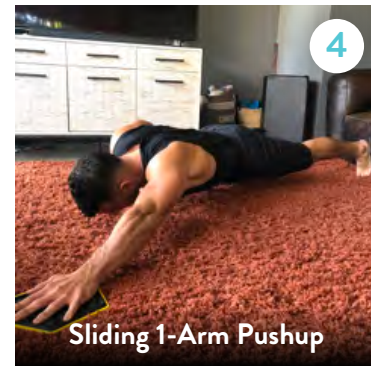
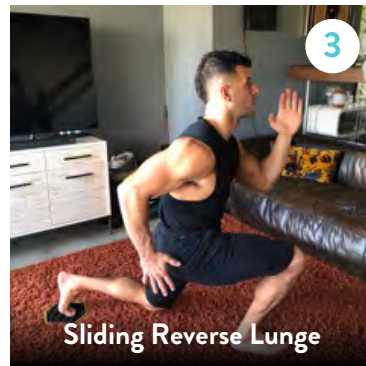
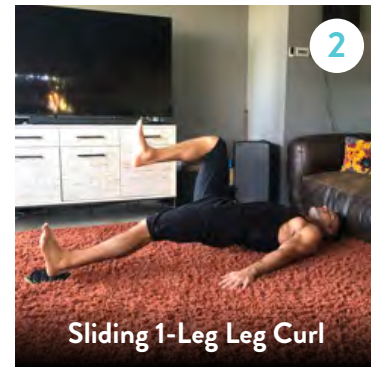
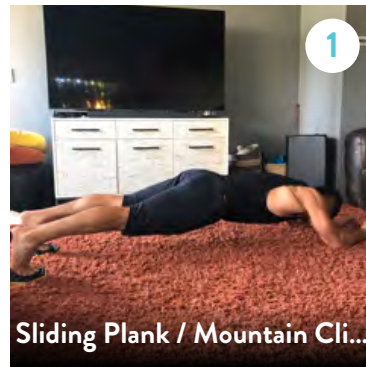
Sliders

Perform each move for 2 minutes of work with 30 seconds of rest between moves:

Do up to 2 total rounds for a 30-minute workout.

| | Exercise | Time | Rest |
|---|--|------|------|
| 1 | Sliding Plank / Mountain Climbers Complex <i>60 seconds each</i> | 2m | 30s |
| 2 | Sliding 1-Leg Leg Curl <i>60 seconds / side</i> | 2m | 30s |
| 3 | Sliding Reverse Lunge <i>60 seconds / side</i> | 2m | 30s |
| 4 | Sliding 1-Arm Pushup <i>60 seconds / side</i> | 2m | 30s |
| 5 | Sliding Lateral Lunge <i>60 seconds / side</i> | 2m | 30s |
| 6 | Sliding Pullups Complex <i>60 seconds each</i> | 2m | 30s |

1 Round = 15 Minutes. Repeat **2x**



See this workout at:

<https://thedailybj.vhx.tv/january-2019-workouts/videos/workout-5-january-2019>

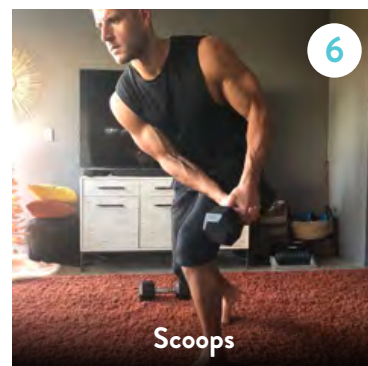
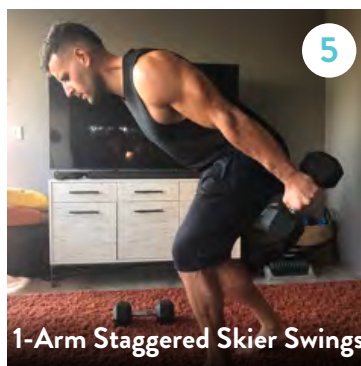
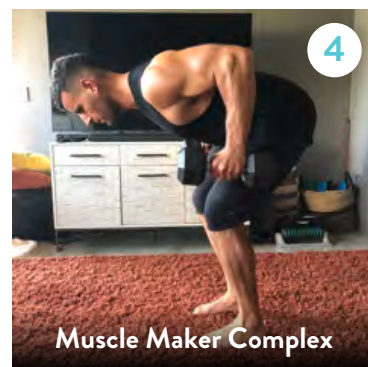
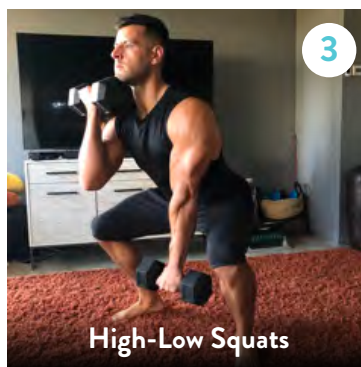
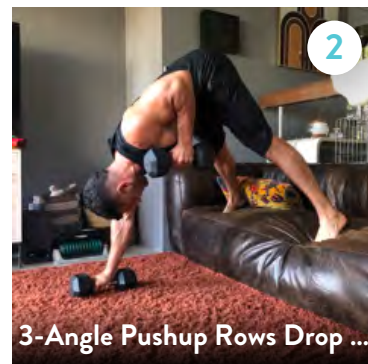
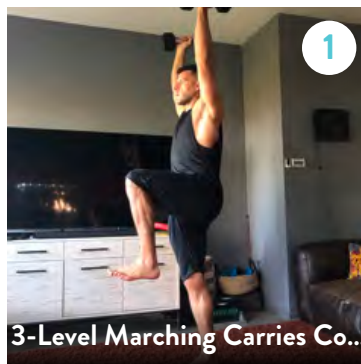
Double Dumbbells

Perform each move for 2 minutes of work with 30 seconds of rest between moves:

Do up to 2 total rounds for a 30-minute workout.

| | Exercise | Time | Rest |
|---|--|------|------|
| 1 | 3-Level Marching Carries Complex <i>40 seconds / level</i> | 2m | 30s |
| 2 | 3-Angle Pushup Rows Drop Set <i>40 seconds / angle</i> | 2m | 30s |
| 3 | High-Low Squats <i>60 seconds / side</i> | 2m | 30s |
| 4 | Muscle Maker Complex <i>Row to Curl to Press to Ext.</i> | 2m | 30s |
| 5 | 1-Arm Staggered Skier Swings <i>60 seconds / side</i> | 2m | 30s |
| 6 | Scoops <i>60 seconds / side</i> | 2m | 30s |

1 Round = 15 Minutes. Repeat **2x**



See this workout at:

<https://thedayby.vhx.tv/january-2019-workouts/videos/workout-6-january-2019>