



MaximizedLiving



## MaxT3:In-Office-Sample Workouts

SUPER FAST: Whole Body With No Equipment

### #1

1. Split Squats
2. Push Ups
3. Squat Thrusts
4. Mountain Climbers
5. Shin Slaps
6. Squat Jumps

**Bonus: Frog Squats (1:00)**

### #2

1. Prison Squats
2. Push Up Medley (Wide, Standard, Close)
3. Prone Paddles
4. Run In Place
5. Cross Mountain Climbers
6. Front Kicks

**Bonus: Burpees (1:00)**

### #3

1. Squat Jacks
2. Rotational Push Ups
3. Plank Speed Kicks
4. Good Mornings
5. Half Burpees
6. Jumping Knee Tucks

**Bonus: Wall Squats (1:00)**

### #4

1. Rotating Split Squats
2. Push Up Thirds
3. Bicycles
4. Runner's Squats
5. Calf Jumps
6. Jump Squat Jump Lunge

**Bonus: Sit & Pray (1:00)**

### #5

1. Squat Thrusts
2. Pike Push Ups
3. Side Jumps
4. Russian Twists
5. Hamstring Hip Raises
6. Horse Stance Punch

**Bonus: Burpees (1:00)**

### #6

1. Speed Squats
2. Explosive Push Ups
3. Iso Speed Lunges
4. V-seat Marches
5. Run In Place
6. Flip Squats

**Bonus: Frog Squats**