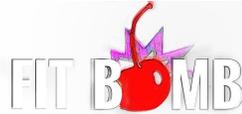




*“I really, truly believe that you can get an awesome workout using just a set of dumbbells or kettlebells.” - Sara*



## I get it, you're busy!

I'm a busy mom, wife and gym owner who sometimes can't find the time to get to her OWN gym for a training session but I've figured out a way to get seriously toned, more defined and feel great about myself again!

**TRAINING AT HOME WITH NOTHING MORE THAN YOUR BODY & A SET OF WEIGHTS!**

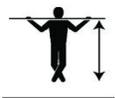
## The plan.

I'm hoping to cut through all the noise and simplify your training routine. There's just so much information out there which can make health and fitness look far more difficult than it really is. But at Fit Bomb WOD, we want to prove to you that working out can be easier than you think.

Fit Bomb WODs are a great fit for you if you want to get in the best shape of your life, but you

- Don't have much time
- Don't like to have to go to the gym
- Don't have much or any workout equipment
- Don't want to do long, boring hours of cardio
- Want to get stronger and fitter in less time

You can get in the best shape of your life without a lot of time, equipment, or space.



# How to Get Started with Fit Bomb WODs.

The simplest way to do the workouts is to sign up for our online personal training where you will receive our *Fit Bomb Online Coaching Program*, a simple at home program and access to a coach. But since you're here looking to get started at home NOW here's the score.

- **You will train 4-5 days per week.**

*Example: Monday, Tuesday, REST, Thursday, Friday, Saturday*

You can do this whatever time of day you want but I believe there to be a benefit to doing it early in the day BEFORE life starts to get hectic and your time gets swallowed up by the day to day.

- **Pick a warm up.** Vary it and do not do the same one each time.

**DO NOT SKIP THE WARM UP**

- After the warm up proceed directly to the workout. We have provided A full week's worth but you can toss in any cardio training between these high intensity sessions. *Example: M- Fit Bomb, T - cardio, W - Fit Bomb, TH - cardio, F - Fit Bomb, S - yoga... you get the point.*
- Our Week looks like this

MONDAY :STRENGTH & CONDITIONING

TUESDAY : CARDIO CONDITIONING

WEDNESDAY: STRENGTH & CONDITIONING

THURSDAY: CARDIO CONDITIONING & Challenge

FRIDAY: STRENGTH & CONDITIONING

SATURDAY: Choice

Each Day will have various optional CORE, STRENGTH, CHALLENGE, EXTRA CREDIT WORK depending on that day's training focus.



*If you are not sure what some of the exercises are, watch the FULL TUTORIAL VIDEO. Which we provide daily to our athletes on our online program FIT BOMB.*

Feel free to shoot me an email [sara@cherrybombgaragegym.com](mailto:sara@cherrybombgaragegym.com) or

**Book a FREE Virtual Consultation**

**South Glengarry & Online Coaching > Complimentary Consult**

**Apply Now**

# The Warm Ups



**Our training begins with a Warm-up that was created specifically for that day's training but for this we will simply offer up 3 simple options.**

## **Warm-up #1**

2-3 Rounds

1 min of light jogging or Skipping

10 Walking Samson Lunges (arms reach up)

10 Squats

10 Arm Circles (Forward & Backward)

10 Leg Swings Each Leg (forward and backward & side to side)

## **Warm-up #2**

2-3 Rounds

20 Jumping Jacks

20 High Knees

20 Butt Kickers

5 Inch Worm + 2 push-ups (each time you inch out do 2 push-ups)

10 Groiner (like mountain climber but feet land on the outside of the hands, done slowly)

## **Warm-up #3**

2 Rounds

10 meters Side Shuffles (down and back)

10 meters Butt Kicker (down and back)

10 Walking Knee Hugs/per side

15 Squats

10 Arm Circles (forward and backward)

10 Pushups

- NEVER SKIP THE WARM UP

If you're still feeling a bit tight add in a few stretches after you've done the warm up. Example Calf stretch, Hip flexor stretch, etc.

# Workouts

## Monster Monday

Strength & Conditioning

***This is the view of the training from our daily workout APP.***

***We have 2 options PERFORMANCE & FITNESS***

Start your training with

- A) *STRENGTH*. As usual, if you do not have the equipment, time or inclination to work on your strength then feel free to make this portion optional and simply work on the conditioning piece .  
B) *Focus on quality*.

### **FIT BOMB**

#### **A: Metcon (No Measure)**

3 Sets (Not for Time)

10 DB/Barbell Bent Over Rows

10 Pistols/Sit to Stand (per leg)

10 Heavy KB/DB Snatch (per arm)

10 Pistols /Sit to Stand (per leg)

Rest between sets. Be sure to move well.

#### **B: Metcon**

#### **Performance 2 Rounds**

600m run/row/ 3:00 min. cardio\*

30 KB/DB Wipers

60 alt DB Clean and Press ( light - moderate weight)

30 burpees Jump Lunge or 1K row/run

\* similar aerobic stimulus ex. jumping jack, mountain climber, skipping, toe taps

\* **Fitness** 90 sec cardio, 15 wipers, 30 curl & press, 15 burpee + step lunge

Full video Tutorial > [\*\*MONDAY MADNESS VIDEO\*\*](#)



# HIITuesday

## Interval Training

HIIT (high Intensity Interval training!) We worked on strength yesterday so today let's work on that other all important muscle, the heart.

Choose how many rounds you have time for then set your interval timer - you have one found on your MY ZONE heart rate belts. Remember that there's a \$5000 dollar prize this month! Simply strap on your MY ZONE belt - Open up The MY ZONE APP and your heart rate colour zones will be tracked LIVE during your workout. The timer is 1 minute of work and 30 second rest.

**Fitness options are in yellow**

### **FIT BOMB**

**Metcon (No Measure)**

4 Rounds/ 2 or 3 Rounds

1 min. work/ 30 sec rest

MAX Goblet Thrusters / light or no weight Squat

MAX Single KB/DB/Water Jug Face Pull \*switch every 5 Reps

MAX Hops over the DB/KB/Water Jug/ lateral step over

MAX Single Arm Push Presses \*Switch Every 5 Reps/ light press both hands holding 1 weight

MAX Mountain climber WIDE/ mountain climber steps

1: 30 sec. REST then start next round

**CASHOUT (optional):**

3 Rounds

:30s Side Plank (Hold KB/DB Left Arm)

:30s Side Plank (Hold KB/DB Right Arm)

Rest as needed between

\*If no KB or DB you can use any weighted object - small 5/10lb

**Full video Tutorial - [HIITuesday Video](#)**



# WOD'n Wednesday

## Functional Strength & Conditioning

*Today's workout will require a good amount of focus to ensure you keep your core tight. FOCUS.*

*The MACHO MAN COMPLEX is 3 clean + 3 Front squat + 3 push press - that equals 1 REP therefore; to do three rounds you will do :*

*3 clean + 3 Front squat + 3 push press*

*3 clean + 3 Front squat + 3 push press*

*3 clean + 3 Front squat + 3 push press*

*before moving on the 15 VUPS.*

*Use whatever you have available... KB/DB/BB/Rock/ Backpack*

### ***Fitness option in yellow***

#### **FIT BOMB**

**A: Metcon (No Measure)**

CHALLENGE

50 HEAVY DEADLIFTS or 50 HEAVY Double KBS/ 50 KBS

*\*everytime you stop*

10 FRONT RACK WALKING LUNGE STEPS *\*\*\*Glutes\*\*\*/ no weight lunge*

**B: Metcon (No Measure)**

12 AMRAP / 8 minute

3 Rounds of MACHO MAN/ 3 curl, 3 goblet squat, 3 press

15 Vups /Tuck up/ Weighted sit up/ *crunch or sit up*

*Just keep going for 12 minutes.*

*\* MACHO MAN\* 3 Clean + 3 front Squat + 3 Push Press = 1*

**Full Video Tutorial - [WOD'n Wednesday](#)**

# Throwdown Thursday

## Cardio Strength

We have 2 STATIONS TODAY

A - Cardio Strength. The goal is to move quickly and consistently so choose a lightweight and the easiest version of a pullup possible. GOAL : 20 minutes. This is a marathon not a sprint.

B - Core Stability Cool Down (optional)

If your time is limited then do whichever station you want and then get on with your day.

B- Have a timer ready. You will do 40 seconds of work and rest for 20 sec. then do a 2 minute run or cardio of choice but at a light cool down pace.

### **FIT BOMB**

#### **Daniel (Time)**

For Time:

50 Pull-ups / Alt. 21 Devil Press/ 21 bent over row

400 meter run / Alt. 2 min. Cardio of choice

21 Thruster/ 10 Squats + 10 Press

800 meter run / Alt. 4 min. Cardio of choice

21 Thruster / 10 Squats + 10 Press

400 meter run

50 Pull-ups / 21 bent over row

\*use a light to moderate weight for the thrusters - you should be able to do 8 - 10 in a row

#### **B: Metcon (No Measure)**

CORE STABILITY (optional)

2 Rounds

:40s Weighted Hollow Hold, :20s Rest/ rest as often as needed

:40s superman Hold, :20s Rest

:40s Gun Hold (90 degree), :20s Rest

200m light run ( 2 minutes)

REST AS NEEDED IN BETWEEN ROUNDS

Full Video Tutorial - [Thursday Thrasher](#)

# Fit Bomb Friday

“F”it Friday - generally a challenging combo but this week was the final workout for our online challenge.

**WATCH THE EPIC SHOWDOWN!!!**

**Who will win? Who will say something inappropriate?  
Whoa will actually watch this trainwreck?**

**Final Thursday Throwdown > <https://youtu.be/R2QiB-nqhWA>**

**FIT BOMB**

**Metcon (Time)**

BUY IN: 100 KBS

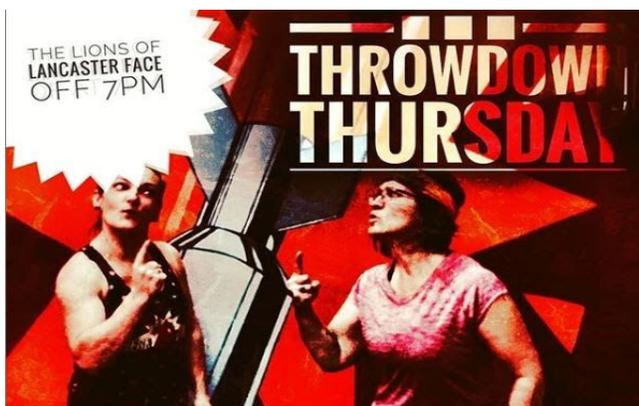
then

30 -20-10

Sumo Deadlift High Pull

Bear Hold Tap

**GIVE US YOUR SCORES!!!!**



**WATCH HERE!**

<https://youtu.be/R2QiB-nqhWA>

# Saturday

Time to catch up on the week or choose a video from our YouTube Channel Such as:



Full length VID.  
1 KB,10 Minutes  
**WATCH VIDEO**  
[CLICK HERE](#)



Core Exercises  
**FIT BOMB**  
**AB FINISHER**  
[CLICK HERE](#)



Kettlebell Workout  
**KB HELL - 3 Min. AMRAPs**  
[CLICK HERE](#)

***Fitness On  
Your Terms!***

FITNESS  
FREEBIES

