

MEMORIAL DAY MADNESS

Get Agile

HIIT IT - 1

PERFORM EACH EXERCISE FOR 30 SEC,
FOLLOWED BY 15 SEC REST

Skaters

Rest

Squat Jumps

Rest

Wall Sit

Rest

Walking Lunge

Rest

Inchworm Walkout to Push-up

Rest

In and Outs

Rest

Plank Jacks

Rest

Bicycles

Rest

Hollow Rocks

Rest

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REPEAT 4 TIMES

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CINCO DE MAYO

GRAB A BAND A TOWEL & BAND & GET TO WORK
45 SEC BOXER SHUFFLE BETWEEN EACH CIRCUIT

WARM UP 20 SEC EACH

Arm hugs
Around the worlds - L
Around the worlds - R
Arm circles - forward
Arm circles - backward
Boxer Shuffle
Rest 15 Secs

30 SEC EACH REPEAT 2X

Towel Pulse
Towel Overhead Raise
Boxer Shuffle
Towel Pulse
Towel Tricep Pulldown
Towel Twist
Rest - 30 Secs

30 SEC REPEAT 3X

Push-up
Rest 30 Sec

30 SEC EACH REPEAT 2X

Single Arm Banded
Lateral Raise
Banded High Pull to
Overhead Press
Single Arm Banded
Lateral Raise
Banded Bicep Curls

30 SEC REPEAT 3X

5x5 Push-up Plank
Rest 15 Sec
High to Low Plank
Rest 15 Sec

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AGILE TABATA

PERFORM EACH EXERCISE FOR 20 SEC,
FOLLOWED BY 10 SEC REST

High Kicks

Rest

Fast Feet

Rest

4X

Side Lunges - L

Rest

Side Lunges - R

Rest

4X

Reverse Crunches

Rest

Crunches

Rest

4X

Butt Kickers

Rest

High Knees

Rest

4X

Reverse Lunge Torso Twist

Rest

Reverse Lunge Torso Twist

Rest

4X

Glute Bridges

Rest

Supermans

Rest

4X

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ALL FOURS

BODY WEIGHT ONLY 30 SEC EACH MOVE

Runners Stretch - L / R

Bear Crawls

Bear Side Walks

Bear Hold

Rest 20 sec

3X

Kickback - L

Single-leg Donkey Kick - L

Fire Hydrant - L

Crossover Leg Lift - L

Kickback - R

Single-leg Donkey Kick - R

Fire Hydrant - R

Crossover Leg Lift - R

Rest - 20sec

3X

Bird Dog

Dead Bug

Rest 20 sec

3X

Crab Walks

Crab Hold

Crab Reach

Rest 20 sec

3X

Toe Touches

Plank Jacks

Cat Cow

Rest 20 sec

3X

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FAST FEET

PERFORM EACH EXERCISE FOR 45 SEC,
FOLLOWED BY 15 SEC REST

Mountain Climbers 2X
Rest

Fast Feet Sprawl 2X
Rest

Toe Taps 2X
Rest

Donkey Kicks 2X
Rest

Squat Jack Touchdown 2X
Rest

Sprawl 2X
Rest

Opposite Hand & Foot Crunch 2X
Rest

Bicycles 2X
Rest

Plank Hop 2X
Rest

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BRINGING SHOULDERS BACK

USING RESISTANCE BANDS & LIGHT TO
MODERATE WEIGHTS, 30 SEC EACH MOVE

Seated Banded Neutral Rows
Seated Banded Row Hold
Rest 10 sec **3X**
Seated Banded Overhead Row
Seated Banded Overhead Hold
Rest 10 sec

Reverse Fly
Around the World - Weighted
Rest - 10sec **3X**

Jab Cross
Hooks
Underhand Punchout
Rest 20 sec **3X**

Prone Lat Pulls
Supermans
Rest 10 sec **3X**

Heel Touches
Russian Twists
Rest 10 sec **4X**

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HIIT IT - AGILE 2

BODYWEIGHT ONLY,
30 SEC EACH / 20 SEC REST
REPEAT CIRCUIT 3X

High Knees
Kneel to Squat
Broad Jump - Shuffle
Rest

Jumping Jacks
High Kicks
Fast Feet
Rest

Burpees
Rest

Bicycles
Leg Raises
Side Crunch Leg Lift - L
Side Crunch Leg Lift - R
Rest

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FULL BODY AGILE BEATDOWN

TWO MODERATE WEIGHTS

15 SEC RESTS

Single Leg Deadlift - L - 35 Sec

Toe Taps - 30 sec

Single Leg Deadlift - R - 35 Sec

Rest

Squat & Overhead Press - 30 sec

Squat Jack Touchdown - 35 sec

Rest

Renegade Rows - 30 sec

Mountain Climbers - 35 sec

Rest

Arnold Press - 30 sec

Ladder Climb - 30 sec

Rest

Curling Lunge - L -30 sec

Lunge with Kick - alternate - 35 sec

Curtsy Lunge - R -30 sec

Rest

3X

Hip Dips - 30 sec

Windshield Wipers - 30 sec

V-Ups - 30 sec

Rest

3X

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BURPEE BURNOUT

PERFORM EACH EXERCISE FOR 30 SEC,
FOLLOWED BY 15 SEC REST

Inchworm Walkout to Push-up

Rest

Burpees

Rest

Reverse Burpees

Rest

Sprawl

Rest

Reverse Crunches

Rest

Loaded Beast to Lunge

Rest 60 sec

3X

Forearm Plank

Forearm Side Plank - L

Forearm Side Plank - R

Hollow Hold

Rest

3X

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PICK A SIDE...KICK

USING RESISTANCE BANDS, REPEAT EACH CIRCUIT 3X BEFORE MOVING ON

Side Lunges - L
Pulsing Lunge - L
Side Lunge - R
Pulsing Lunge - R
Rest

Squat and Side Kick - L
Skaters
Squat and Side Kick - R
Skaters
Rest

3X

Walking Lunge - L
Curtsy Lunge - L
Walking Lunge - R
Curtsy Lunge - R
Rest

Squat and Curl
Squat Jumps
Squat and Curl
Squat Jumps
Rest

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HIIT IT - AGILE 3

BODYWEIGHT ONLY,
30 SEC EACH / 20 SEC REST
REPEAT CIRCUIT 3X

Butt Kickers

Skaters

High Knees

Rest

Squat Jumps

Squat & Side Kick

Crazy Monkey

Rest

3X

T Push-up

Tricep Dip

Shoulder Taps

Crab Toe Touch

Rest

Hip Dips

Russian Twists

Opposite Hand and Foot Crunch

Opposite Hand and Foot Lifts

Rest

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ARGHH ARMS

LIGHT TO MODERATE HAND WEIGHTS

WARM UP 20 SEC EACH

Extended Bicep Curl
Hammer Curls
Alternating Bicep Curls
Weighted Front Raise
Weighted Lateral Raise
Jab Cross
Hooks
Underhand Punchout
Boxer Shuffle
Rest 15 sec

30 SEC EACH

High Pull - Weighted
Overhead Press
High Pull Overhead Press
Seal Jacks
Rest - 25 sec

Weighted Around the World
Overhead Tricep Extension
Around the World Tricep Extension
Sprawls
Rest 25 sec

Neutral Chest Press
Skull Crushers
Chest Press Skull Crusher
Mountain Climbers

Rest 25 sec
Chest Press
Fly
Chest Press Fly
High to Low Plank
Rest 25 sec

3X

FINISHER 20 SEC EACH

Extended Bicep Curl
Hammer Curls
Alternating Bicep Curls
Weighted Front Raise
Weighted Lateral Raise
Jab Cross
Hooks
Underhand Punchout
Boxer Shuffle

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SUPERSET DOUBLE UP

BODYWEIGHT ONLY - 20 SEC RESTS

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Squat and Curl - 40 sec

Sprawl - 30 sec

Rest

Squat and Curl - 40 sec

Sprawl - 30 sec

Rest

Spider-man Push-Up - 40 sec

Spider-man Lunge - 30 sec

Rest

Spider-man Push-Up - 40 sec

Spider-man Lunge - 30 sec

Rest

Swimmers - 40 sec

Supermans - 30 sec

Rest

Swimmers - 40 sec

Supermans 30 - sec

Rest

3X

Forearm Plank Wrap - L

Bicycles

Forearm Plank Wrap - R

Windshield Wipers

Rest

3X

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OFF KILTER

LIGHT & MODERATE WEIGHTS
FOLLOWED BY 20 SEC OF REST

Weighted Wood Chop - L
Weighted Wood Chop - R
Rest 3X

Bent Over Row with Deadlift
Toe Taps
Rest 3X

Tricep Kickback - L
Tricep Kickback - R
Ladder Climbs
Rest 3X

Squat and Overhead Press
Jumping Jacks
Rest 3X

Swimmers
Supermans
Rest 3X

Renegade Rows
Breakdancers
Rest 3X

Spider Monkey
Windshield Wiper
Rest 3X

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AGILE FINALE

BODYWEIGHT ONLY - 20 SEC RESTS

Runners Stretch
Inchworm Walkout
Jumping Jacks
High Kicks
Rest

Squat Jumps
Sumo Squat
Walking Lunge **3X**
Kneel to Squat
Rest

Fast Feet Sprawl **2X**
Rest

Bear Crawls
Down Dog Push-up **3X**
High to Low Plank
Push-up Leg/Arm Lift
Rest

Plank Jack Hop **2X**
Rest

Mountain Climbers
Side Plank Dip - L **3X**
Side Plank Dip - R
V-Ups
Rest

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