



**READY.
SWEAT.
GO.**

APTITUDE TM

DISCLAIMER

You should consult your physician or other health care professional before starting this or any other fitness program to determine if it is right for your needs. This is particularly true if you (or your family) have a history of heart disease, high blood pressure or chest pain when exercising. If you experience faintness, dizziness or shortness of breath at any time while exercising you should stop immediately. If you have an injury or illness this program may not be suitable for you. + Aptitude LLC dba Aptitude Health does not assume any risk for your use of this product. By using this product you are doing so at your own risk.

CONDITIONING



Before every workout it is crucial that you perform the warm up. Working out without a proper warm up is how many injuries occur.

AMRAP

AMRAP (As Many Rounds As Possible) workouts are designed as a circuit of exercises that you complete as many rounds as you can in a specific period of time.

EMOM

EMOM (Every Minute On the Minute) is a type of interval workout where you perform a specific exercise, or set of exercises at the start of every minute for a set amount of time. The faster you complete your exercise, the longer rest you will have. Make sure to have your clock where you can see it.

ESCALATION

The Escalation workout is a method where you perform one or more exercises with an ascending and/or descending repetition patten. Escalation training increases your muscular endurance and overall conditioning.

HURRICANES

Hurricane workouts are 3 exercises completed back to back, in which each exercise is completed for 30 seconds, totally 90 seconds of workout before you rest.

TABATA

Tabata workouts are fast paced. They are designed with eight rounds of high intensity exercises in a specific 20-seconds on, 10 seconds off interval. Each round is four minutes. In between each round of exercises rest 2 minutes before performing your next Tabata circuit.

HURRICANES

CONDITIONING – NO GYM

Required Equipment: Slidez, Bands

Hurricane workouts are 3 exercises completed back to back, in which each exercise is completed for 30 seconds, totally 90 seconds of workout before you rest for 30 seconds. Repeat 3x.

POWER

Burpee (15 seconds on/ 45 seconds off) x 5



HURRICANES

(3 exercises, 30 seconds each, rest 30 seconds, repeat 3x before moving to next station)

1. **Squat Jumps**
Pushup
V-Ups



2. **Forward/Backwards Line Hops**
Banded Bent Over Row
Banded Shoulder Press



3. **Slidez Mountain Climbers**
Leg Lift to Hip Raise
Banded Biceps Curl



4. **Wide Outs**
Slidez Hamstring Curl
Boat Hold



HURRICANES

CONDITIONING - GYM

Required Equipment: Treadmill, Bench, Bike, Bands, Slidez, Dumbbells

Hurricane workouts are 3 exercises completed continuously, in which each exercise is completed for 30 seconds, totally 90 seconds of workout before you rest for 30 seconds. Repeat 3x.

POWER

Bench Blasts (10 seconds on/ 45 seconds off) x 5



HURRICANES

(3 exercises, 30 seconds each, rest 30 seconds, repeat 3x before moving to next station)

1. Hill Run (or Bike)

Pushup

Superman Hold



2. Hill Run (or Bike)

2 Arm DB Row

Slidez Hamstring Curl



3. Treadmill Run (or Bike)

DB Shoulder Press

Lat Pull down



4. Treadmill Run (or Bike)

Supinated Band Pull-apart

V-Up



TABATA

CONDITIONING – NO GYM

Required Equipment: Treadmill, Bench, Slidez

Tabata workouts are fast paced. They are designed with eight rounds of high intensity exercises in a specific 20-seconds on, 10 seconds off interval. Each round is four minutes. In between each round of exercises rest 2 minutes before performing your next Tabata circuit.

POWER

Knee Slap Jumps (10 seconds on/45 seconds off) x 5



TABATA

(20 seconds on/ 10 seconds off) x 8 (4 each exercise)

1. **Quick Feet**
Judo Pushup



2. **Wide Outs**
Banded Piston Row



3. **Squat Pogo Hop**
Slidez Hamstring Curl



4. **Banded Squat to Press**
Supinated Band Pull apart



5. **Full Sit up**
Knee Tucks



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APTITUDE™

TABATA

Required Equipment: Treadmill, Bench, Slidez

Tabata workouts are fast paced. They are designed with eight rounds of high intensity exercises in a specific 20-seconds on, 10 seconds off interval. Each round is four minutes. In between each round of exercises rest 2 minutes before performing your next Tabata circuit.

POWER

Treadmill or Bike Sprint (15 seconds on/45 seconds off) x 6



TABATA

(20 seconds on/ 10 seconds off) x 8

1. DB Goblet Squat
DB Plank Drag



2. Slidez Knee Tucks
Slidez Running Hamstring Curl



3. DB Reverse Lunge
Lat Pull down



4. Lateral Step Over
Triceps Dips



5. Slidez Pike
DB Alternating Biceps Curl



ESCALATION

CONDITIONING - NO GYM

Required Equipment: Bands, Slidez

The Escalation workout is a method where you perform one or more exercises with an ascending and/or descending repetition pattern. Escalation training increases your muscular endurance and overall conditioning.

Example: Jumping Jacks and Push Ups (1-8 reps) 1 Jumping Jack, 1 Push Up
2 jumping Jacks, 2 Push Ups
(Repeat until you have reached 8 Reps)

POWER

Star Jumps (10 seconds on/45 seconds off) x 5



ESCALATION 1-8

1. Push up
Jump Squat
Band Pull apart



2. Slidez Knee Tuck
Front Lunges
Full Sit Up



3. Walk Outs
Knee Slap Jump
Banded Biceps Curl



4. V Up
Side Plank Dip
Star Pattern



ESCALATION

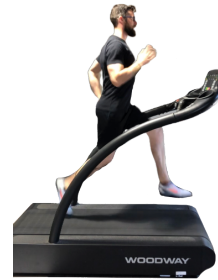
Required Equipment: Dumbbells, Mini Band

The Escalation workout is a method where you perform one or more exercises with an ascending and/or descending repetition patten. Escalation training increases your muscular endurance and overall conditioning.

Example: Jumping Jacks and Push Ups (1-8 reps) 1 Jumping Jack, 1 Push Up
2 jumping Jacks, 2 Push Ups
(Repeat until you have reached 8 Reps)

POWER

Treadmill or Bike Sprint (15sec on/45sec off) x 6



ESCALATION 1-8

1. DB Squat
DB Overhead Press



2. 1 Leg RDL (Split Stance)
Bent Over Row



3. Reverse Lunge
Biceps Curl



4. DB Glute Bridge
Push-up



5. Banded Straight Leg Kickback
Triceps Kickback



AMRAP

CONDITIONING - NO GYM

Required Equipment: Slidez, Bands

AMRAP (As Many Reps As Possible) workouts are designed as a circuit of exercises that you complete as many times as you can in a specific period of time.

POWER

Side to Side Line Hops (15sec on/45sec off) x5



AMRAP

Beginner (2 min)

Intermediate (3 min)

Advanced (4 min)

1. 10 Frogger Jumps
10 (5/side) Reverse Plank Leg Lift



2. 10 Star Jumps
5 Plank Crawls



3. 6 Slidez Pushup to Pike
15 Jumping Jacks



4. 20 (10/side) Mogul Jumps
10 (5/side) Diagonal Band Pull-apart



5. 20 (10/side) Slidez Plank Reach
20 (10/side) Star Pattern



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AMRAP

CONDITIONING - GYM

Required Equipment: Dumbbells, Bands, Stability Ball

AMRAP (As Many Rounds As Possible) workouts are designed as a circuit of exercises that you complete as many times as you can in a specific period of time.

POWER

Hill Sprint (Treadmill or Bike) (15sec on/45sec off) x 6

AMRAP

(4 Minutes)

- 10 DB Squat to Press**
20 (10/side) Stability Ball Knee In
- 20 Sec Sprint (Bike or Treadmill)**
10 Star V-Up
- 20 (10/side) Reverse Lunge**
10 (5/side) DB Row
- 10 (5/side) Pushup to Spiderman**
10 Ball Transfers
- 10 DB RDL to High Pull**
10 (5/side) Lateral Lunge to Plate Press



EMOM

CONDITIONING - NO GYM

Required Equipment: Bands, Slidez

EMOM (Every Minute On the Minute) is a type of interval workout where you perform a specific exercise, or set of exercises at the start of every minute for a set amount of time. The faster you complete your exercise, the longer rest you will have. Make sure to have your clock where you can see it.

Example

Circuit 1: 10 jumping jacks and 10 pushups

Start your clock and perform both exercises back to back as quickly as you can. If you finish in 32 seconds, you have 28

POWER

Fast Butt Kicks (10 seconds on/ 30 seconds off) x 5



EMOM

(4 Minutes)

1. 20 (10/side) Forward/Backward Line Hops
5 Walkout Pushups



2. 10 Squat Jumps
10 Superman Pull-apart



3. 10 (5/side) Surrenders
10 (5/side) Alternating Plank Lift



4. 10 Banded Squat to Press
10 Slider Hamstring Curls



5. 20 (10/side) Side/Side Line Hops
16 (8/side) Slidez Plank Abduction



Required Equipment: Treadmill, Dumbbells, Pull up bar or Lat Pulldown, Bands

EMOM (Every Minute On the Minute) is a type of interval workout where you perform a specific exercise, or set of exercises at the start of every minute for a set amount of time. The faster you complete your exercise, the longer rest you will have. Make sure to have your clock where you can see it.

Example

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POWER

Hill Sprint (Treadmill or Bike) (10 seconds on/ 30 seconds off) x 5

EMOM

(4 Minutes)

1. 10 DB Goblet Squat
5 Pull up
2. 10 DB RDL
5 Z Press
3. 10 (5/side) Lateral Step Overs
10 Pushups
4. 20 seconds Treadmill Run
10 DB Upright Row
5. 10 (5/side) Forward Lunges
10 Banded Pull down

