

WEEK 1/DAY 1

PULL-UP, KETTLEBELL, BARBELL PROGRAM



EXERCISE	SETS	REPS	REST	NOTES:
KB Swings	3	15-20	60sec	
Handstand or Pike Hold		Accumulate 2 minutes		Hold as long as you can on the handstand or Pike. If you break do 10 burpees. Accumulate 2 total minutes each round on the handstand. Do this for three rounds.
Burpees	After each Break			
Monostructural	3 x 200m Sprints			

WEEK 1/DAY 2

PULL-UP, KETTLEBELL, BARBELL PROGRAM



EXERCISE	SETS	REPS	REST	NOTES:
Row or Run		10 minutes		Run or row for 10 minutes (30 seconds sprint, 30
Pull-ups	2	10	30 sec	
Barbell Press	2	15-20	60 sec	
METCON				
Push-ups		10		Do AMRAP (As many reps as possible) of 10 Push-ups, and 8 Sit-ups in 7 minutes as you can.
Sit-ups		8		

WEEK 1/DAY 3

**PULL-UP, KETTLEBELL, BARBELL
PROGRAM**



EXERCISE

SETS

REPS

REST

NOTES:

REST DAY

WEEK 1/DAY 4

**PULL-UP, KETTLEBELL, BARBELL
PROGRAM**



EXERCISE

SETS

REPS

REST

NOTES:

KB Deadlifts

5

5

60 sec

Build up in weight on the KB

METCON

Air Squats

8

10

0-15 sec

Do these two exercises as fast as possible. Move from one movement to the next with little to no rest.

KB Press

8

10

0-15 sec

WEEK 1/DAY 5

PULL-UP, KETTLEBELL, BARBELL PROGRAM



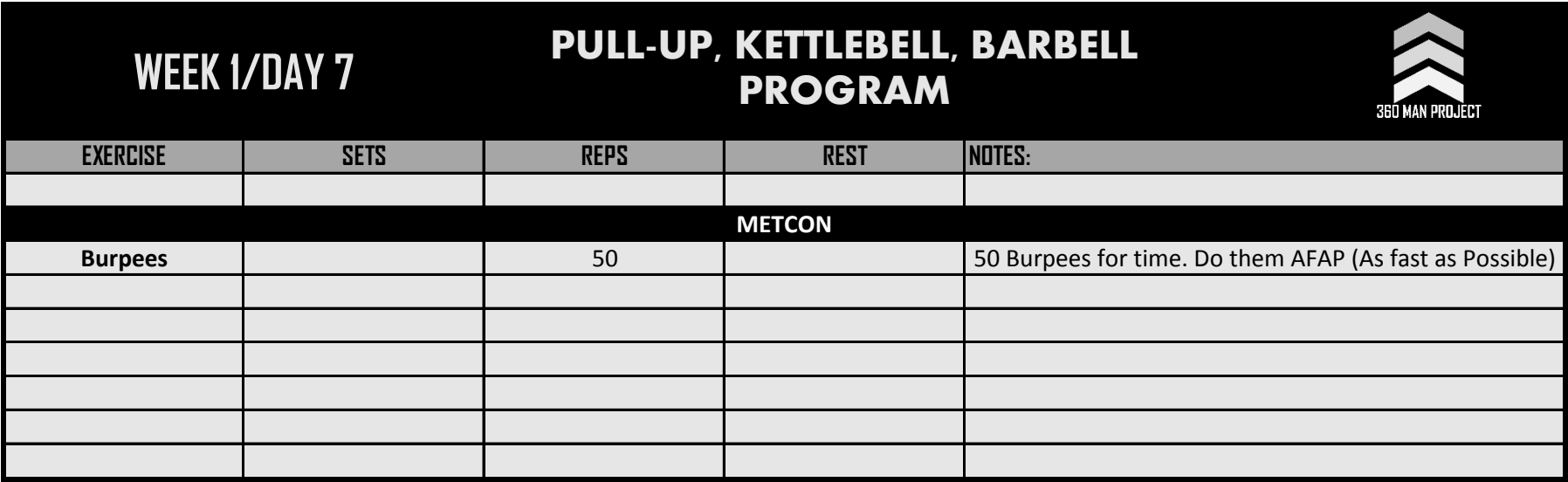
EXERCISE	SETS	REPS	REST	NOTES:
Pushups		AMRAP	2:00 min	As many reps as possible in 2 minutes
Sit-ups		AMRAP	2:00 min	As many reps as possible in 2 minutes
Monostructural				Run 1.5 miles AFAP (As fast as possible)

WEEK 1/DAY 6

PULL-UP, KETTLEBELL, BARBELL PROGRAM



EXERCISE	SETS	REPS	REST	NOTES:
REST DAY				

[illegible][illegible][illegible]

WEEK 2/DAY 1**PULL-UP, KETTLEBELL, BARBELL
PROGRAM**

EXERCISE	SETS	REPS	REST	NOTES:
Walking Lunge	3	15	30 sec	
Push-ups	3	10	60 sec	
Pull-ups	3	10	60 sec	
Monostructural		10 Minutes		Run or Row for 10 minutes. 30 seconds fast, 30 seconds slow.

WEEK 2/DAY 2**PULL-UP, KETTLEBELL, BARBELL
PROGRAM**

EXERCISE	SETS	REPS	REST	NOTES:
REST DAY				

WEEK 2/DAY 3

PULL-UP, KETTLEBELL, BARBELL PROGRAM



EXERCISE	SETS	REPS	REST	NOTES:
Barbell Back Squat	5	5	60 sec	Build to heavier weight each set if you have weights. If not, just use 45# bar
METCON				
Pull-ups		5		Do these 3 movements as an AMRAP for 10 minutes. Do 5 pull-ups, then 5 push-ups, then 5 squats. Repeat for 10 minutes.
Push-ups		5		
Squats		5		

WEEK 2/DAY 4

PULL-UP, KETTLEBELL, BARBELL PROGRAM



EXERCISE	SETS	REPS	REST	NOTES:
Glute Bridges	2	1:00		Do glute bridges for 1 minute
Good Mornings	2	1:00		Do Good Mornings with Barbell or PVC Pipe for 1 minute
KB Deadlift	5	5	60 sec	Build weight each set if possible
Box Step-ups		50	No rest	Step up to a 18", 20" or 24" Box. Alternate legs each step up

WEEK 2/DAY 5

**PULL-UP, KETTLEBELL, BARBELL
PROGRAM**



EXERCISE

SETS

REPS

REST

NOTES:

REST DAY

WEEK 2/DAY 6

**PULL-UP, KETTLEBELL, BARBELL
PROGRAM**



EXERCISE

SETS

REPS

REST

NOTES:

Monostructural

Run 2 miles at a Moderate pace

WEEK 2/DAY 7

PULL-UP, KETTLEBELL, BARBELL PROGRAM

[illegible]

WEEK 3/DAY 1**PULL-UP, KETTLEBELL, BARBELL
PROGRAM****EXERCISE****SETS****REPS****REST****NOTES:****REST DAY****WEEK 3/DAY 2****PULL-UP, KETTLEBELL, BARBELL
PROGRAM****EXERCISE****SETS****REPS****REST****NOTES:****Samson Stretch****3****30 sec/ ea side****Hold for 30 seconds each side****Kang Squat****3****30 sec****Practice Kang Squats for 30 seconds****Overhead Squats****4****10****60 sec****Use PVC or Barbell (45#) for Overhead Squat****METCON****Air Squats****20-15-10-5****Do these two movements as a METCON. Do 20 reps of each movement, then 15, then 10, then 5. AFAP (As Fast As Possible). Use a mat for the sit-ups****Butterfly Sit-ups****20-15-10-5**

WEEK 3/DAY 3**PULL-UP, KETTLEBELL, BARBELL
PROGRAM**

EXERCISE	SETS	REPS	REST	NOTES:
Pike or Handstand		1 minute		Accumulate 1 minute of Handstand/Pike Hold
Barbell Deadlift	EMOM	2		EMOM (Every Minute on the minute) do 2 deadlifts with the barbell. If you have weights, load the bar to something that will allow you to get 2 reps every minute. Make it challenging.
Sprints	4	200m	2 min	Run 400m as fast as you can, rest 2 minutes between each run

WEEK 3/DAY 4**PULL-UP, KETTLEBELL, BARBELL
PROGRAM**

EXERCISE	SETS	REPS	REST	NOTES:
REST DAY				

WEEK 3/DAY 5**PULL-UP, KETTLEBELL, BARBELL
PROGRAM**

EXERCISE	SETS	REPS	REST	NOTES:
Box Step ups		60 seconds		Alternate Legs each step. Use 18",20" or 24" box
Super Power rack		30 sec		
Burgener Warm Up		5 minutes		Use PVC or Barbell to Do Burgener Warmup
METCON				
Hang Clean	2	30	No rest if possible	Use PVC or Barbell for Hang Cleans, and move right into the box-step-ups. Do this as fast as possible for 2 rounds. Maintain good form on hang cleans
Box Jump/Step ups		10		

WEEK 3/DAY 6**PULL-UP, KETTLEBELL, BARBELL
PROGRAM**

EXERCISE	SETS	REPS	REST	NOTES:
KB OH PRESS	5	5	60 sec	Build up weight in KB if possible
METCON				
OH Barbell Press	15	3 Rounds	No rest if possible	Use Barbell for Overhead Press, and push-ups on floor if possible. Make sure arms are locked out and head is through the window on OH Press
Push-ups	10			

WEEK 3/DAY 7

**PULL-UP, KETTLEBELL, BARBELL
PROGRAM**



EXERCISE

SETS

REPS

REST

NOTES:

REST DAY

WEEK 4/DAY 1**PULL-UP, KETTLEBELL, BARBELL
PROGRAM**

EXERCISE	SETS	REPS	REST	NOTES:
Pull-ups	2	10		
Plank	2	30 sec Hold		
Monstructural		3200m		Row or Run 2 Miles for Time

WEEK 4/DAY 2**PULL-UP, KETTLEBELL, BARBELL
PROGRAM**

EXERCISE	SETS	REPS	REST	NOTES:
Samson Stretch	1	45 sec Hold/ea leg		
Curtsy Box Step Downs	1	10/ea leg		
Clock Lunge (banded)	5	5/ea leg		
Box Step Downs	1	10/ea leg		Move very slowly down
STRENGTH				
KB Goblet Squat	5	5	60 sec	Build if possible each set
KB or BB Deadlift	5	5	60 sec	Build if possible each set

WEEK 4/DAY 3

**PULL-UP, KETTLEBELL, BARBELL
PROGRAM**



EXERCISE

SETS

REPS

REST

NOTES:

REST DAY

WEEK 4/DAY 4

**PULL-UP, KETTLEBELL, BARBELL
PROGRAM**



EXERCISE

SETS

REPS

REST

NOTES:

METCON

Pull-ups

Push-ups

Air Squats

Run

12 Min AMRAP

5

7

9

200m

As Little Rest as
Possible

Perform 5 Pull-ups, 7 Push-ups, 9 Air Squats and a 200m
run for 12 minutes on repeat.

WEEK 4/DAY 5

PULL-UP, KETTLEBELL, BARBELL PROGRAM



EXERCISE	SETS	REPS	REST	NOTES:
MonoStructural	15 Minutes			Row or Run for 15 Minutes. 30 seconds fast, 30 seconds

WEEK 4/DAY 6

PULL-UP, KETTLEBELL, BARBELL PROGRAM



EXERCISE	SETS	REPS	REST	NOTES:
<h1>REST DAY</h1>				

WEEK 4/DAY 7

PULL-UP, KETTLEBELL, BARBELL PROGRAM



EXERCISE	SETS	REPS	REST	NOTES:
Samson Stretch	1	45 sec Hold/ea leg		
Curtsy Box Step	1	10/ea leg		
Clock Lunge (banded)	5	5/ea leg		
Box Step Downs	1	10/ea leg		Move very slowly down
METCON				
Barbell Thruster	EMOM 10 Minutes	5	Rest after Movements	Use PVC or Barbell (45#-75#) for Thrusters. Every minute perform 5 Thrusters and 1 burpee. Use the remaining time left in the minute to rest. Repeat for 10 minutes.
Burpee		1		

WEEK 5/DAY 1**PULL-UP, KETTLEBELL, BARBELL
PROGRAM**

EXERCISE	SETS	REPS	REST	NOTES:
Pike Push-ups	5 Rounds for Time	5	No Rest if Possible	5 Pike-push-ups, 5 pull-ups, run 200m. Do this in that order for 5 rounds.
5 Pull-ups		5		
Run		200m		
Monostructural	COOLDOWN			Row 500m or Run .5 mile cooldown

WEEK 5/DAY 2**PULL-UP, KETTLEBELL, BARBELL
PROGRAM**

EXERCISE	SETS	REPS	REST	NOTES:
REST DAY				

WEEK 5/DAY 3

PULL-UP, KETTLEBELL, BARBELL PROGRAM



EXERCISE	SETS	REPS	REST	NOTES:
KB/DB Press	1	12	30 sec	
KB/DB Step-ups	1	12	30 sec	
Barbell Press	5	3	60 sec	Use Barbell and work up in Weight each set if possible
METCON				
Clean & Jerk	3 Rounds For Time	12	No Rest if Possible	Perform 12 C&J, 9 Box Step-ups, and 6 Sit-ups each round.Go from one movement to the next with little to no rest. Repeat for 3 rounds.
Box Step-ups		9		
Sit-ups		6		

WEEK 5/DAY 4

PULL-UP, KETTLEBELL, BARBELL PROGRAM

[illegible]

WEEK 5/DAY 5**PULL-UP, KETTLEBELL, BARBELL
PROGRAM****EXERCISE****SETS****REPS****REST****NOTES:****REST DAY****WEEK 5/DAY 6****PULL-UP, KETTLEBELL, BARBELL
PROGRAM****EXERCISE****SETS****REPS****REST****NOTES:****Samson Stretch****1****45 sec Hold/ea leg****Curtsy Box Step****1****10/ea leg****Clock Lunge (banded)****5****5/ea leg****Box Step Downs****1****10/ea leg****Move very slowly down****KB/BB Deadlift****5****8****Last 3 sets should be Heavy****KB/BB Squat****5****5****Use Barbell or KB and add weight each set if possible**

WEEK 5/DAY 7

PULL-UP, KETTLEBELL, BARBELL PROGRAM

[illegible]

WEEK 6/DAY 1

**PULL-UP, KETTLEBELL, BARBELL
PROGRAM**



EXERCISE

SETS

REPS

REST

NOTES:

REST DAY

WEEK 6/DAY 2

**PULL-UP, KETTLEBELL, BARBELL
PROGRAM**



EXERCISE

SETS

REPS

REST

NOTES:

Monostructural

16 Minutes Row or Run

Row or Run 16 minutes of 30 sec all out, 30 seconds slow

WEEK 6/DAY 3**PULL-UP, KETTLEBELL, BARBELL
PROGRAM**

EXERCISE	SETS	REPS	REST	NOTES:
Run		400m		Run 400m Warmup
SLOWLY WORK THROUGH				
Air Squats	3 Rounds (Not for Time)	5	Rest as Needed	Slowly work through 3 rounds of 5 reps of each movement.
Back Squats		5		
Sit-ups		5		
METCON				
Pull-ups	10 minute AMRAP	5	Rest as Needed	Perform 5 Pull-ups, 7 Push-ups, 9 Front Squats with a Barbell (You will have to Clean the Bar from the Ground). Only rest if you need to. Repeat for 10 minutes
Push-ups		7		
Front Squats		9		

WEEK 6/DAY 4**PULL-UP, KETTLEBELL, BARBELL
PROGRAM**

EXERCISE	SETS	REPS	REST	NOTES:
REST DAY				

WEEK 6/DAY 5

PULL-UP, KETTLEBELL, BARBELL PROGRAM



EXERCISE	SETS	REPS	REST	NOTES:
WORK THROUGH				
Row or Run	2 Rounds	150m row/200m run	Rest as needed	Work smoothly through 2 rounds of each of these movements and specified reps/distance.
Air Squats		10		
Front Squats		10		
OH Squat	5	5		Use PVC Bar. Work to perform movement correctly
METCON				
OH Squat	10-9-8-7-6-5-4-3-2-1		Rest as needed	Perform 10 reps of each movement, then 9, then 8 , then 7 and so forth. Rest as needed. For example: I will do 10 OH Squats, 10 Step-ups, and 10 Sit-ups. Then I will do 9 of each....
Box Step-ups				
Sit-ups				

WEEK 6/DAY 6

PULL-UP, KETTLEBELL, BARBELL PROGRAM



EXERCISE	SETS	REPS	REST	NOTES:
Row or Run	FOR TIME			Row 3200m or Run 2 miles for time

WEEK 6/DAY 7

**PULL-UP, KETTLEBELL, BARBELL
PROGRAM**



EXERCISE

SETS

REPS

REST

NOTES:

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