

Iron Compete



#IRONSHARPENSIRON

#PROJECTIRON

Week 1

<u>Day 1</u>	<u>Day 2</u>	<u>Day 3</u>
<p><u>Movement Prep</u> Ladder Series Mini Band Series Mountain Climbers Hip Flexors Skips for Height & Distance Wall Drill/Arm Swings Squat Hold 2x30seconds Bradford Jump Series Medicine Ball Series Broad Jump 5x2 Sprint <u>Sit Ups/Crunches/Leg Lifts/Planks 3x10</u> <u>Strength PODS</u> 1 Squat 2 Lunges 2 Squat 4 Lunges 3 Squat 6 Lunges 4 Squat 8 Lunges 5 Squat 10 Lunges 30 Seconds of: Tuck Jumps Band Pulls MB OH Carry Push Up</p>	<p><u>Movement Prep</u> Ladder Series Mini Band Series Mountain Climbers Hip Flexors Wall Drill Arm Swings Athletic Stance Broad Jump 5x2 Max Bradford Jump Series Line Jumps 1on1off 2on2off <u>Sit Ups/Crunches/Leg Lifts/Planks 3x10</u> <u>Crunches</u> Swivel Twists Leg Raises Glute Bridges Planks <u>Sprint</u> 40% @ 10 yards x3 60% @ 10 yardsx3 80% @ 10 yardsx3 100%@ 5 yardsx10 25 each Push Ups; Jumping Pull Ups & Burpees</p>	<p><u>Movement Prep</u> Ladder Series Mini Band Series Mountain Climbers Hip Flexors Skips for Height & Distance Wall Drill/Arm Swings Squat Hold 2x30seconds Bradford Jump Series Medicine Ball Series Broad Jump 5x2 Sprint <u>Sit Ups/Crunches/Leg Lifts/Planks 3x10</u> <u>Strength PODS</u> 1a Box Squat 3x10 1b Forward Lunge 3x10 2a Band Push Press 3x8 2b Deadlift 3x4 3 Minutes of Work: 2 Push Ups 8 Walking Lunges Total # of repetitions</p>

Week 2

<u>Day 1</u>	<u>Day 2</u>	<u>Day 3</u>
<p><u>Movement Prep</u> Ladder Series Mini Band Series Mountain Climbers Hip Flexors Skips for Height & Distance Wall Drill/Arm Swings Squat Hold 2x30seconds Bradford Jump Series Medicine Ball Series Broad Jump 5x2 Sprint <u>Sit Ups/Crunches/Leg Lifts/Planks 3x10</u></p> <p><u>Strength PODS</u> Partner 4 Rounds – Band Push Press 10x Squat</p> <p>3 Minutes of Work: 2 Push Ups 8 Walking Lunges Total # of repetitions</p> <p><u>Finisher</u> 12-10-8-6-4-2 Burpees Box Jumps</p>	<p><u>Movement Prep</u> Ladder Series Mini Band Series Mountain Climbers Hip Flexors Wall Drill Arm Swings Athletic Stance Broad Jump 5x2 Max Bradford Jump Series Line Jumps 1on1off 2on2off <u>Sit Ups/Crunches/Leg Lifts/Planks 3x10</u></p> <p>Crunches Swivel Twists Leg Raises Glute Bridges Planks <u>Sprint</u> 40% @ 10 yards x3 60% @ 10 yardsx3 80% @ 10 yardsx3 100%@ 5 yardsx10</p> <p>25 each Push Ups; Jumping Pull Ups & Burpees</p>	<p><u>Movement Prep</u> Ladder Series Mini Band Series Mountain Climbers Hip Flexors Skips for Height & Distance Wall Drill/Arm Swings Squat Hold 2x30seconds Bradford Jump Series Medicine Ball Series Broad Jump 5x2 Sprint <u>Sit Ups/Crunches/Leg Lifts/Planks 3x10</u></p> <p><u>Strength PODS</u> 4 Rounds KB Swings 5x Squats 5x Deadlifts 5x</p> <p>1 Minute at Each: Band Rows Burpees MB Push Press Lunges</p>

Week 3

<u>Day 1</u>	<u>Day 2</u>	<u>Day 3</u>
<p><u>Movement Prep</u> Ladder Series Mini Band Series Mountain Climbers Hip Flexors Skips for Height & Distance Wall Drill/Arm Swings Squat Hold 2x30seconds Bradford Jump Series Medicine Ball Series Broad Jump 5x2 Sprint <u>Sit Ups/Crunches/Leg Lifts/Planks 3x10</u></p> <p><u>Strength PODS</u> 1a Box Squats 5x10 1b Sled Push 5x20yards 1c KB Deadlift 5x5</p> <p>Finisher 15-12-9 DB Thrusters Burpees</p>	<p><u>Movement Prep</u> Ladder Series Mini Band Series Mountain Climbers Hip Flexors Wall Drill Arm Swings Athletic Stance Broad Jump 5x2 Max Bradford Jump Series Line Jumps 1on1off 2on2off <u>Sit Ups/Crunches/Leg Lifts/Planks 3x10</u> Crunches Swivel Twists Leg Raises Glute Bridges Planks <u>Sprint</u> 40% @ 10 yards x3 60% @ 10 yardsx3 80% @ 10 yardsx3 100%@ 5 yardsx10</p> <p>25 each Push Ups; Jumping Pull Ups & Burpees</p>	<p><u>Movement Prep</u> Ladder Series Mini Band Series Mountain Climbers Hip Flexors Skips for Height & Distance Wall Drill/Arm Swings Squat Hold 2x30seconds Bradford Jump Series Medicine Ball Series Broad Jump 5x2 Sprint <u>Sit Ups/Crunches/Leg Lifts/Planks 3x10</u></p> <p><u>Strength PODS</u> 1a Push Ups 5x5 1b Single Leg Squat 5x10 1c Sled Pull 5x20 yards 1d Jumping Pull Ups 5x5</p> <p>1 Minute at Each: 4x Push Press Burpees Sit Ups 1on1off</p>

Week 4

<u>Day 1</u>	<u>Day 2</u>	<u>Day 3</u>
<u>Movement Prep</u> Ladder Series Mini Band Series Mountain Climbers Hip Flexors Skips for Height & Distance Wall Drill/Arm Swings Squat Hold 2x30seconds Bradford Jump Series Medicine Ball Series Broad Jump 5x2 Sprint <u>Sit Ups/Crunches/Leg Lifts/Planks 3x10</u> <u>Strength PODS</u> 1a Box Squats 5x10 1b Sled Push 5x20yards 1c KB Deadlift 5x5 Finisher 15-12-9 DB Thrusters Burpees	<u>Movement Prep</u> Ladder Series Mini Band Series Mountain Climbers Hip Flexors Wall Drill Arm Swings Athletic Stance Broad Jump 5x2 Max Bradford Jump Series Line Jumps 1on1off 2on2off <u>Sit Ups/Crunches/Leg Lifts/Planks 3x10</u> Crunches Swivel Twists Leg Raises Glute Bridges Planks <u>Sprint</u> 40% @ 10 yards x3 60% @ 10 yardsx3 80% @ 10 yardsx3 100%@ 5 yardsx10 25 each Push Ups; Jumping Pull Ups & Burpees	<u>Movement Prep</u> Ladder Series Mini Band Series Mountain Climbers Hip Flexors Skips for Height & Distance Wall Drill/Arm Swings Squat Hold 2x30seconds Bradford Jump Series Medicine Ball Series Broad Jump 5x2 Sprint <u>Sit Ups/Crunches/Leg Lifts/Planks 3x10</u> <u>Strength PODS</u> 1a Push Ups 5x5 1b Single Leg Squat 5x10 1c Sled Pull 5x20 yards 1d Jumping Pull Ups 5x5 1 Minute at Each: 4x Push Press Burpees Sit Ups 1on1off

Week 5

<u>Day 1</u>	<u>Day 2</u>	<u>Day 3</u>
<p><u>Movement Prep</u> Ladder Series Mini Band Series Mountain Climbers Hip Flexors Skips for Height & Distance Wall Drill/Arm Swings Squat Hold 2x30seconds Bradford Jump Series Medicine Ball Series Broad Jump 5x2 Sprint <u>Sit Ups/Crunches/Leg Lifts/Planks 3x10</u></p> <p><u>Strength PODS</u> 1a Box Squats 5x10 1b Sled Push 5x20yards 1c Band Rows 5x10</p> <p>AMRAP 10 Minutes: KB Swing 10x Box Step Ups 10x Floor Wipers 10x</p>	<p><u>Movement Prep</u> Ladder Series Mini Band Series Mountain Climbers Hip Flexors Wall Drill Arm Swings Athletic Stance Broad Jump 5x2 Max Bradford Jump Series Line Jumps 1on1off 2on2off <u>Sit Ups/Crunches/Leg Lifts/Planks 3x10</u> Crunches Swivel Twists Leg Raises Glute Bridges Planks <u>Sprint</u> 40% @ 10 yards x3 60% @ 10 yardsx3 80% @ 10 yardsx3 100%@ 5 yardsx10</p> <p>25 each Push Ups; Jumping Pull Ups & Burpees</p>	<p><u>Movement Prep</u> Ladder Series Mini Band Series Mountain Climbers Hip Flexors Skips for Height & Distance Wall Drill/Arm Swings Squat Hold 2x30seconds Bradford Jump Series Medicine Ball Series Broad Jump 5x2 Sprint <u>Sit Ups/Crunches/Leg Lifts/Planks 3x10</u></p> <p><u>Strength PODS</u> 1a KB Deadlift 5x5 1b Lateral Lunges 5x10 1c Sled Pull 5x</p> <p>7 Rounds for time: 7 Front Squats 7 Burpees 7 Push Ups 7 Wall Ball 7 Reverse Lunges</p>

Week 6

<u>Day 1</u>	<u>Day 2</u>	<u>Day 3</u>
<p><u>Movement Prep</u> Ladder Series Mini Band Series Mountain Climbers Hip Flexors Skips for Height & Distance Wall Drill/Arm Swings Squat Hold 2x30seconds Bradford Jump Series Medicine Ball Series Broad Jump 5x2 Sprint <u>Sit Ups/Crunches/Leg Lifts/Planks 3x10</u></p> <p><u>Strength PODS</u> 1a Box Squats 5x10 1b Sled Push 5x20yards 1c Band Rows 5x10</p> <p>AMRAP 10 Minutes: KB Swing 10x Box Step Ups 10x Floor Wipers 10x</p>	<p><u>Movement Prep</u> Ladder Series Mini Band Series Mountain Climbers Hip Flexors Wall Drill Arm Swings Athletic Stance Broad Jump 5x2 Max Bradford Jump Series Line Jumps 1on1off 2on2off <u>Sit Ups/Crunches/Leg Lifts/Planks 3x10</u></p> <p>Crunches Swivel Twists Leg Raises Glute Bridges Planks <u>Sprint</u> 40% @ 10 yards x3 60% @ 10 yardsx3 80% @ 10 yardsx3 100%@ 5 yardsx10</p> <p>25 each Push Ups; Jumping Pull Ups & Burpees</p>	<p><u>Movement Prep</u> Ladder Series Mini Band Series Mountain Climbers Hip Flexors Skips for Height & Distance Wall Drill/Arm Swings Squat Hold 2x30seconds Bradford Jump Series Medicine Ball Series Broad Jump 5x2 Sprint <u>Sit Ups/Crunches/Leg Lifts/Planks 3x10</u></p> <p><u>Strength PODS</u> 1a KB Deadlift 5x5 1b Lateral Lunges 5x10 1c Sled Pull 5x</p> <p>7 Rounds for time: 7 Front Squats 7 Burpees 7 Push Ups 7 Wall Ball 7 Reverse Lunges</p>