



This is an intermediate level workout plan that consists of eight exercises, so you'll want to plan on doing this at least twice in the context of one workout.

It doesn't require any equipment, just a place to perspire!

Go get 'em!

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### **Burpees** – it's almost not an LCF workout without Burpees

- Start standing up
- Crouch down (1)
- Kick your feet out behind you so you're now in the plank position (3)
- Do a pushup by bending your elbows and bringing your nose to the ground (4)
- Come up into a plank position (5)
- Do a pushup – go down (6)
- Come up into a plank position (7)
- Bring your knees to your chest (8)
- Jump up into the air (9)
- Land on your feet (10). That's 1!

### **Hand to Knee** – I don't like this one, but that's why I like it!

- Start standing up, jump up and bring your knees to your hands. Try to bring your knees up to belt level (1)
- Land on both feet (2)
- Jump up again and hit your knees with your hands (3)
- Land on both feet (4) That's 1!

### **Marching Pushups** – be sure to check out the video if you have any questions

- Start in a plank position, like you're preparing to do a pushup
- Bring your left knee up to your chest (1)
- as you move your left knee back to its original position, bring your right knee up to your chest.
- Return your right knee to its starting point and bring your left knee back up to your chest (2)
- Once again, move your left knee back and bring your right knee up to your chest
- Return your right knee to its starting point and bring your left knee back up to your chest (3)





- Now do a push up, go down and as you come back up you'll hear "4!" That's one repetition!

**Gorillas** – your quads will ache after this one!

- Stand with your feet a little over shoulder width apart, bend at the waist and touch the floor with both feet
- Jump to the left, touch the floor with both hands (1)
- Jump forward, touch the floor with both hands (2)
- Jump to the right, touch the floor with both hands (3)
- Jump backwards and...touch the floor with both hands (4). That's 1!

**Jumping Jack Pushups** – you're spreading your knees every time you come down on this pushup

- Start in plank position, go down by bending your elbows and bring your nose to the ground. Spread your knees apart as you go down (1)
- Come back up to plank position, bring knees together (2)
- Go down and spread your knees apart (3)
- Come back up, bring your knees together (4). That's 1!

**Chorus Line** – hands behind your head, kicking your legs in the air like a chorus girl!

- Start standing up with hands interlocked behind your head
- Kick your right foot into the air at least as high as your belt (1)
- Kick your left foot into the air (2)
- Kick your right foot in the air (3)
- Kick your left foot in the air (4). That's 1!

**Marine Corps Pushups** – USMC, baby!

- Start in plank position, go down by bending your elbows and bring your nose to the ground (1)
- Explode up and clap your hands while in the air (2). That's 1!

**Iron Mikes** – great exercise for your quads! Check out the video if you have questions!

- Start by standing upright with your hands interlocked behind your head.
- Step forward with your left foot and touch your right knee to the ground (1)
- Explode up and get some air (2)
- When you land, you will have switched your legs so you're now stepping forward with your right leg and touching your left knee to the ground (3)
- Explode up and switch your legs. That's 1!

