CREW FIT Training

Week	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
1	Rest Day	**Cardio** (30 min)		**Weights Routine** Week 1 & 3		**Cardio** Stair **Interval**	**Hike** w/ weighted pack; 3-7 miles
2			**Cardio** (30 min.)		**Weights Routine** Week 2 & 4		**Hike** w/ weighted pack; 3-7 miles
3		**Cardio** (30 min)		**Weights Routine** Week 1 & 3		**Cardio** Walking **Interval**	**Hike** w/ weighted pack; 3-7 miles
4			**Cardio** (30 min.)		**Weights Routine** Week 2 & 4		**Hike** w/ weighted pack; 3-7 miles
5		**Cardio** (40 min)		**Weights Routine** Week 5 & 7		**Cardio** Stair **Interval**	**Hike** w/ weighted pack; 6-10 miles.
6			**Cardio** (40 min.)		**Weights Routine** Week 6 & 8		**Hike** w/ weighted pack; 6-10 miles.
7		**Cardio** (40 min)		**Weights Routine Week** 5 & 7		**Cardio** Walking **Interval**	**Hike** w/ weighted pack; 6-10 miles.
8			**Cardio** (40 min.)		**Weights Routine** Week 6 & 8		**Hike** w/ weighted pack; 6-10 miles

Cardio:
Running, biking, elliptical, or fast walking

Cardio Stair **Interval:**
10 min. stairs (comprised of 2 min. stairs; 30 sec. break)
10 min. of abs/core (comprised of 1 min. for each exercise, 30 sec. break between each) mountain climber, crunches, plank, boat pose, push-ups, army crawl, 6-inch leg raise
10 min. stairs (2 min. stairs; 30 sec. break)

Cardio Walking **Interval:**
5 min. fast walking, 1 min. push-ups, 5 min. fast walking
10 min. of abs/core (comprised of 1 min. for each exercise, 30 sec. break between each) crisscross abs, high or low plank, superman, sit-ups, oblique crunches, plank
5 min. fast walking, 1 min. push-ups, 5 min. fast walking

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Weight Routine, Week 1 and 3:

(See the video) **30 min. total**

Warm-up, 2 minutes
Squats 12 reps
Jumping Jacks 2 minutes
(20 sec. activity, 20 sec. break)
Woodchop 12 reps
Abs – Mountain Climbers 2 minutes (20 sec. activity, 20 sec. break)
Lat Raises 12 reps
Jumping Jacks 2 minutes
(20 sec. activity, 20 sec. break)
Dead Lifts with Row 12 reps
Abs – Army Crawl 2 minutes
(20 sec. activity, 20 sec. break)
Bent Over Deltoid Raises 12 reps
Jumping Jacks 2 minutes
(20 sec. activity, 20 sec. break)
Squat with straight arm raise (1 weight) 12 reps
Abs – Plank, 2 minutes
(20 sec. activity, 20 sec. break)
Cool down, 2 minutes

Weight Routine, Week 2 and 4:

(See the video) **30 min. total**

Warm-up, 2 minutes
Overhead Press 12 reps
Jumping Jacks, 2 minutes
(20 sec. activity, 20 sec. break)
Triceps Dips, 12 reps
Abs – Oblique Crunches, 2 minutes
(20 sec. activity, 20 sec. break)
Bicep curls, 12 reps
Jumping Jacks, 2 minutes
(20 sec. activity, 20 sec. break)
Functional Overhead Press, 12 reps
Abs – Superman, 2 minutes
(20 sec. activity, 20 sec. break)
V Curl Bicep Curls, 12 reps
Jumping Jacks, 2 minutes
(20 sec. activity, 20 sec. break)
Reverse Grip Overhead Press 12 reps
Abs – Boat Pose, 2 minutes
(20 sec. activity, 20 sec. break)
Cool down 2 minutes

Weight Routine, Week 5 & 7:

(See the video) **30 min. total**

Warm-up, 2 minutes
Straight Arm Pullover 12 reps
Jumping Jacks 2 minutes
(20 sec. activity, 20 sec. break)
Shoulder press 12 reps
Abs – Sit-Ups 2 minutes
(20 sec. activity, 20 sec. break)
Straight Arm Front Deltoid Raise 12 reps
Jumping Jacks 2 minutes
(20 sec. activity, 20 sec. break)
Front Raise 12 reps
Abs – Criss-Cross Abs 2 minutes
(20 sec. activity, 20 sec. break)
Dumbbell Swing Through 12 reps
Jumping Jacks 2 minutes
(20 sec. activity, 20 sec. break)
Reverse Lunge 12 reps
Abs – High Plank, Low Plank 2 minutes
Squat 12 reps
Jumping Jacks 2 minutes
(20 sec. activity, 20 sec. break)
Bent Over Deltoid Raise 12 reps
Abs – Mountain Climbers 2 minutes
Cool down 2 minutes

Weight Routine, Week 6 & 8:

(See the video) **30 min. total**

Warm-up, 2 minutes
Bicep Curls with Calf- Raise 12 reps
Jumping Jacks 2 minutes
(20 sec. activity, 20 sec. break)
Reverse Grip Overhead Press 12 reps
Abs – 6-inches, 2 minutes
(20 sec. activity, 20 sec. break)
Isolated Leg Squat 12 reps
Jumping Jacks 2 minutes
(20 sec. activity, 20 sec. break)
Triceps Dips 12 reps
Abs – Crunches 2 minutes
(20 sec. activity, 20 sec. break)
Squat with Straight Arm Raise (1 weight) 12 reps
Jumping Jacks 2 minutes
(20 sec. activity, 20 sec. break)
Lunge with Triceps Extension 12 reps
Abs – Army Crawl 2 minutes
(20 sec. activity, 20 sec. break)
V-Biceps Curl 12 reps
Jumping Jacks 2 minutes
(20 sec. activity, 20 sec. break)
Hammer Curls 12 reps
Abs – Plank 2 minutes
Cool down about 2 minutes