

Day 1 - (67 minutes)

Primer (10 minutes)

Primer

Primer

Heart raiser: 10 minutes of state cardio preferably on a **Rower/Assault Bike/Turbo trainer/Ski Erg** or a **Run** if not.

Strength Work (15 minutes)

Day 1 - Strength Work

To start the week grab yourself a barbell and complete

5 x Sets

of

5 x Box Squats

(*Weight should be no more than 70% 3RM)

Box Squat – With a barbell on your back, squat down to a box or bench that is just under parallel, pause and then stand up with intention.

Please watch video for movement demonstrations, scaling options and loading suggestions.

Workout (32 minutes)

Day 1 - Workout

Set a running timer and complete a

WORK / REST Ratio

of

45 seconds ON / 15 seconds OFF

alternate between the following movements.

1: Ski Erg / Rower

2: Squat, Lunge (L), Squat, Lunge (R)

3: Bike / Run

4: Lunge with Banded Twist

complete

32 minutes total

Lunge – From a standing position, take a step forward bringing your back knee down to the floor. Stand back up so that both feet are together to complete the rep.

Lunge with a twist – With a banded fixed to a solid object, take a lunge stance with your forward foot on the opposite side to the band. With the band in your hands and your arms outstretched in front of you, twist away from the bands fixed point keeping your head, chest and hands in line with each other and returning back to neutral under control, not snapped back by the band. It should be a roughly 120 degree rotations.

Squat – With feet shoulder width apart, squat to a depth you can maintain your spinal curve. Use your

arms to counter balance you and keep your torso as vertical as possible. Draw your knees over your toes matching the angle.

Please watch video for movement demonstrations and a workout explanation if you are unsure.

Core
(10 minutes)

Day 1 - Core

For your final section today complete

5 x Rounds

of

12-16 x Sit Up with Alternating Press

into

Dead Hang (full grip) into Finger End Hangs

rest as needed in-between supersets.

Sit Up with Press – Start on back with bent knees and feet on the mat. Elbows are bent and a dumbbell is in one hand resting above the chest. Bring the head, neck, and shoulders off the mat sitting up, and extend the arm out long pressing the dumbbell upwards. Return back to the mat with control swap hands and repeat.

Dead Hang – using a full grip, from a pull up bar, engage your shoulders by pulling your shoulder blades back and down, whilst engaging your core and bringing your legs slightly forward and pointing your toes.

Finger End Hang – Using only the ends of your fingers with your palm slightly open hang from a pull up bar with straight arms.

Watch video for movement demonstrations & workout explanation.

Day 2 - (51 minutes)

Primer (10 minutes)

Primer

Primer

Heart raiser: 10 minutes of state cardio preferably on a **Row**/**Assault Bike**/**Turbo trainer**/**Ski Erg** or a **Run** if not.

Assistance Work (15 minutes)

Day 2 - Assistance Work

To start today's session we have

4 x Supersets

of

12-15 x Seated Double Dumbbell Bent Over Row

into

6 x Windmills (each side)

Rest as needed in-between sets.

Double Dumbbell Bent Over Row – With a dumbbells or kettlebells in each your, hinge forward at the hip with soft knees to the limit of your mobility and a safe and neutral spine. With the weight hanging directly under your shoulder, pull your hand to your arm pits, keeping your elbow tight into your body.

Windmills – With your feet wider than your shoulder and with one arm reaching to the sky, with the opposite arm reach down your leg to your toes, then bring your hand between your legs. Don't worry too much about touching your toes, just work to your range of mobility. If you're confident with the movement, add a light weight in the hand above your head.

Watch video for movement demonstrations and workout explanation.

Workout (20 minutes)

Day 2 - Workout

Set a timer running timer workout in the least amount of time possible.

50 x Barbell Thrusters

25 x Toes To Bar

40 x Barbell Thrusters

20 x Toes To Bar

30 x Barbell Thrusters

15 x Toes T Bar

20 x Barbell Thrusters

10 x Toes To Bar

10 x Barbell Thrusters

5 x Toes To Bar

*for this workout use only an empty barbell and break your T2B earlier than you usually would because of the high volume.

Barbell Thrusters – The thruster consists of a front squat and press in one fluid movement. Time the extension of the front squat to increase speed in the final part of the stand. Once at the top of the squat, press the barbell overhead until locked out. Return the barbell to the front rack position on your shoulder to finish the rep.

Toes To Bar – Hanging from a secure pull up bar and using what we call a kipping motion raise your toes to meet the bar. To make this movement most efficient, thinking about engaging your lats and pulling the bar down in front of you with straight arms, trying to force it to meet your toes. That way you work from both ends of your body. Your legs don't have to be completely locked out/straight to count a rep but it does make this movement more effective.

Please watch the video for a full demonstrations, loading suggestions and workout explanation.

Sprints
(6 minutes)

Day 2 - Sprints

Set a running timer then complete an

ALL OUT SPRINT EFFORT

on a Turbo Trainer/Assault Bike/Running or Rowing.

The **Rest** to **Work** Ratios are

40 seconds **ON** / 20 second **REST**

30 seconds **ON** / 30 second **REST**

20 seconds **ON** / 40 second **REST**

10 seconds **ON** / 50 second **REST** (4 x rounds for this last one)

Please watch the video for a full demonstrations on these sprints.

Day 3 - (50 minutes)

Primer (10 minutes)

Primer

Primer

Heart raiser: 10 minutes of state cardio preferably on a **Rower/Assault Bike/Turbo trainer/Ski Erg** or a **Run** if not.

Muscular Endurance (10 minutes)

Day 3 - Muscular Endurance

Complete

10,9,8,7,6,5,4,3,2,1

Dumbbell bench press (choose a weight you can go unbroken with)

Strict Pull-Up (or most difficult scaling option)

Rest 30 seconds between movements and rounds.

Dumbbell bench press – With your back on a bench and a dumbbell in each, brace your obliques and pinch your shoulders back and down. Lower the dumbbell to touch your chest whilst keeping your elbow in and your shoulder stable. Once the dumbbells hit your chest, press and return to the starting position.

Strict Pull-Up – Holding a pull up bar, engage your shoulders by thinking about pulling your shoulder blades back and down. Pull your weight to their, aiming to get your chin above the bar. You can use a band attached to the bar and wrapped around your feet to help with this if you struggle.

Watch video for movement full demonstrations and Loading options.

Strength Work (15 minutes)

Day 3 - Strength

Complete

8-10 x Sets

of

20-30 meter Farmer Carries

Rest 90 seconds in between sets.

*use a weight that is challenging

Farmer Carries – Hold a heavy pair of kettlebells or dumbbells at your sides and walk to the prescribed distance.

Watch video for movement full demonstrations and Loading options.

Assistance Work (5 minutes)

Day 3 - Assistance Work

Complete

5 x Rounds

of

12 x Rear Foot Elevated Split Squat Jumps to a Target (left leg)

12 x Dumbbell Clean and Jerk (right arm)

12 x Rear Foot Elevated Split Squat Jumps to a Target (right leg)

12 x Dumbbell Clean and Jerk (left arm)

Rear Foot Elevated Split Squat Jump – Using a bench, box or anything you can rest the top of your foot on, laces down. Assume a split foot style position with a Dumbbell/kettlebell/loaded bag held in your hands at chest height. Squat into your front leg loading onto it as much as possible then jump up and land on top of a target such as a box, bench or weighted plate.

Dumbbell Clean and Jerk – Holding a dumbbell in one hand between your legs, squat down and ideally tap the floor with it – don't worry if your mobility doesn't allow you to. From the bottom, stand tall and use your hips to drive the weight up to your shoulder – trying not to 'bicep curl' – catching the weight on your bicep and holding your elbow high. Then dip your legs and drive up pushing the dumbbell above your head.

Watch video for movement full demonstrations.

Core
(10 minutes)

Day 3 - Core

Set a running timer then

Every 20 seconds

Hold a

Eccentric Dragon Flag Core position

for as long as possible.

Once you **can't** hold this positions for **2-3 seconds**,

Rest **1 minute** and repeat for a total of **3 rounds**.

Dragon Flag – Get into proper position by locking your arms in a fixed overhead position. You can do this on a bench, with your hand next to your head and gripping the sides of the bench, or you can grip a stable object overhead. Some people use kettlebells or a barbell, but using something fixed and stable is a bit more practical, and quite a bit safer. Contract your torso and drive your legs up as if you are performing a reverse crunch, but keep your body rigid from your shoulders to toes, and avoid bending the hips. Point your toes to help maintain proper body alignment. Once lifted, slowly lower your legs in a controlled motion without letting any part of your body touch the bench other than the upper back and shoulder. If you cave in, drop your hips, or arch your back, you don't have the strength yet and you should not continue the exercise. Lower your body until it is hovering just over the bench. Repeat as possible. Once you break form, you are done.

Please watch the video for a full movement demonstrations of the **dragon flag** if you haven't done one before.

Day 4 - (10 minutes)

Mobility (10 minutes)

Day 4 - Mobility

This week for your final session we would like you to complete this

Follow Along Core Video

If time allows you to please aim to complete this workout a number of times this week.

For a **full** demonstration of this session or any other workouts from this weeks training **please** watch the description video, where Jonny runs through all exercises the in greater detail.

And, if you have any questions about this please do fire them over, and we do hope you enjoy this weeks training.

Cardio Options

Additional Cardio Options

If you would like to add any additional cardio to your training this week the complete one, two or all of the cardio sessions below.

1: 90-120 minutes on a Turbo Trainer at a Zone 2 Heart Rate.

2: Row 10,000 meters, whilst trying to maintain a consistent pace throughout.

3: Run 10,000 meters again try to maintain a consistent pace during this run.