

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
DAY ONE	DAY TWO	DAY THREE	DAY FOUR	DAY FIVE	DAY SIX	DAY SEVEN
<p>Workout:</p> <p>1) 3x10 Shoulder Dislocate</p> <p>2) 2x (30sec Work/30sec “Rest”) Dumbbell Push Press @ 2 x 5-10lbs Dumbbells. “Rest” is in overhead position.</p> <p>Three Sets, 60sec Rest between each.</p> <p>3) Work up to Heavy Bench Press (i.e. ~80% 1RM)</p> <p>4) “4 By 4 @ 80”: Four Sets of Four Bench Press @ 80% 1RM. Rest 4 minutes between sets</p> <p>5) Three Sets of “Skull Crushers”. Feel free to use an EZ Curl Bar or Dumbbells. Choose a medium weight (something you can get at least 15 reps of) and do each set to absolute failure. Rest 90sec between each</p> <p>6) Three Sets of Banded Tricep Pushdowns. Use a medium band (something you can get at least 15 reps of) and do each set to absolute failure.</p> <p>7) 100x Curl-up. Rest as needed on way to 100 reps.</p>	<p>Workout:</p> <p>1) 10 minute Row, Ski, or Run @ Easy pace</p> <p>2) 2x5 Wall Squat, 2x10 Squat, 3x5 Goblet Squat @ 25/15lbs</p> <p>3) Work up to Heavy Deadlift (i.e. ~80% 1RM)</p> <p>3) “5 By 3 At 80”: 5 Sets of 3 Deadlift at 80% 1RM. Rest 3 minutes between sets.</p> <p>4) 3x10 Romanian Deadlift @ 24/16kg Kettlebell</p> <p>5) 3x10 Straight Leg Deadlift @ 135/95lbs Barbell</p> <p>6) 100x Feet-To-Hands (or Knees-To-Elbow). Rest as needed on way to 100 reps.</p> <p>7) 10 minute Row, Ski, or Run @ Easy pace</p>	<p>Workout:</p> <p>1) 30-60 minute Run, SkiErg or Row @ 70-80% MHR. This is steady state cardiovascular effort. It is meant to be hard but not crushing. The goal is to get a really good sweat. You could do it “Fartlek” Style. Fartlek is Swedish for “speed play.” It’s an unstructured interval run, where you go from easy to moderate to hard efforts at random. It’s also fun to do with friends by playing games like follow the leader. There’s a huge mental benefit from this training due to its unpredictability—ditch your watch, your distance goals, and all your other numbers and just go out, have fun, and keep it free flowing.</p> <p>Note: Be mindful of technique throughout effort.</p>	<p>Workout:</p> <p>1) 10 minute Row, Ski, or Run @ Easy pace</p> <p>2) 2x5 Wall Squat, 2x10 Squat, 3x5 Goblet Squat</p> <p>3) Work up To Heavy Back Squat (i.e. ~90% 1RM)</p> <p>4) “6 By 1 @ 90”: Six Sets of 1 rep of Back Squat @ 90% 1RM. Rest 5 minutes between sets</p> <p>5) 5x5 Single Leg Step up onto 10-20” box. Use a barbell in Back Squat position. 5 reps on each leg. Men use ~185-225lbs. Women use ~95-135lbs. Rest 2 minutes between sets</p> <p>6) 5 minutes of Push-up Position Plank Hold. Complete in sets of 30 seconds.</p> <p>7) 10 minute Row, Ski, or Run @ Easy pace</p>	<p>Workout:</p> <p>1) 10 minute Row, Ski, or Run @ Easy pace</p> <p>2) “THE HOLY TRINITY”: 30 Minutes Of: Pull-ups Dips Push-ups</p> <p>The goal is the maximum amount of repetitions possible in each category.</p> <p>3) 100x Curl-up</p> <p>4) 10 minute Row, SkiErg, or Run @ Easy Pace. Focus on pacing and perfect technique.</p> <p>*Because there is no warm-up then you will have to start a little slower until you warm-up and then really pick up the pace. For example maybe start with sets of 2-3 pull-ups, 5 dips and 5 push-ups and then as you warm-up raise the numbers. No matter how you do it the goal is 100 reps of each.</p>	<p>Workout:</p> <p>1) 30-60 minute Run, SkiErg or Row @ 70-80% MHR. This is steady state cardiovascular effort. It is meant to be hard but not crushing. The goal is to get a really good sweat. You could do it “Fartlek” Style. Fartlek is Swedish for “speed play.” It’s an unstructured interval run, where you go from easy to moderate to hard efforts at random. It’s also fun to do with friends by playing games like follow the leader. There’s a huge mental benefit from this training due to its unpredictability—ditch your watch, your distance goals, and all your other numbers and just go out, have fun, and keep it free flowing.</p> <p>Note: Be mindful of technique throughout effort.</p>	<p>Workout:</p> <p>Rest or 30-60 minute Swim or easy pace run.</p>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
DAY EIGHT	DAY NINE	DAY TEN	DAY ELEVEN	DAY TWELVE	DAY THIRTEEN	DAY FOURTEEN
<p>Workout:</p> <ol style="list-style-type: none"> 1) 3x10 Shoulder Dislocate 2) 2x (30sec Work/30sec "Rest") Dumbbell Push Press @ 2 x 5-10lbs Dumbbells. "Rest" is in overhead position. Three Sets, 60sec Rest between each. 3) 50x Strict, Dead Hang, No Kip Pull-up 4) Work up to Heavy Bench Press (i.e. ~85% 1RM) 5) "6 By 2 @ 85": Six Sets of Two reps of Bench Press @ 85% 1RM. Rest 3 minutes between sets. 6) 4x15 Barbell Overhead Press @ 135/75lbs (You may have to adjust the weight. The weight you choose should put you close to failure at 15 reps). Rest 90sec between sets 7) Three Sets of Banded Tricep Pushdowns. Use a medium band (something you can get at least 15 reps of) and do each set to absolute failure 8) 100x Curl-up. Rest as needed on way to 100 reps. 	<p>Workout:</p> <ol style="list-style-type: none"> 1) 10 minute Row, Ski, or Run @ Easy pace 2) 2x5 Wall Squat, 2x10 Squat, 3x5 Goblet Squat @ 25/15lbs 3) Work up to Heavy Deadlift (i.e. ~80% 1RM) 3) "4 By 4 At 80": Four Sets of Four Deadlift at 80% 1RM. Rest 4 minutes between sets. 4) Work up to Front Squat 50% 1RM 5) 5x10 Front Squat @ 50% 1RM, Rest 90sec between each set. 5) 5x12 RDL with 32/24kg KB 6) 100x Sit-up. Rest as needed on way to 100 reps. 7) 10 minute Row, Ski, or Run @ Easy pace 	<p>Workout:</p> <ol style="list-style-type: none"> 1) 30-60 minute Run, SkiErg or Row @ 70-80% MHR. This is steady state cardiovascular effort. It is meant to be hard but not crushing. The goal is to get a really good sweat. You could do it "Fartlek" Style. Fartlek is Swedish for "speed play." It's an unstructured interval run, where you go from easy to moderate to hard efforts at random. It's also fun to do with friends by playing games like follow the leader. There's a huge mental benefit from this training due to its unpredictability—ditch your watch, your distance goals, and all your other numbers and just go out, have fun, and keep it free flowing. <p>Note: Be mindful of technique throughout effort.</p>	<p>Workout:</p> <ol style="list-style-type: none"> 1) 10 minute Row, Ski, or Run @ Easy pace 2) 2x5 Wall Squat, 2x10 Squat, 3x5 Goblet Squat 3) Work up To Heavy Back Squat (i.e. ~90% 1RM) 4) "6 by 2 @ 85": Six Sets of 2 rep of Back Squat @ 85% 1RM. Rest 3 minutes between sets 5) 10x Goblet Squat + 10x Reverse Lunge (10 each side) @ 32/24kg Kettlebell. 3-5 Sets, Rest 2 minutes between each. 6) 100x Feet-To-Hands (or Knees-To-Elbows). Rest as needed on way to 100 reps. 7) 10 minute Row, Ski, or Run @ Easy pace 	<p>Workout:</p> <ol style="list-style-type: none"> 1) 10 minute Row, Ski, or Run @ Easy pace 2) 10 minute Practice and Warm-up with Barbell Deadlift, Barbell Bench Press, Push-up, Pull-up and Barbell Back Squat 3) "FIVE FIFTY FIVE" Barbell Bench Press + Barbell Deadlift + Push-up + Pull-up + Barbell Back Squat 10-9-8-7-6-5-4-3-2-1 reps of each <p>Looks like: 10 of each then 9 of each then eight of eight all the way to one rep.</p> <ol style="list-style-type: none"> 3) 10 minute Row, SkiErg, or Run @ Easy Pace. Focus on pacing and perfect technique. <p>Note: For "Five Fifty Five" Use a weight that allows you to finish in 20 minutes. The general weights people use are 135, 185, Or 225lbs. Women use 75lbs, 95lbs, and 135lbs</p>	<p>Workout:</p> <ol style="list-style-type: none"> 1) 30-60 minute Run, SkiErg or Row @ 70-80% MHR. This is steady state cardiovascular effort. It is meant to be hard but not crushing. The goal is to get a really good sweat. You could do it "Fartlek" Style. Fartlek is Swedish for "speed play." It's an unstructured interval run, where you go from easy to moderate to hard efforts at random. It's also fun to do with friends by playing games like follow the leader. There's a huge mental benefit from this training due to its unpredictability—ditch your watch, your distance goals, and all your other numbers and just go out, have fun, and keep it free flowing. <p>Note: Be mindful of technique throughout effort.</p>	<p>Workout:</p> <p>Rest or 30-60 minute Swim or easy pace run.</p>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
DAY FIFTEEN	DAY SIXTEEN	DAY SEVENTEEN	DAY EIGHTEEN	DAY NINETEEN	DAY TWENTY	DAY TWENTY-ONE
<p>1) 3x10 Shoulder Dislocate 2) 2x (30sec Work/30sec “Rest”) Dumbbell Push Press @ 2 x 5-10lbs Dumbbells. “Rest” is in overhead position. Three Sets, 60sec Rest between each. 3) Work up to Heavy Bench Press (i.e. ~90% 1RM) 4) “6 By 1 @ 90”: Six Sets of 1 rep of Bench Press @ 90% 1RM. Rest 4 minutes between sets. In between each set complete 5x Weighted Pull-ups (use 10-20lbs) 5) 5x10 Overhead Barbell Press (i.e. Strict Press or Military Press) @ 50-60% 1RM. Rest 90sec between each set. 6) 10-9-8-7-6-5-4-3-2-1 Curl-up Ladder. In between each set complete 30sec Push-up Position Plank. Looks Like: 10x Curl-up + 30sec Plank + 9x Curl-up + 30sec Plank...etc...until 1 rep and a final 30sec Plank hold.</p>	<p>Workout: 1) 10 minute Row, Ski, or Run @ Easy pace 2) 2x5 Wall Squat, 2x10 Squat, 3x5 Goblet Squat @ 25/15lbs 3) Work up to Heavy Deadlift (i.e. ~80% 1RM) 4) “6 By 2 At 85”: Six Sets of 2 reps of Deadlift at 85% 1RM. Rest 3 minutes between sets. 5) 10-1 Back Squat Ladder @ 50% 1RM. Do 10 reps and rest 60sec...etc...until 1 rep 6) 3x15 RDL with 32/24kg KB 7) 100x Sit-up. Rest as needed on way to 100 reps. 8) 10 minute Row, Ski, or Run @ Easy pace</p>	<p>Workout: 1) 30-60 minute Run, SkiErg or Row @ 70-80% MHR. This is steady state cardiovascular effort. It is meant to be hard but not crushing. The goal is to get a really good sweat. You could do it “Fartlek” Style. Fartlek is Swedish for “speed play.” It’s an unstructured interval run, where you go from easy to moderate to hard efforts at random. It’s also fun to do with friends by playing games like follow the leader. There’s a huge mental benefit from this training due to its unpredictability—ditch your watch, your distance goals, and all your other numbers and just go out, have fun, and keep it free flowing. Note: Be mindful of technique throughout effort.</p>	<p>Workout: 1) 10 minute Row, Ski, or Run @ Easy pace 2) 2x5 Wall Squat, 2x10 Squat, 3x5 Goblet Squat 3) Work up To Heavy Back Squat (i.e. ~90% 1RM) 4) “6 By 1 @ 90”: Six Sets of 1 rep of Front Squat @ 90% 1RM. Rest 5 minutes between sets 5) 3x20 Deadlift @ 30% 1RM. Use Snatch Grip. Rest 2 minutes between each set 6) 3x20 Deadlift @ 30% 1RM off of 4” Box. Use Snatch Grip. Rest 2 minutes between each set 7) 10 minute Row, Ski, or Run @ Easy pace</p>	<p>Workout: 1) 10 minute Row, Ski, or Run @ Easy pace 2) 3x10 Shoulder Dislocate 3) Work Up To Heavy Barbell Overhead Press (i.e. 10 reps @ 30% 1RM, 5 reps @ 50% 1RM, 3 reps @ 70% 1RM, 2 reps @ 80% 1RM, 1 rep @ 90% 1RM) 4) “5 by 2 @ 80”: Five sets of Two Barbell Overhead Press @ 80% 1RM Rest 2 minutes between each set 5) “Ticket To Gainzville”: Barbell Bench Press + Pull-up + Barbell Overhead Press + Barbell Bent Row 10-9-8-7-6-5-4-3-2-1 reps of each Choose a weight for each that makes it moderately difficult to complete the first ten reps. 6) 10x 30sec Push-up Position Plank 7) 10 minute Row, Ski, or Run @ Easy pace</p>	<p>Workout: 1) 30-60 minute Run, SkiErg or Row @ 70-80% MHR. This is steady state cardiovascular effort. It is meant to be hard but not crushing. The goal is to get a really good sweat. You could do it “Fartlek” Style. Fartlek is Swedish for “speed play.” It’s an unstructured interval run, where you go from easy to moderate to hard efforts at random. It’s also fun to do with friends by playing games like follow the leader. There’s a huge mental benefit from this training due to its unpredictability—ditch your watch, your distance goals, and all your other numbers and just go out, have fun, and keep it free flowing. Note: Be mindful of technique throughout effort.</p>	<p>Workout: Rest or 30-60 minute Swim or easy pace run.</p>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
DAY TWENTY-TWO	DAY TWENTY-THREE	DAY TWENTY-FOUR	DAY TWENTY-FIVE	DAY TWENTY-SIX	DAY TWENTY-SEVEN	DAY TWENTY-EIGHT
<p>Workout:</p> <p>1) 3x10 Shoulder Dislocate</p> <p>2) 2x (30sec Work/30sec “Rest”) Dumbbell Push Press @ 2 x 5-10lbs Dumbbells. “Rest” is in overhead position.</p> <p>Three Sets, 60sec Rest between each.</p> <p>3) Work up to Bench Press 1RM. Start with a light weight and do it 10 times. Then add some weight and do 5 reps. Add more weight and do 3. Keeping adding weight and doing single reps until you can no longer lift.</p> <p>4) “5 By 2 @ 80”:</p> <p>Five Sets of Two reps of Bench Press @ 80% 1RM. Rest 3 minutes between sets.</p> <p>5) “Push-up Maximus”:</p> <p>10x Push-up (5 for women) + 10 seconds Rest. Ten Rounds</p>	<p>Workout:</p> <p>1) 10 minute Row, Ski, or Run @ Easy pace</p> <p>2) 2x5 Wall Squat, 2x10 Squat, 3x5 Goblet Squat @ 25/15lbs</p> <p>3) Work up to Heavy Deadlift (i.e. ~80% 1RM)</p> <p>4) “6 By 1 At 90”:</p> <p>Six Sets of 2 reps of Deadlift at 85% 1RM. Rest 3 minutes between sets.</p> <p>5) 5x10 Romanian Kettlebell Deadlift @ 32/24kg</p> <p>6) 6x10 Straight Leg Barbell Deadlift @ 135/95lbs</p> <p>7) 25-50x Strict, Dead Hang Pull-ups</p>	<p>Workout:</p> <p>1) 30-60 minute Run, SkiErg or Row @ 70-80% MHR. This is steady state cardiovascular effort. It is meant to be hard but not crushing. The goal is to get a really good sweat. You could do it “Fartlek” Style. Fartlek is Swedish for “speed play.” It’s an unstructured interval run, where you go from easy to moderate to hard efforts at random. It’s also fun to do with friends by playing games like follow the leader. There’s a huge mental benefit from this training due to its unpredictability—ditch your watch, your distance goals, and all your other numbers and just go out, have fun, and keep it free flowing.</p> <p>Note: Be mindful of technique throughout effort.</p>	<p>Workout:</p> <p>1) 10 minute Row, Ski, or Run @ Easy pace</p> <p>2) 2x5 Wall Squat, 2x10 Squat, 3x5 Goblet Squat</p> <p>3) Work up To Heavy Back Squat (i.e. ~90% 1RM). If you feel GOOD then go for a PR today.</p> <p>4) “4 By 4 @ 80”:</p> <p>Four Sets of Four reps of Back Squat @ 80% 1RM. Rest 4 minutes between sets</p> <p>5) 5x15 Front Squat @ 40% 1RM. Rest 90sec between sets.</p> <p>6) 100x Feet-To-Hands (or Knees-To-Elbows). Rest as needed on way to 100 reps.</p>	<p>Workout:</p> <p>1) 3x10 Shoulder Dislocate</p> <p>2) 2x (30sec Work/30sec “Rest”) Dumbbell Push Press @ 2 x 5-10lbs Dumbbells. “Rest” is in overhead position.</p> <p>Three Sets, 60sec Rest between each.</p> <p>3) 50x Strict, Dead Hang, No Kip Pull-up</p> <p>4) Work up to Heavy Bench Press (i.e. ~85% 1RM)</p> <p>5) “100 Rep Bench Challenge”:</p> <p>The first time you take this test, load a bar so it weighs 135/65 pounds. Do 100 reps of the exercise as fast as you possibly can. If you can finish all your reps in 10 minutes or less, use 185/85 pounds next time. Once you can do all the reps in 10 minutes with 185 pounds, move up to 225/115 pounds. Once you can do all the reps with 225/115 pounds, you’re officially part of the “Big Guy/Girls Club.”</p> <p>6) 100x Sit-up. Rest as needed on way to 100 reps.</p>	<p>Workout:</p> <p>1) 30-60 minute Run, SkiErg or Row @ 70-80% MHR. This is steady state cardiovascular effort. It is meant to be hard but not crushing. The goal is to get a really good sweat. You could do it “Fartlek” Style. Fartlek is Swedish for “speed play.” It’s an unstructured interval run, where you go from easy to moderate to hard efforts at random. It’s also fun to do with friends by playing games like follow the leader. There’s a huge mental benefit from this training due to its unpredictability—ditch your watch, your distance goals, and all your other numbers and just go out, have fun, and keep it free flowing.</p> <p>Note: Be mindful of technique throughout effort.</p>	<p>Workout:</p> <p>Rest or 30-60 minute Swim or easy pace run.</p>