

Day 1 - (53 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.
Intensity Sprints (15 minutes)	Day 1 - Sprints To start this week find yourself an Assault Bike or Cardio Alternative and complete 30 seconds ON / 30 seconds OFF – Sprints for 8 x Rounds *Aim to build the pace/intensity over the first 4 rounds then try to push the pace for the final 4 rounds. Please watch video for a demonstration, and cardio alternative suggestions
Assistance Work (10 minutes)	Day 1 - Assistance Work Complete 3 x Sets of 12-15 x Rear Foot Elevated Split Squat with a Kettlebell in the Front Rack Position (each side) into 4-6 x Windmills with a Kettlebell (each side) Rest as needed in between sets 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. 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. Dont 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. Please watch video for this demo and loading suggestions.
Workout (10 minutes)	Day 1 - Workout 2 Complete the following workout as quickly as you can with good form

9 x Pull Ups

6 x Toes To Bar

21 x Thrusters (70-80% 3RM Strict Press)

6 x Pull Ups

4 x Toes To Bar

15 x Thrusters

4 x Pull Ups

2 x Toes To Bar

9 x Thrusters

*Aim to complete this workout as quickly as you can, if you can it would be awesome to see you go UNBROKEN on the reps during these movements. So choose your weight accordingly and on the pull ups use the kipping variation if necessary.

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.

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.

Thruster – 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.

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

**Isometric
Work**
(8 minutes)

Day 1 - Isometric Work

Set a running timer then complete

3 x Sets

of

Max Effort Banded Ski Sit

Rest **20 seconds** between efforts

Banded Ski Sit -Attach one end a resistance band to a rig or solid structure. Then stand in the band with it around your waist, step backwards away from the rig to create tension in the band. Squat down until your thighs are parallel with the ground and hold this position for as long as you can.

Watch video for a movement demonstration of this Ski Sit variation

Day 2 - (65 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 (10 minutes)

Day 2 -Assistance Work

To start todays session we have

3 Rounds

of

6 x Push Ups with various hand positions (watch video for ideas)

8-12 x Scapula Pull Ups

10 x Back Step Lunge with Banded Pull (each side)

Rest as needed between rounds

Push Ups- 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.

Scapula Pull Ups – Begin in a normal pull-up position with a palms-away grip and hands shoulder-width apart. From a full, nearly passive hang (shrugged shoulders), draw your scapula down and together, thus raising your body slightly but without bending your arms as in a regular pull-up.

Back Step Lunge – Holding a band attached to a rig, 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. Pull the band into your torso in a row like movement. Release the tension in the band and return to standing to complete the movement.

Watch video for movement demonstrations and workout explanation.

Strength Work (10 minutes)

Day 2 - Strength Work

Complete

3 Rounds

of

12-15 x Strict Press (as heavy as possible)

8-12 x Pendley Row

Strict Press – 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.

Pendley Row – Using a barbell, pick it up from the floor in a safe deadlift. From here, take a neutral position with your feet and hinge as far forward – like a deadlift – as you safely can. Hanging the bar under your shoulders, row the bar from the hang in front of you to your chest and then back to the hang. Pay very close attention to your lower back and make sure you keep it neutral and safe!

Watch video for movement demonstrations and workout explanation.

Workout
(30 minutes)

Day 2 - Workout

Set a timer for

30 Minute

then using an

Assault Bike or Turbo Trainer

Cycle as far as possible in that time

However, every

3 Minutes

stop cycling and complete

12 x Over Plate Push Ups

25% of 2 Minute Max Toes To Bar

12 x Double Kettlebell Swings

8 x Over Plate Push Ups

before getting back on the bike and continuing your cycling effort.

Push Up Over a Plate – Begin in a full pushup position with one hand on a weight plate, arms wider than shoulder-distance apart. Push up, keeping elbows close to sides. Slowly drop down to starting position. Switch which hand is on the plate.

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.

Double KB Swing – Hold the kettlebells outside your knees, hinge forward and use the power from your hips to swing the weight up to shoulder height.

Please watch the video for the workout explanations and movement explanations.

**Muscular
endurance**
(5 minutes)

Day 2 - Muscular Endurance

Just like last week complete

1 x MAX EFFORT Set

of a

20 kg Barbell Only Bench Press

See if you can beat the pros as well as your own score from last week.

*I will leave this video here for those who haven't seen it for some inspiration and a target score.

Bench Press – With your back on a bench and a barbell in a rack in a safe position, brace your obliques and pinch your shoulders back and down before lifting the barbell off the rack. Lower the barbell to touch your chest whilst keeping your elbow in and your shoulder stable. Once the barbell hits your chest, press and return to the starting position.

Day 3 - (69 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.

Rowing (15 minutes)

Day 3 - Rowing

Complete

2 Sets

of

1000m Row or 800m Run

Rest **1 minute** in-between rounds

*aim to increase the pace on your second effort.

Please watch the video for a full explanation of this workout

Strength Work (16 minutes)

Day 3 - Strength Work

Complete

3 x Supersets

of

12-15 x Split Leg Trap Bar Deadlift (each side)

20-30 x Narrow Foot Heel Raised Squats

*if you don't have access to a Trap Bar then use 2 x Dumbbells as an alternative.

Split Leg Deadlift – In a split leg position, your back foot toes are inline with the heel of your front foot. From here, hinge at the hip and using your chosen weight be it a barbell, dumbbells or trap bar lower the weight to the floor keeping your shoulders pinned back and your back in a safe and neutral position. Aim to keep your shin as vertical as possible and a soft bend at the knee. The aim is 90 degrees at the hip, but if your mobility limits this don't worry. Stand tall, paying attention to using your front leg to power you up. This movement really engages the glute and hamstring on your front leg.

Narrow Foot Heel Raised Squats – This is a squat progression exercise that utilizes a heel lift to increase ankle dorsiflexion range which allows the knees past the toes. Start by placing a weight plate or wedge below each heel while in a narrow squat stance (feet hip distance apart). Proceed to complete a squat (with or without weight).

Watch video for movement demonstrations and workout explanation.

Workout (20 minutes)

Day 3 - Workout

Set a timer for

20 Minutes

complete as many rounds of the following movement and you can in that time

of

6 x Devil Press

12 x Over Box Lateral Step Over with Jump

30 Seconds of Cardio

• _____

Devil Press – Start with the dumbbells on the ground. Lower down to the ground, grab hold of the dumbbells, and perform a burpee. Your chest should touch the floor. When you jump up to your feet, continue holding a dumbbell in each hand. From there, perform a dumbbell snatch (or you can look at it as a swing). You should finish with both arms locked out overhead and your body at full extension. This is one rep.

Box Step 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.

Watch video for full movement demonstrations.

Core
(8 minutes)

Day 3 - Core

Complete

10 x Max Effort

of

L – Hang Attempts

with

20 Seconds Rest in-between

*scale down the movement down if you can't hold the L-Hang for more that 5 seconds.

L-Hang – Hanging from a pull up bar, create active shoulders by pulling your shoulder blades back and down so that there's tension there. From here, raise your straight legs up in front of you, aiming to get them to 90 degrees and hold at that position. If you can't get them all the way up, hold them as high as possible maintaining a tight and engaged core position. Ideally a pull up bar for this as you then get the benefit of the hang, however if you don't have a pull up bar, you can complete an L-sit by resting your hands by your sides on 2 dumbbells/chairs or wall, as long as your butt is off the floor and your legs are raised using your core.

Please watch the video for a full movement demonstrations and scaling options

Day 4 - (40 minutes)

Workout of the Week (40 minutes)

Day 4 - Workout of the Week

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

1000 x Lunges

However, every

2 Minutes stop and complete

10 x Push Ups or Light Strict Press

before continuing on with your Lunges.

*the **time cap** for this workout is **40 Minutes** however if you want to extend it to complete the full challenge then please do.

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.

Push Ups – 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.

Strict Press – 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.

For a **full** explanation of this session or of any other workouts from this weeks training **please** watch the demo 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 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.