

Day 1 - (52 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.
Assistance Work (15 minutes)	Day 1 - Assistance Work To start the week grab yourself a barbell and complete 3 x Sets of 6-12 x Back Step Lunges with Front Foot Raised on 2 x 20kg plates(each leg) Rest 1 Minute between sides and <u>2 minutes</u> in-between sets. Back Step Lunge – With a barbell on your back, step backwards with one leg until your knee touches the ground. Brace through your core to maintain a safe position and keep your front shin vertical. Return to standing to complete the movement. Please watch video for movement demonstrations, scaling options and loading suggestions.
Workout (20 minutes)	Day 1 - Workout Set a running timer and complete 5 x Rounds of the following movements as quickly as you can while maintaining good form 20 x Assault Bike Calories or 2 Minute Turbo 12 x Deadlifts 9 x Dirty Cleans 6 x Push Press then rest exactly 2 minutes before resetting the timer for 6 Minutes and complete as many rounds of the following movements as you can in that time. 30% of 2 minute max Toes to Bar (or 5 minimum) 6 x Over Box Burpees 10+ Dips on a Box Deadlifts – Build up to your working weight with plenty of warm up sets starting with an empty bar. Focus on making sure that you're engaging your glutes and hamstrings for the hinge not your lower back, which should be straight and kept inline at all times. When lifting from the floor, try not to come out of the hinge until the bar is above your knees and don't overextend at the top which can be just as dangerous!

Dirty Cleans – With a wide grip, similar to your handlebar grip width, hinge forward and take the bar to just below the knee at its lowest on each rep, not the floor. Stand tall and use the momentum in the bar to bring it up and bring your arms from above to below the bar, avoiding any contact with your body. Maintain a grip that's around handlebar width and keep your forearms and elbows vertically under the bar at the top, no change in grip.

Front Squats – Keep the bar on the front of your shoulders, which you do by driving your elbows up and in front of you. This pushes the bar on your shoulders and not your collarbones. Priority is on a safe/straight back, working to a depth your mobility allows and your knees tracking over your feet.

Push Press – With weight held at your shoulders, and straight legs. Dip at the knees and drive to extension, use this energy to drive the weight overhead.

Back Squats – With a barbell on your back, resting on your traps and not your neck, perform a squat as you would an air squat. Ensure your spinal curve is priority throughout the movement, keeping your torso as vertical as possible. Squat as deep as you can while maintaining your lower back curve, the appropriate depth is determined by your mobility and not a "movement standard". Your knees should track the direction of your toes with your feet about shoulder width apart. The weight of the barbell should rest on your traps and not in your wrists.

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.

Burpee Over Box – Perform a burpee with chest and thighs on the ground and stand. Once standing, jump onto then off the other side of the box.

Tricep Dips – Tricep dips can be performed on parallel bars at your gym or even on a Box/bench. You hold your entire body weight up with your arms extended and feet hovering over the floor, ankles crossed. Lower your body until your elbows reach a 90-degree angle before returning to your starting position.

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

Core
(7 minutes)

Day 1 - Core

For your final section today complete as many

Med Ball Crunch to Russian Twists

in **3 minutes** with minimal rest as you can.

Then rest **20 seconds**

and repeat the workout for another **2 minutes**

before a final **20 seconds** rest

and another **1 minute** Med Ball to Russian Twist effort.

Med Ball Crunch– Lie faceup on the floor with legs and arms straight up in the air, holding a medicine ball right above your torso. Lift shoulders off floor to crunch up and touch medicine ball to shins. Return to starting position.

Russian Twist – Sit on the floor holding a medicine ball or light weight. Lift your heels off the floor and twist side to side with the weight, keeping your head and chest facing the weight at all times.

Watch video for movement demonstrations & workout explanation.

Day 2 - (85 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

Max Effort Supinated Row

into (take 3 deep breaths)

Max Effort Supinated Row Hold (chest to bar, then resists to 45. degrees)

into

8-12 x Overhead Strict Press (70-80% 3RM)

Rest as needed in-between sets.

Row – Holding rings, TRX, or hang under a racked barbell (safely of course) and aim to get your body as close to horizontal as possible by raising your feet. Hang with straight arms and then pull your hands to your arm pits, which will raise your body through the movement.

Supinated Row Hold – With a barbell in a rack in a safe and secure position, hold onto the bar and hang yourself under it with your hands. The aim is to get your body parallel with the floor, so raise your feet if you need to and keep your body inline. Row your chest to the bar by pulling your hands to your arm pits then resist the downward phase of the movement until your elbows reach 45 degrees.

Strict Press Overhead – Holding the weight in 'front rack', which is arms under the bar or weights, elbows high, with the weight on your shoulder muscles and not your collarbones. Lock your core down and keep your back neutral and safe (no arching under the bar), move your head back push the weight up, bringing your head through your arms and locking out at the top.

Watch video for movement demonstrations and workout explanation.

Workout (40 minutes)

Day 2 - Workout

Set a timer for

14 Minutes

and complete as many rounds of

10 x Hand Release Push Ups

20 x Mountain Climbers

33% of 2 Minute Max Pull Ups

3 Rounds of – 6 x Kettlebell Swings & 3 x Jumping Goblet Squats

Go hard on this and try to get as many rounds/ reps as possible in the 14 minutes. Good Luck.

Push Up – Resting on your hands and toes, with your body inline and no dip at the hips. Lower your chest to the floor on your arms, once your chest has met the ground, push up out of the position. Don't drop your hips or arch your back to complete the movement badly.

	Mountain Climbers – From a push up position, bring your left knee to your left elbow, then your right knee to right elbow. Repeating as fast as possible. Pull Ups – 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. Kettlebell Swings – Holding a kettlebell between your legs, hinge at the hip generating power from your glutes and hamstrings, not your lower back. Swing to eye level. Priority is a safe back and using a weight you can manage. Goblet Squats –Holding a dumbbell or kettlebell at your chest. Squat down driving your knees over your feet and keep your chest up, back neutral. Squat to a depth that matches your mobility and then stand tall. Please watch the video for a full demonstrations, loading suggestions and workout explanation.
Sprints (10 minutes)	Day 2 - Sprints Set yourself a 10 minute timer and get on an Assault Bike or Alternative Piece of Cardio Equipment then at the start of every minute complete a 10 second ALL OUT SPRINT. *Don't hold back on these sprints, give it your absolute all and try to recover in the 50 seconds in-between sprint efforts. Please watch the video for a full demonstrations, loading suggestions and workout explanation.
Accessory Work (10 minutes)	Day 2- Accessory Work Complete 3-5 Rounds of 15-20 x Plank with Banded Pull Down (each) 10+ x Double Arm Superman Sweeps Plank – Resting on your forearms and your feet. Engage your core and hold your bum slightly higher so that you don't risk any over extension in your lower back. Superman Sweeps – Laying on your front, bring your arms up straight in front of you, keeping them straight, rotate your hands to your sides whilst simultaneously bringing your chest off the floor. You should feel the activation in your mid upper back. Please watch video for full movement explanation and scaling options

Day 3 - (56 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.

Strength (15 minutes)

Day 3 - Strength

Start by working upto a

5 x Reps Max Deadlift

then reduce the weight and

3+ x Sets

of

5 x 90% Deadlifts

Deadlift – Build up to your working weight with plenty of warm up sets starting with an empty bar. Focus on making sure that you're engaging your glutes and hamstrings for the hinge not your lower back, which should be straight and kept inline at all times. When lifting from the floor, try not to come out of the hinge until the bar is above your knees and don't overextend at the top which can be just as dangerous!

Watch video for movement full demonstrations and Loading options.

Assistance Work

Day 3 - Assistance Work

Complete

3 x Sets

of

12-15 x Rear Foot Elevated Split Squat

Rear Foot Elevated Split Squat – 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.

Watch video for movement full demonstrations and Loading options.

Workout (21 minutes)

Day 3 - Workout

Set a timer for

21 Minutes

Then at the start of every minute complete exercise 1, 2 or 3

1. Double Dumbbell Thrusters

2. Renegade Row (without Push Ups)

3. Lateral Box Step/Jump Overs

*Perform as many as you can of each movement within the minute, then move onto the next movement at the start next minute.

Double Dumbbell Thrusters – Use two equally weighted dumbbells, one in each hand resting on each shoulder. Then perform a squat to the appropriate depth for your mobility, upon standing at the top of the squat press the dumbbells up overhead until locked out. Return the dumbbells to your shoulder to complete to rep.

Renegade Row – In a push up position with a dumbbell in each hand, complete a push up, then 1 row in each hand. That's 1 rep.

Lateral Box Step/Jump Overs – Standing side on next to a box or bench. Place one foot on top then stand tall and quickly transition over the box, swapping feet on top and placing your other foot on the floor on the other side. Alternating quickly over the box.

Again, please watch the video for a full movement demonstrations and workout explanation if you are unsure of the workout.

Core
(10 minutes)

Day 3 - Core

Set a timer for

2 Minutes

then complete as many

Toes to Bar

as you can in that time.

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 movement demonstrations and workout explanation if you are unsure of the workout.

Day 4 - (20 minutes)

Strength Endurance (20 minutes)

Day 4 - Workouts

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

Kettlebell Clean & Jerk Ladder

So begin by setting a running timer, then complete

1 x Kettlebell Clean & Jerk (each side)

followed by

2 x Kettlebell Clean & Jerk (each side)

and then

3 x Kettlebell Clean & Jerk (each side)

...continue on adding **One** rep each round until you can no longer hold onto the kettlebell and have to stop.

*please watch the demonstration video for a full detail explanation of this, if you are unsure.

Kettlebell Clean & Jerk – Holding a kettlebell 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, catching the weight on your bicep and holding your elbow high. Then dip and drive with your legs pushing the kettlebell up and above your head to finish.

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

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

Cardio Options

Additional Cardio Options

If you would like to add any additional cardio to your training this week then 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.