**Regimental Workout Hyperlinks**

**Day 1:**

Circuit 1 (3 rounds of 30 seconds per exercise with a 15 second rest in between rounds)

[Body Weight Squats](https://www.youtube.com/watch?v=LyidZ42Iy9Q)

[Reverse Lunges](https://www.youtube.com/watch?v=K3vgNL2OFI8)

[Heel Taps](https://www.youtube.com/watch?v=jfXcyLTuKP4)

Circuit 2 (3 rounds of 30 seconds per exercise with a 15 second rest in between rounds)

[Walking Lunges with Knee Raise](https://www.youtube.com/watch?v=4_1V0NRv7Ww)

[Stationary Lunges (15 sec. each leg)](https://www.youtube.com/watch?v=w2Qbxb6nJKc)

[Ab Bicycles](https://www.youtube.com/watch?v=9FGilxCbdz8)

Circuit 3 (3 rounds of 30 seconds per exercise with a 15 second rest in between rounds)

[Glute Bridge March](https://www.youtube.com/watch?v=rXAbcneAr3I)

[Alternating Single Leg RDLS](https://www.youtube.com/watch?v=Ygc5iCSBEQ0)

[Reverse Crunch](https://www.youtube.com/watch?v=QYNZwyDKmhk)

[Burpee w Pushup](https://www.youtube.com/watch?v=Qe9aeEfgQTM)

**Day 2:**

Circuit 1 (3 rounds of 30 seconds per exercise with a 15 second rest in between rounds)

[Pushups](https://www.youtube.com/watch?v=Eh00_rniF8E)

[Shoulder Taps](https://www.youtube.com/watch?v=QOCn3_iOAro)

[Full body Sit-up](https://www.youtube.com/watch?v=ED7op6CFPwE)

Circuit 2 (3 rounds of 30 seconds per exercise with a 15 second rest in between rounds)

[Diamond Pushups](https://www.youtube.com/watch?v=jaxbEHLC4qU)

[Floor Y Raise](https://www.youtube.com/watch?v=4G2i8UrkLLg)

[In & Out Abs](https://www.youtube.com/watch?v=rPoyHmwRzqE)

Circuit 3 (3 rounds of 30 seconds per exercise with a 15 second rest in between rounds)

[Tricep Stop Pushups](https://www.youtube.com/watch?v=vUVBHa2RZrM)

[Floor T Raise](https://www.youtube.com/watch?v=xTp5EZtxhPY)

[Front Plank](https://www.youtube.com/watch?v=feE0RCgWAUs)

[Rotating Mountain Climbers](https://www.youtube.com/watch?v=gEvCKTpIh88)

**Day 3:**

Circuit 1 (3 rounds of 30 seconds per exercise with a 15 second rest in between rounds)

[Alt. Knee Raise with a Lunge](https://www.youtube.com/watch?v=7-D4bD4Wc-U)

[Single Leg Glute Bridge Hold (15 sec. each side)](https://www.youtube.com/watch?v=fDxl-0uZMJo)

[Birddog with a Pushup](https://www.youtube.com/watch?v=haqs-RZcuK0)

Circuit 2 (3 rounds of 30 seconds per exercise with a 15 second rest in between rounds)

[Sumo Squat Pulses](https://www.youtube.com/watch?v=m21g8W2MNfM)

[Reverse Lunge with Knee Drive](https://www.youtube.com/watch?v=4_1V0NRv7Ww)

[Flutter Kicks](https://www.youtube.com/watch?v=ZB1SwBRVLCc)

Circuit 3 (3 rounds of 30 seconds per exercise with a 15 second rest in between rounds)

[In and Out Squat Jumps](https://www.youtube.com/watch?v=ZAK9zuAmEgM)

[Curtsy Lunges](https://www.youtube.com/watch?v=rUD0rPjlxdQ)

[Burpee with a Pushup](https://www.youtube.com/watch?v=Qe9aeEfgQTM)

[Russian Twists](https://www.youtube.com/watch?v=JyUqwkVpsi8)

**Day 4:**

Circuit 1 (3 rounds of 30 seconds per exercise with a 15 second rest in between rounds)

[Eccentric Pushups](https://www.youtube.com/watch?v=GA0rDgINDyU)

[Floor Y-Raise](https://www.youtube.com/watch?v=YKAqmu4ERLE)

[Plank Jacks](https://www.youtube.com/watch?v=xcBz0TtHqWI)

Circuit 2 (3 rounds of 30 seconds per exercise with a 15 second rest in between rounds)

[Side Plank Bend (15 sec. each side)](https://www.youtube.com/watch?v=zQpcZiO1HOQ)

[Pulse Row](https://www.youtube.com/watch?v=MHFewo6HTUk)

[Hand Release Pushup](https://www.youtube.com/watch?v=hfaUWLlhvKk)

Circuit 3 (3 rounds of 30 seconds per exercise with a 15 second rest in between rounds)

[Inchworm to Pushup](https://www.youtube.com/watch?v=2OFMP_LhcB8)

[Plank up down](https://www.youtube.com/watch?v=L4oFJRDAU4Q)

[Pushup to Side Plank](https://www.youtube.com/watch?v=pJUY83BsReY)

[Side Plank Crunches](https://www.youtube.com/watch?v=5Dd8_3ZZeI8)