

OLD SCHOOL PIT BOSS WORKOUT  
(3 Times a Week)

- Push-ups (Upper Body - Chest, Shoulders, Triceps)  
4 sets x 25 reps = 100 reps
- Bodyweight Squats (Lower Body - Quads, Hamstrings, Glutes)  
4 sets x 50 reps = 200 reps
- Lunges (Lower Body - Quads, Glutes, Hamstrings)  
4 sets x 25 reps (per leg) = 100 reps
- Plank to Push-ups (Core & Upper Body)  
4 sets x 20 reps = 80 reps [Hold Plank 30 Seconds]
- Mountain Climbers (Core, Shoulders, Cardio)  
4 sets x 50 reps = 200 reps
- Leg Raises (Core - Abs, Hip Flexors)  
4 sets x 25 reps = 100 reps
- Burpees (Full Body, Conditioning)  
4 sets x 20 reps = 80 reps
- Jumping Jacks (Cardio, Full Body)  
4 sets x 35 reps = 140 reps

NOTE:(This workout is designed to be completed with a total rep count of 1000 and should take around 45-60 minutes, depending on your pace and rest intervals.)