



## ABOUT THE PROGRAM

This program was designed as a way to build a solid operator base of fitness. We pulled material from these sources: Mark Twight ([gymjones.com](http://gymjones.com)), Rob Shauls ([mtnathlete.com](http://mtnathlete.com)), Greg Glassman ([crossfit.com](http://crossfit.com)), Dan John (Google him) and Scott Ramsdell ([athleticperformanceinc.biz](http://athleticperformanceinc.biz)). We combined the idea behind the Gym Jones 3 month operator fitness program, a lot of Mountain Athlete workouts, some Crossfit WOD and API workouts and turned them into a 4 month workout program that has numerous options each day so that you could use it for 2-3 rotations and not become bored with it.

Our goals specifically in making this program are to be able to DL 2.5x, Front Squat 1.5x, Bench 1.5x, Military Press 1x our BW and still be the cardio shape to run 3 miles easily in under 20:00. Also, we will have a score of at least 200 on the SSST. Whatever your individual goals are just tweak this program towards them in order to achieve them within 4 months.

Mountain Athlete is a great new reference for Team guys, especially Lead Climbers for sport/job/event specific workouts. This website is a great source for new workouts that you can add continuously into this program. They started in February 2007 and are based in Jackson, Wyoming. API is another up and coming gym, there is one starting soon in VB, [apivirginiabeach.com](http://apivirginiabeach.com) that run by a Team guy and his wife. Thanks to all for providing workouts.

Most of the Sport Specific workouts were created by us, the Horsemen, and if you don't like them then fuck you, you're a pussy. These are really the only original material in this entire document almost everything else was copied from existing programs run by professionals who know what they're doing and cobbled together by us.

The suggested playlist was created by us and we stand by it. You will be able to lift more for a longer period of time if you listen to what we've suggested and again, if you don't like it, fuck you, you're a pussy.

We subscribe to the philosophy that Team guys need to be physically ready to handle any task and therefore it is imperative for us to have an elite level of fitness over a broad base. We are obviously not Olympic Weightlifters, Sprinters, Marathon runners or World class mountain climbers. However, we do need to be able to function at a slightly less elite level in each of these disciplines (i.e. throw a lot of weight around, sprint to HLZ's, and operate in

extreme environments.) This program is designed to meet and exceed these goals.

So if you're not pussy and looking for a new, interesting, challenging workout program, enjoy!

## STRENGTH (MONTH #1)

- 4x STRENGTH EVERY 14 DAYS
- 2x RECOVERY EVERY 14 DAYS
- 2x JOB SPECIFIC EVERY 14 DAYS
- 2x POWER ENDURANCE

Start each workout on the 1<sup>st</sup> of the month. This leaves you with 2-3 days extra for rest, recovery or WTFYFLDOYOFT. (See definitions)

### EXAMPLE:

1. WARM UP, STRENGTH
2. WARM UP, JOB SPECIFIC (LONG)
3. WARM UP, POWER ENDURANCE
4. WARM UP, SMMF
5. WARM UP, STRENGTH
6. RECOVERY
7. REST
8. WARM UP, STRENGTH
9. WARM UP, POWER (EXPLOSIVE)
10. WARM UP, JOB SPECIFIC (FUCK!!!)
11. WARM UP, POWER ENDURANCE
12. WARM UP, STRENGTH
13. RECOVERY

14. REST
15. WARM UP, STRENGTH
16. WARM UP, POWER (CARDIO)
17. WARM UP, JOB (SHORT)
18. WARM UP, PROGRESSION + LESS THAN 30 BREATHING LADDER
19. WARM UP, STRENGTH
20. RECOVERY
21. REST
22. WARM UP, STRENGTH
23. WARM UP, POWER ENDURANCE
24. WARM UP, JOB SPECIFIC (LONG)
25. WARM UP, CIRCUIT (COMPLIMENTARY)
26. WARM UP, STRENGTH
27. RECOVERY
28. REST

## POWER ENDURANCE (MONTH #2)

- 4x POWER ENDURANCE
- 2x STRENGTH MAINTENANCE
- 2x JOB SPECIFIC
- 1x ENDURANCE (+ 60 MIN)
- 1x RECOVERY

### EXAMPLE:

1. WARM UP, POWER ENDURANCE

2. WARM UP, JOB SPECIFIC (SHORT)
3. WARM UP, STRENGTH (MAINTENANCE)
4. WARM UP, POWER ENDURANCE
5. WARM UP, ENDURANCE (+ 60 MIN)
6. RECOVERY
7. REST
8. WARM UP, POWER ENDUARNCE
9. WARM UP, CIRCUIT (FOCUS)
- 10.WARM UP, JOB SPECIFIC (LONG)
- 11.WARM UP, POWER ENDURANCE
- 12.WARM UP, STRENGTH (MAINTENANCE) + SPORT SPECIFIC (VERY SHORT)
- 13.WARM UP, ALL OLYMPIC LIFTING DAY (LIGHT LOAD WORK ON FORM)
- 14.REST
- 15.WARM UP, POWER ENDURANCE
- 16.WARM UP, STRENGTH (MAINTENANCE)
- 17.WARM UP, JOB SPECIFIC (FUCK!!!)
- 18.WARM UP, ENDURANCE (+ 60 MIN)
- 19.WARM UP, POWER ENDURANCE + CIRCUIT (SHORT)
- 20.RECOVERY
- 21.REST
- 22.WARM UP, POWER ENDURANCE
- 23.WARM UP, JOB SPECIFIC (LONG)
- 24.WARM UP, STRENGTH (MAINTENANCE) + RUN
- 25.WARM UP, PROGRESSION
- 26.WARM UP, POWER ENDURANCE
- 27.WARM UP, SMMF (LIGHT LOAD)

28.REST

### JOB SPECIFIC (MONTH #3)

- 6x JOB SPECIFIC
- 1x STRENGTH
- 1x POWER ENDURANCE
- 2x RECOVERY

#### EXAMPLE:

1. WARM UP, JOB SPECIFIC (LONG)
2. WARM UP, STRENGTH
3. WARM UP, JOB SPECIFIC (SHORT)
4. WARM UP, POWER ENDURANCE
5. WARM UP, JOB SPECIFIC (LONG)
6. RECOVERY
7. REST
8. WARM UP, JOB SPECIFIC (FUCK!!!)
9. WARM UP, CIRCUIT (SHORT)
- 10.WARM UP, JOB SPECIFIC (LONG)
- 11.WARM UP, JOB SPECIFIC (SHORT)
- 12.WARM UP, DENSITY
- 13.RECOVERY
- 14.REST

15. WARM UP, JOB SPECIFIC (LONG)
16. WARM UP, POWER ENDURANCE
17. WARM UP, JOB SPECIFIC (SHORT)
18. WARM UP, SMMF (LIGHT, WORK ON FORM) + PROGRESSION (LIGHT)
19. WARM UP, JOB SPECIFIC (LONG)
20. RECOVERY
21. REST
22. WARM UP, JOB SPECIFIC (FUCK!!!)
23. WARM UP, ENDURANCE (+ 30 MIN)
24. WARM UP, JOB SPECIFIC (SHORT)
25. WARM UP, STRENGTH
26. WARM UP, JOB SPECIFIC (LONG)
27. RECOVERY
28. REST

### MAINTENANCE (MONTH #4)

- 4x RECOVERY
- 2x CIRCUIT
- 2x STRENGTH
- 2x JOB SPECIFIC (FUCK!!!)

EXAMPLE:

1. WARM UP, CIRCUIT (SHORT)
2. WARM UP, STRENGTH
3. WARM UP, RECOVERY
4. WARM UP, JOB SPECIFIC (FUCK!!!)
5. WARM UP, PROGRESSION
6. RECOVERY
7. REST
8. WARM UP, CIRCUIT (COMPLEMENTARY)
9. WARM UP, STRENGTH
10. WARM UP, RECOVERY
11. WARM UP, JOB SPECIFIC (FUCK!!!)
12. WARM UP, SMMF (LIGHT, WORK ON FORM)
13. RECOVERY
14. REST
15. WARM UP, CIRCUIT (FOCUS)
16. WARM UP, JOB SPECIFIC (FUCK!!!)
17. WARM UP, RECOVERY
18. WARM UP, STRENGTH
19. WARM UP, ACCUMULATION
20. WARM UP, RECOVERY
21. REST
22. WARM UP, ENDURANCE (+ 60 MIN)
23. WARM UP, JOB SPECIFIC (FUCK!!!)
24. WARM UP, RECOVERY
25. WARM UP, STRENGTH
26. WARM UP, CIRCUIT (SHORT)



27.RECOVERY

28.REST

## **WARM UPS**

**4x Barbell Complex** (#75, 85#, 95#, 105#) or (#85, 95#, 105#, 115#)

(1 complex = 6 reps each of: DL, Row, Hang Clean, Front Squat, Push Press, Back Squat, Pushups)

**12 minute KB complex** @ 35#, 1 minute each of the following exercises. Move directly from one exercise to the next, no break. Do not put down KB or stop movement in the 12 minutes.

1-arm swing-right, Figure 8 – right to left, 1-arm swing-left, Figure 8 – left to right, Clean & Press-right arm, Slasher to halo, Clean & Press-left arm, Slasher to halo, KB Snatch-right arm, Right leg lunge (KB in left arm), KB Snatch-left arm, Left leg lunge (hold KB in right arm)

**20x Sandbag get ups each shoulder (80#)**

**5 rounds**

1. 10x Wall Ball
2. 20x sit ups
3. Shoulder dislocate stretch

**5 rounds**

1. 10x DL @ 135#
2. 5x 1 arm KB clean and press @ 44#

**5 rounds**

1. 1 minute hanging, with constant movement, on finger board
2. 50 seconds rest

**5 rounds**

1. 20x KB Swings @ 44#
2. 7x Jumping lunges
3. 10x Push ups

**10-9-8-7-6-5-4-3-2-1**

1. KB Swings @ 70# x2 (20x, 18x...)
2. DB Push press @ 2x 35#

**30 Power Cleans (and Press)**

6x5 @ 135# +

**5 rounds**

1. 10x Squat Jump
2. 10x Clapping Push up
3. 5x Shoulder Pole Presses
4. 5x PVC Halo's

**10 min step ups @ 20"** with weight of your choice. (Rucksack, DB's, KB's, etc...)

**10 min KB complex @ 1x 35#, 44#, or 53#**

(1 arm swing/ lunge in place with left leg/ 1 arm swing/ lunge in place with right leg/ 1 arm clean and press with left arm/ slasher to halo/ 1 arm clean and press with right arm/ slasher to halo/ figure 8 X2)

**5 rounds**

1. 3x Turkish Get ups (go light and come straight to feet)
2. SAM shoulder drill (5X pole press, 3X halo, 5X OHS) with PVC pipe

**3 rounds**

1. Row 250m  
5x Power Clean @ 135#

**2K Row - 8 min**

**4 rounds**

1. 5x Turkish Get ups
2. 5x Burpees
3. 10x Step ups @ 35#

**3 rounds**

1. 10x OHS
2. 10x Push ups
3. 3x Pull ups

**Row 500m/ 3x Barbell Complex**

**Row 500m/3 rounds of:**

1. 10x DL @ 135#
2. 10x Push ups

**1 Mile Tire Drag**

## **POWER ENDURANCE**

### **PALIN IN 2012!**

(1) For Time:

Run 400m

10x Turkish Get up @ 35# (each hand)

40x Jumping Lunges (20x each leg)

Run 400m

7x Turkish Get up (each hand)

30x Jumping Lunges (15x each leg)

Run 400m

5x Turkish Get up (each hand)

20x Jumping Lunges (10x each leg)

Run 400m

3x Turkish Get up each hand

10x Jumping lunges (5x each leg)

(2) 10 Rounds (grind, not for time)

5x Pull up

10x Dip

15x Push up

### **SECRET SERVICE SNATCH TEST**

Perform as many KB snatches as possible in 10 min, alternating left and right hand as desired, KB may be set down to rest if necessary, those are "Official" (Gentlemen's rules). "Tier One" rules dictate that the KB may not be set down during the 10 min effort, only one transfer swing is allowed to change hands, and any rest must be taken with the KB held overhead in the locked-out position. Men use the 53# KB.

100 - Lethargic, 150 - Good (Team Guy Standard), 200 - Really good, 250 - Ridiculous, 275 - Record

### **3 MILE RUN, ALL OUT EFFORT - LESS THAN 20 MIN**

#### **COUNTING DEAD BODIES LIKE SHEEP TO THE RHYTHM OF A WAR DRUM**

(5x Lunge + 5x Push Press for 400m)

While holding a 45# bar, 2x 25# DB or similar load, do 5x lunges followed by 5x Push Press, continue doing this until you have traveled 400m (this is typically 1 lap around a track) - 20-30 min

#### **GET UP'S TILL YOU THROW UP**

100x Sandbag Getups @ 85-95# then Suicide sprint every 30 seconds for 10 minutes

#### **TABATA HELL**

One min rest between movements, score is sum of all reps

1. Tabata Squats (rest in bottom hold, thighs parallel to floor)
2. Tabata Push-ups (rest locked out at top, aka Forward leaning rest)
3. Tabata Ball Slam @ 20# ball (rest with ball overhead, both arms locked out)
4. Tabata Sit-up (rest with legs held straight 6-12" above floor, head off floor)
5. Tabata KB Swing @ 53# (rest without setting KB down or supporting it on your body)

#### **CHEECH -**

5K ROW, ALL OUT EFFORT - less than 20 Min

#### **HE'LL RAISE YOUR TAXES...**

- (1) 3 Rounds for time

Run 400m plus hill with sandbag

15x Burpees

- (2) 10-9-8-7-6-5-4-3-2-1 (Grind)

KB Swings x2 (20X, 18X...) @ 53#

Elevated push up

Sit-up x2

Dip

Pull up

**TEABAG YOUR BUDDY TONIGHT**

Every minute for 20 minutes

1. 2x Sandbag Clean and Squat @ 85-95#
2. 3x Burpees

**DRUNKEN LULLABY**

20-15-10-5

1. Sandbag get ups @ 85#
2. Push ups
3. Box Jumps x2 (40x, 30x...)
4. Sandbag Halfmoons @ 35#

**I AM RON BERGUNDY?**

(1) 50x KB Get ups @ 35# (each arm)

(2) 10 rounds

5x Pull ups

10x Push ups

30m Farmer Carry

**FUCK START YOUR FACE**

(1) 10-9-8-7-6-5-4-3-2-1

Renegade Man Maker @ 2x 25# DB

2 min Step up @ Farmer Carry

(2) 5 rounds

400m Run Carry @ 1 DB @ 25#

5x Get ups with same DB

10x Burpees

(3) 5 rounds

10x DL @ BW

10x Burpees

10x KB Swings @ 55#

5x Pull ups

10x DB Push Press @ 45#

**YOUR MAMA CALLED**

(1) 15-14-13-12-11-10-9-8-7-6-5-4-3-2-1

Hang Squat Clean @ 95#

Ankles to Bar

Push up

(2) 3 rounds

Plate Shuffle

10x Sit ups

10x Back extensions

**GIRL FARTS**

(1) 10-9-8-7-6-5-4-3-2-1

Row 100m (First round is 1000m, second is 900m, etc.)

Renegade Man-makers @ 25#

**LOVELY TURD -**

(1) 5 rounds

5x HSC

5x Push Press

5x Box Jump

1 min Rest

(2) 5 rounds

5x Bench

5x Dips

5x Plyo push up

1 min rest

(3) 5 rounds

5x Sandbag squat jump

5x Heavy Swing

1x sled push

1 min rest

(4) 5 rounds

5x Sprint

5x Goblet squat (HEAVY!)

10x Jumping Lunges (5x each leg)

**BIG 5 -55 (10-9-8-7-6-5-4-3-2-1)**

1. Turkish or Shoulder get ups with 15# Sandbags (10 each shoulder)
2. KB swings @ 2x 35# KB's
3. Jumping Lunges (each leg)
4. Push up x2 (20, 18...)
5. Sit up x3 (30, 27....)

**RONALD REGAN**

(1) Work up to 1RM Front Squat

(2) 10-9-8-7-6-5-4-3-2-1

Thruster @ 125# (HEAVY!)

Weighted Pull up @ 15#

(3) 3 Rounds

1x Rock Squat and Carry

3x Heavy Get ups (each shoulder)

**SICK AND TWISTED**

- (1) Max Strict Pull up Test
- (2) 5 Rounds
  - 3x Press/Push Press/Push Jerk Complex @ 95#
  - 5x KTE
  - 10x Kip Pull up
- (3) 5 Rounds
  - 5x Bench Press
  - 10x Band GHD Sit ups
- (4) 3 Rounds
  - 10x 1 arm standing barbell press
  - 15x Floor Wiper @ 165#

**D-DAY (Perform on June 6<sup>th</sup>)**

- (1) 10-9-8-7-6-5-4-3-2-1
  - KB Rack Step ups @ 2KB
  - Windshield Wipers
- (2) 3 rounds
  - 400m Run
  - 30x Glute Ham Situps
  - 30x Back Extensions



## STRENGTH

### TONGUE LASHING

- (1) Work up to 1RM Standing Press
- (2) 6 rounds
  - 3x Press @ 75-80% 1RM
  - 10m Walking lunges holding DB
- (3) 5 rounds
  - 5x Curtis P's
  - 1x Rope Climb or 10x pull ups
- (4) 30/30 Jingle Jangles

### RILEY BLACK (3X-5X Ladders from 1-3 with Progressive Loading) (18-30 reps total)

Rather than a fixed set (e.g. 6 reps), a ladder increases by 1 rep within the rep range (e.g. a ladder 1-3 means 1 rep, then 2 reps, then 3 reps). Do the reps within the ladder without rest but allow a meaningful rest period (no less than 3 min) between the ladders. Use progressive loading by setting up three bars: #1 = 95% #2 = 90% #3 = 85%. Weight decreases as the reps increase.

All reps must be technically perfect. Utilize this method with the following movements:

(Bench Press, DL, Front Squat, OHS, Standing Military Press, Squat, Weighted Pull ups)

### BEN FRANKLIN

- (1) 5 rounds
  - 1 Min KB swings @ 53#
  - 10x Cauldron (10x each side, 20x total @ 30#)
  - 15x Ankles to bar
  - 20x GHD sit-ups
  - 20x Poor Man's Reverse Hyper

### SNATCH YOUR FACE

1. Snatch                    80% 3r, 85% 2r, 90% 1r, 85% 2r
2. Power Clean            80% 3r, 85% 2r, 90% 1r, 85% 2r
3. Jerk from Rack        80% 3r, 85% 2r, 90% 1r, 85% 2r
4. Clean Pull                    80% 3r, 85% 2r, 90% 1r, 85% 2r
5. Front Squat            80% 3r, 85% 2r, 90% 1r, 85% 2r
6. Good Morning        80% 3r, 85% 2r, 90% 1r, 85% 2r

**RUSSIAN AGGRESSION**

- (1) Work up to 1RM Front Squat
- (2) 10 rounds  
3x Front Squat @ 75% 1RM, every 40 seconds
- (3) 5 rounds  
8x DL @ 185#  
30m Sled Push  
5x 1 arm weighted sit up (each arm)
- (4) 3 rounds  
10x Elevated push up  
1x Rope Climb or 10 Pull ups  
8x Standing DB Press
- (5) 3 rounds  
1 min KB swing @ 53#  
30 seconds rest

**JUICY HEARTACHE**

- (1) Work up to 1RM Push Press
- (2) 10 rounds  
3x Push Press @ 75% 1RM every 40 seconds
- (3) 5 rounds  
5x Mr. Spectacular  
5x Sandbag half moons each side  
10x Russian twists each side
- (4) 3 rounds  
Heavy Rock Squat & Carry (6x squats, 30m carry)  
3x Sand bag getups each shoulder

**GORILLA MANIA**

1. Power Snatch 80% 3r, 85% 2r, 90% 1r, 80% 3r x 2s
2. Power Clean 80% 3r, 85% 2r, 90% 1r x 2s

3. Power Jerk                      80% 3r, 85% 2r, 90% 1r x 2s
4. Clean Pull                      80% 2r, 85% 3r, 90% 2r, 100% 1r
5. Front Squat                    80% 2r, 85% 3r, 90% 2r x 3s, 85% 3r, 80% 3r
6. Bench Press                    80% 3r, 85% 2r, 90% 2r

**GOLDMAN SACHS**

- (1) Work up to 1RM Clean Squat & Push Press
- (2) 10 rounds  
2x Clean Squat & Push Press every 40 seconds at 75% 1RM
- (3) 6 rounds  
15x KB Swings (HEAVY!)  
10x Bench Press @ 65% 1RM  
30m Tire Drag (15m forward, 15m backward)
- (4) 4 rounds  
30 seconds of Jingle Jangles  
30 seconds rest

**CHIN UP. SOLDIER ON.**

- (1) Work up to 1RM DL
- (2) 5 rounds  
3x DL @ 85% 1RM  
10 x Ring push up
- (3) 5 rounds  
5x Thruster (GO HEAVY!)  
15 ft rope climb or 10x Pull ups
- (4) 5 rounds  
1x Double Eagle  
10x 1 arm bench press (each arm)

**HONEY BUTTER** (Strength Maintenance)

- (1) 7 rounds
  - 5x DL (Start at 50% 1RM, add weight each round)
  - 10x Box Jumps @ 24"
  - 10x Weighted Sit-ups (HEAVY!)
- (2) 5 rounds
  - Heavy Bag Clean, Squat (3x) and Run @ 105#
  - 5x Bench Press (Start @ 65%, increase load each round)
  - 1x Rope Climb or 10x Pull ups
- (3) 3 rounds
  - 20m DB Crawl @ 55#
  - 5x Glute Ham Raise

**FAMILY FRIENDLY VIOLENCE**

- (1) 7 rounds
  - 5x DL (increase weight each round)
  - 3x Turkish Get up @ 35#
  - 5x Ankles to bar
- (2) 5 rounds
  - 8x Hang Squat Clean @ 165#
  - 30m tire drag
  - 10m DB Crawl @ 2x 55#
- (3) 10 rounds
  - 5x Pull up
  - 10x Dip
  - 15x Push up

**ACT WITH A PURPOSE**

- (1) 1RM Front Squat

- (2) 5 rounds
  - 3x Front Squat @ 85% 1RM
  - 3x Box Jump @ 24"
  - 10m DB crawl @ 2x 55#
- (3) 5 rounds
  - 10x Thruster
  - 30m tire drag
  - 5x Glute Ham Raise
- (4) 5 rounds
  - 5x Pull up
  - 10x Dip
  - 5x Rotator Scarecrow

### **SOVIET CAPITALISTS**

- (1) Work up to 1RM Squat Clean
- (2) 5 rounds
  - 2x Clean and Squat @ 85-90% 1RM
  - 10x Glute Ham Raise
  - 10x Dips
- (3) 7 rounds
  - 6x Heavy bag Clean and Squat
  - 30m Sled Push
  - 1x Rope climb or 10x Pull ups
- (4) 5 rounds
  - 1x Mini Blaster

10x GHD sit ups or 5x Ankles to bar

**HOOK AND BULLET**

(1) 5 rounds

5x Mr. Spectacular @ 2x 35# KB

15m DB crawl @ 2x 25# DB

10x Cauldron each direction @ 25#

(2) 5 rounds

5x 1 Arm sit up (each arm)

10x Floor wipers each direction (20x total)

10x Corkscrew (20x total)

(3) 3 rounds

15x DL @ 115-135#

3x Turkish get ups each arm

**WELL DONE IS BETTER THAN WELL SAID**

(1) Every 50 seconds for 10 rounds

3x DL @ 75% 1RM (30 total)

(2) Every 50 seconds for 10 rounds

3x Bench Press @ 75% 1RM (30 total)

(3) 5 rounds

15x Swings @ 53# KB

3x Turkish get ups each shoulder @ 35# KB

30m tire drag (15 forward/15 back)

10x Weighted Sit up @ 45#

**BLOODY NOSE**

(1) 5 rounds

3x DL

3x Bench Press

(2) 15-10-5

Curtis P's @ 95#

GHD Sit ups

Ring Dips

Back Extensions

Pull ups

**WASTED LOVE**

(1) 3 rounds

5x "The Exercise" (Snatch followed by OHS)

10x KTE

(2) 3 rounds

5x Sandbag Clean and Press

10x Heavy Swing

15x Ball Slam @ 25#

**MAX OUT!**

(1) 5-4-3-2-1-1-1-1

DL

Bench Press

(2) 3 rounds

3x Heavy Bag Clean & Press

1x KB Pull

(3) 3 rounds

10x Box Jump

5x Get up (each hand)

**BROLICKED**

(1) 5 rounds

5x HSC

5x Bench Press

(2) 50x Turkish Get up (25x each hand)

## **SMMF**

**1x HANDSTAND PUSH UP EVERY 30 SEC FOR 50 MIN (100 TOTAL)**

**100x GET UPS @ 35# KB - 15-20 MIN**

**100 REP CHALLENGE WITH ANY BIG LIFT @ 50% 1RM**

**500M LUNGE** (10X 50m, add then subtract weight progressively and vary the methods of carry, (i.e. Suitcase, Farmer, Overhead and crosswalk) every 50m)

**100 BURPEE + PULL UP COMBO**

**100x CURTIS P's**

**100x SANDBAG GET UPS**

**1 MILE HEAVY BAG CARRY** (30, 60, 90 FT FASTROPE IN YATES BAG)

**400M "ROB SHAULS" @ 75#**

**KAREN - 150x wall ball (for time)**



## **PROGRESSION**

### **MERITORIOUS**

30x HSPU + 40x Pull-up + 50x KB Swing @ 53# + 60x sit up + 70x Burpees

### **GEORGE WASHINGTON**

Row 500m +50x Box Jump @ 24" +50x Push up + 50x Sit up + 50x Jumping Pull up + 50x Back Extension + 50x Ring Dip + 20x Get up @ 26# KB

### **SHERBERT**

10x Pull up + 20x KB Swing @ 53# + 30x Box Jump @ 24" + 40x Push up + 50x Sit up + 60x Burpees + 10x Pull ups - 10-20min

### **DEAD N\*\*\*\*\* STORAGE**

100x Thruster @ 45# Bar + 100x Wall Ball @ 20# Ball + 100x Ball Slam @ 20# Ball

### **300**

25x Pull up + 50x DL @ 135# + 50x Push up + 50x Box Jump @ 24" Box + 50x Floor Wiper @ 135# (one-count) + 50x KB Clean and Press @ 35# (KB must touch floor between reps) + 25x Pull up - 15-30 min

### **TILL U COLLAPSE**

1. 50x Power Cleans @ 95#
2. 50x Sit ups
3. 25x Pull ups
4. 50x KB Swings @ 53#

5. 25x Push ups
6. 50x Ball Slams @ 25#
7. 25 Calories on Rower/Airdyne
8. 50x Bench Press @ 95#
9. 50x Box Jumps on tire
10. 25x Back Extensions
11. 50x Wall Ball
12. 25x GHD sit ups
13. 250m Row

### **HUMMER**

- (1) 4 rounds
  - 30x KB Swing
  - 15x GHD Sit up
  - 30x Jumping Pull up
  - 25x Back Extension
  - 20x Deep KB Squat with same KB weight as swings
  - 10x Push up

## **RECOVERY**

### **WINTER IN AUGUST**

Row 1000m, recovery pace

25-20-15-10-5

1. Bench Press @ 135#
2. Ankles to Bar
3. Dips
4. Pull Ups (strict)

Row 1000m, recovery pace

Easy effort utilizing any low impact movement done for 30-60 minutes at very low heart rate (-65% @ MHR). The purpose of this extremely light workout is to move blood around, flush by-products of the previous day's effort and create a demand for food.

1. Cycle
2. Elliptical
3. Hike
4. Row
5. Stair Master
6. Swim
7. Walking the dog

## **ACCUMULATION**

### **WORLD WAR II**

1. 5x Sprint Start (Forward) @ Green Band + 15x Parallette Push up, 3x
2. 5x Sprint Start (Backward) @ Green Band + 10x DL @ 135#, 3x
3. 20x Box Jump @ 24" box + 7x Clapping Pull up, 3x

4. 10x KB Get ups (Blindfolded) @ 35#

**STOPLIGHT**

1. Team Jerk Ladder 5x 1-3 @ 75-80% bodyweight, 30 reps total
2. Team Get up Ladder 2x 1-4 (each arm) @ 53# KB, 40 reps total, 20 with each arm
3. Team Decline Push up Ladder 1-10-1 (feet higher than hands), 100 reps total
- 30 min, and say goodbye to the shoulders for a few days

**PATRON (SILVER)**

1. KB Round the World (around the waist)  
KB figure 8  
KB Snatch  
KB Step Up @ 10" box  
One minute of each, 3x (12 min total), use a 53# KB, KB may not be set down during session.
2. 10x Fat Bar DL @ 105# (or more)  
30 sec Dead Hang from pull up bar or rings, 4x

**THE ELEVATOR**

1. 20x Goblet Squat @ 53# KB +100m sprint
2. 20x KB Swing @ 53# + 100m sprint + 100m suitcase carry @ 2x 53# KB
3. 20x Goblet Squat @ 53# KB + 100m sprint + 100m suitcase carry @ 1x 53# KB + 1X "decide and throw"

**JAGERBOMB!**

1. 60m Farmer Carry @ Blaster Bars, 4x, rest as needed between carries
2. 10x Fat bar DL @ 105# + 60m Crosswalk @ 26# KB (high) & 53# KB (low), 3x, rest as needed between carries
3. 5x squat @ 135# + 10x pull up, 10x

**SUMO BABY!**

- (1) 4 rounds  
6x DL  
6x Bench Press
- (2) 21-18-15-12-9-6-3  
SDHP  
Wall Ball

- (3) 50x GHD Sit ups

## **DENSITY**

### **PURPLE CHURCH (Every Minute for 10 minutes)**

1. 3x Power Clean
2. 3x Hang Squat Clean
3. 3x Push press

### **SLAB CITY (20 rounds - 20 min total)**

1. 30 sec KB swing
2. 30 sec Rest

### **MAD DOG 20/20 (10 rounds - 20 min total)**

1. 30 seconds Jingle Jangles (5 yard back and forth sprint)
2. 30 seconds rest

### **THIN BLUE LINE**

Every 3 minutes for 6 rounds ....

1. 10x Burpees
2. 25m Bear Crawl
3. 25m Sled/Tire Drag
4. 20x sit ups

### **300 SUX!**

- (1) 5 rounds  
300m Shuttle  
Rest 3 min

### **WICKED HANGOVER**

- (1) Bench Press Max rep Test @ 135#
- (2) 5x 1 min intervals with 30s rest for each. Break 1 min between exercises.  
Row, Curtis P @ 55#, Box Jump @ 24"

## **BREATHING LADDER**

A Breathing ladder under 30 min can be considered a Power Endurance while a breathing ladder over 30 min can be considered an Endurance under 90 minutes.

Repetitions:

1-20 (or more), add one rep at each successive rung of the ladder

1-20-1, add one rep at each successive rung of the ladder up to 20 and then descend, this gets very scary around rung number ten on the way down

1-10 repeats add one rep at each successive rung of the ladder up to 10 and then repeat the ladder beginning with 1

The stopping point for a properly executed Breathing ladder occurs when the athlete can no longer perform the movement with the allotted number of breaths.

**Ball Slams**

**KB Swing**

**KB Snatch**

**KB Two hand Clean and Squat combo** (KB must touch ground on each rep)

**Thrusters**

## **POWER**

### **EXPLOSIVE POWER:**

1RM in one of the following movements:

1. Clean
2. Push press
3. Jerk
4. Clean & Jerk
5. Snatch

### **NOT NOW CHIEF, I'M IN THE ZONE**

(1) 5 rounds

3x DL @ 90-95% 1RM

3-6x Depth Jump & Broad Jump combo chaser

(5 min rest between sets)

### **FUCKIN' SKANKS**

(1) 5 rounds

3x weighted pull up @ 90-95% 1RM

3-6x Clapping pull up chaser

(5 min rest between sets)

### **CARDIOVASCULAR POWER:**

**MEXICEE MISHNUN**

500m Row - less than 1:30

400m Run

**LITINOV CONVERSION:**

**HGH!!!**

8x Front squat @ 70% 1RM + 20m Sled Drag @ 100# (3x, rest as needed)

**YEAH, THIS COLLAR'S POPPED**

10x Goblet squat @ 71# KB + 100m sprint (3x, rest as needed)

**ENDURANCE**

**SPEEDBALL (THE GAME OF THE GODS)** - minimum of 1 hour game, preferably played straight with no subs.

**ANY CARDIOVASCULAR ACTIVITY PERFORMED FOR 30-90 MINUTES**

1. Climb
2. Cycle
3. Hike
4. Paddle
5. Run
6. Row
7. Swim
8. Ski
9. Etc...
10. SPORT SPECIFIC





## CIRCUITS

### **SHORT:**

#### **ELIZABETH (21-15-9)**

1. Clean @ 135#
2. Ring Dips

#### **GRACE (30 reps for time)**

1. Clean and Jerk @ 135#

#### **FRAN (21-15-9)**

1. Thrusters @ 95#
2. Pull ups

#### **CHELSEA (Each min, on the min for 30 min)**

1. 5x Pull ups
2. 10x Push ups
3. 15x Squats

#### **HELEN (3 rounds for time)**

1. 400m Run
2. 21x KB Swings @ 53#
3. 12x Pull ups

#### **JACKIE**

1. 1000m Row
2. 50x Thrusters @ 45#
3. 30x Pull ups

#### **ANNIE (50-40-30-20-10)**

1. Double unders
2. Sit ups

#### **BAD BUSH (5 rounds)**

1. 400m Run
2. 10x Renegade Man Makers

3. 1x Rope climb or 10x Pull ups

**PBR (As many rounds as possible in 20 minutes of)**

1. 10x Front squat
2. 10x Pull up
3. 10x Weighted Sit up
4. 10x Push up

**OVER THE HILLS AND FAR AWAY (10 rounds)**

1. 10x DL
2. 10x Ankles to bar
3. 10x Dips

**JOINT'S UP COMMITTEE (11 rounds)**

1. Row 250m
2. 5x Ankles to bar
3. 10x Push up
4. 15x KB Swings

**POOPY PANTS (21-15-9)**

1. Thrusters
2. Kipping Pull ups
3. 5 min rest

**30-20-10**

1. DL
2. Push Press
3. 5 min rest

**5 rounds**

1. 30 sec Jingle jangles
2. 30 sec rest

**I'M TRYING TO GET THAT OIL (EVERY MINUTE FOR 10 MINUTES)**

1. 3x Power Cleans

2. 3x Hanging Squat Clean
3. 3x Push Press

**COMPLEMENTARY CIRCUITS:**

**HORSES ASS**

- (1) 30-20-10  
DL @ 125% of BW  
HSPU

**JONESTOWN SPRINT - 20-20-10-10**

- Burpee/ Pull up combo  
Push Press @ 75% BW

**JONESWORTHY**

1. Squat	80	64	48	32	24	12	
2. KB Swing		40	32	24	16	12	6
3. Pull up	20	16	12	8	6	3	

**STAIRWAY TO HEAVEN - (50-40-30-20-10)**

- KB Step up @ 2x 35# KB @ 18" box  
KTE

**LOUDER THAN 10 (11 rounds)**

- 5x Ball slam  
10x Push up  
15x KB Swing

**WHEN THE LEVY BREAKS (5 rounds)**

- 15x DL @ BW  
15x Ring push up

**JOHNNY WALKER RED (5 rounds)**

1. 30m 1 Arm overhead lunge @ 26# KB
2. 2x Rope Climb
3. 20x GHD sit up

**JOHNNY WALKER GREEN (5 rounds)**

1. 500m Row
2. Max reps bench press @ 135#

**JOHNNY WALKER BLUE (45-60 Minutes)**

1. 100x Pull up
2. 30x Get up @ 25#
3. 100x Push up
4. 30x Get up @ 25#
5. 100x Atomic Sit up
6. 30x Get up @ 25#
7. 100x Air Squat
8. 30x Get up @ 25#

**JOHNNY WALKER BLACK (5 rounds)**

- 5x 2 arm KB Clean @ 2x 53# KB
- 10x Ring Push up
- 15x Squat

**EX WIVES & FLAT TIRES**

- (1) 4 rounds
  - 4x Front Squat
  - 4x Bench Press
  - 4x KB Pull @ 2x KB
- (2) 8 rounds
  - 12x DL @ 185#
  - 6x Strict pull ups
  - 12x Elevated push ups
  - 12x Ball Slams/Box Jumps

**DEATH TO INFIDELS**

- (1) 5 rounds
  - 3x Front Squat
  - 3x DB/KB Military Press
- (2) 5 rounds
  - 15x Power Clean @ 115#
  - 15x Ring Push up (feet above hands)
- (3) 5 rounds
  - 10x Box Jump @ 24"
  - 5x Pull ups
  - 5x GHD Sit ups

**FOCUS CIRCUITS:**

**TITTY TWISTER**

- (1) 20-15-10-5
  - Bench Press
  - Dips
  - Pull ups
  - Box Jumps
- (2) 10 rounds
  - 5x Medicine Ball Toss and Run
  - 10x Push ups
  - 15x Swings

**APPEAL TO GOD - 3 rounds (24 minutes total)**

1. GHD sit up
2. V-sit
3. Static hold on rings (top of push up position)
4. Tuck hang
5. Right plank
6. Front plank

7. Left plank
8. Vertical sit up

(30 seconds of each followed by 30 seconds of rest during which 5 perfect pushups must be done = one round)

**SLAM YOUR BALLS (30-20-10)**

1. Ball slam @ 25#
2. KB step up @ 2x 35# KB onto 20" box

**PANAMA RED (digression-progression)**

- (1) 10/1-9/2-8/3-7/4-6/5-5/6-4/7-3/8-2/9-1/10

Bench Press @ BW

Burpee

**CLOCKWORK ORANGE**

- (1) 30-20-10

OHS @ 35% of BW

Ring push up (feet higher than hands)

**FLEMINGWAY**

1. Run 100m + 20x Ball Slam @ 10# ball
2. Run 100m + 15x Ball Slam @ 10# ball
3. Run 100m + 10x Ball Slam @ 10# ball
4. Run 100m + 5x Ball slam @ 10# ball

**GOOSED**

- (1) 50-40-30-20-10

Wall Ball @ 20# ball

Ball Slam @ 20# ball

**FALLEN ANGEL/TORN WINGS**

- (1) 3 rounds

10x DL @ 110-115% of BW

400m Run

**1775**

- (1) 4 rounds

17x Burpee/ Pull up combo

75x Squat

**THE COG**

(1) 3 rounds

250m Row

10x DL @ 125% of BW

12x Thruster @ 2x 25# DB

**POSSUM STOMPER**

(1) 5 rounds

50m 1 arm Overhead lunge (forward) @ 26 KB (weak side)

50m 1 arm Overhead lunge (backward) @ 26# KB (strong side)

400m Row

**LINDA**

(1) 10-9-8-7-6-5-4-3-2-1

DL @ 1.5x BW

Bench @ BW

Clean @ .75 BW

**JOB SPECIFIC**

**PISSED OFF GIRL FRIEND -**

(1) 10 rounds



1 Min step up @ 20" box with weight

30 second ISO hold in squat position

10 sec rest

(2) 12 min of Turkish get ups @ 35# KB

(3) 10 rounds

1 min Jingle Jangles

5x Box/Depth Jump combo's

10 sec rest

### **D'YER MAKER**

MAX ROUNDS IN 60 MIN:

1. 10x DL @ 135#

2. 10x Sit ups @ 45#

3. 10x Push Press @ 75#

4. 10x KB Swings @ 53#

5. 6x Get ups @ 45#

### **COTTAGE CHEESE**

(1) 5 rounds

1 Min on finger board

1 Min rest

(2) 4 rounds

25x Sledge Swings on Tire

1x Leg Blaster

### **ENHANCE YOUR FREEDOM**

(1) Choose a workout on the freedom enhancer

(2) 5x 1 arm negatives (each arm)

(3) 3 rounds

10x KTE

15x HSPU

20x Ankles to bar

**CLIMBER'S DELIGHT**

- (1) 5x System board ladder
- (2) 3 rounds
  - 20x Windshield wipers
  - 30x Dips
  - 30x KTE's
  - 20x HSPU

**ODE TO THE REGIMENT**

- (1) 3 Mile Ruck Run @ 45# (minimum)
- (2) 3 rounds with Ruck of:
  - 50x lunges
  - 50x Dips
  - 10x Pull ups
- (3) 1 Mile Cool down Run (No Ruck)

**FUCK!!! :**

**FACE FUCK -**

20x Leg Blasters

**POLITICAL CORRECTNESS**

- (1) 4 rounds
  - 8x Front Squat
  - 15x Bench Sit ups
- (2) Weighted 1 mile run @ 25#
  - 120x Weighted squats
  - 60x Weighted push ups
  - 30x Strict pull ups
  - Weighted 1 mile run @ 25#

**PT TEST**

1. Max pull ups (min 15)
2. Max Sit ups in 3 min (min 90)
3. Max pushups in 3 min (min 80)
4. 3 mile run (22:30)
5. 800 m swim (14:30)

**PANTALOON HADA**

- (1) Work up to 1RM DL
- (2) 3x1 @ 90% of 1RM DL
- (3) 5 rounds
  - 3x Power Clean + HSC + Mutant Maker @ 95#
  - 3x Sandbag Get Ups @ 60# sand bag
  - 30m Tire Drag
- (4) 3 rounds
  - 20x Lunge Steps @ 2x 24# KB
  - 20x Dips

**SEX PANTHER**

- (1) 5 rounds
  - 5x Power Clean
  - 5x Glute Ham Raise
- (2) 5 rounds
  - 5x "The Exercise" (Power Snatch/OHS)
  - 5x DB Snatch (5 each hand)
- (3) 4 rounds
  - 20 calories on Airdyne/Rower
  - 5x Get ups (each hand)

**PT TEST II**

- (1) 5 Mile Run (under 35:00)
- (2) 10x BW Bench Press
- (3) 15x Pull ups @ 25#

**MASSIVE ERECTION**

- (1) Move all KB's in gym across room and back (lunging)
- (2) 5 rounds
  - 10x Towel Pull ups
  - 15x Towel KB's
  - 20x Towel Halo's
  - 10x Fingertip push ups
  - 50m Farmers @ 2x 44#
  - 50m KB Bear Crawl @ 2x 44#

**BILL BRASKY**

1. 50 Pull ups/ 250m Row (00:50 or less)
2. 40x KTE/ 250m Row (00:50 or less)
3. 30x Windshield Wipers/ 250m Row (00:50 or less)
4. 20x Ankles to Bar/ 250m Row (:55 or less)
5. 50x Air Squats/ 250m Row (:55 or less)
6. 40x Jumping lunges/ 250m Row (:55 or less)
7. 30x Frog Hops (Depth Jumps)/ 250m Row (:60 or less)
8. 20x Jumping Squats/ 250m Row (:50 or less)
9. 50x Push up/ 50x Arm Haulers
10. 40x HSPU/ 40x Dips
11. 30x Mountain Climbers/ 30x Burpees
12. 20x 1 arm pushups/ 20x Double Unders

**ROY'AL WITH CHEESE**

1. 15x Tire Flips every min for 5 min
2. 5x Sprint 100m (rest is walking back to start point)
3. 30x Sledge swings on tire every min for 5 min
4. Towel KB Halo @ 35# (30sec on/15sec rest) 5x
5. 2x Fast rope drag @ 2x 55# KB every min for 5 min
6. Heavy object (rock, slam ball) throw 50m then pick up and carry back to SP (5x)
7. 15-20 Goblet Squats @ 71# KB every min for 5 min

(Take a 3 min rest between each exercise, i.e. 15x tire flips for 5 min, then 3 min rest, then sprints, etc.)

## **ANY 2x "SPORT" SPECIFIC LONG**

### **THE GUN SHOW**

(1) 10 rounds

Rope slams for 30 sec

250m Row arms only on level 10 (under 1:25)

5 one arm pushups (each arm)

(2) 5 rounds

10x Close grip chin ups

12x SDHP @ 95#

15x Diamond Push ups

### **SOMETIMES GANGSTERS JUST HAVE TO BANG HAMMERS**

1. 10x Strict Pull ups
2. 20x HSPU
3. 30x OHS @ 45#
4. 40x Jumping Lunges
5. 500m Row (under 1:55)
6. 60x KB Swings @ 44#
7. 70x DL @ 95#
8. 80x Arm Haulers
9. 90x Sit ups
10. 100x Push ups
11. 90x Flutter Kicks
12. 80x Sledge Tire/Mountain Climbers (pick one)
13. 70x Push Press @ 65-75#
14. 60x Ball Slams @ 20#
15. 500m Row (under 1:55)
16. 40x KB Snatches @ 44#
17. 30x Box Jumps @ 20"

18. 20x 1 arm Push ups
19. 10x KB Get ups @ 53#

## **API WORKOUTS**

**MAGNIFICENT 7 (MP/CP) Add 10 min of high intensity sprints to the end of this workout. (TOP TO BOTTOM 7 TIMES)**

1. 5x Hang Clean @ 155#
2. 5x Front Squats @ 155#
3. 5x Push Press @ 155#
4. 5x B.O. Row @ 155#
5. 5x RDL @ 155#
6. 5x Floor Press @ 155#

7. 5x Floor Wipers @ 155#

**CRAZY 8 (MS/SPAG) - Add 10 min of agility drills (with ladder) after workout. Sprint is 20m, 10m out and 10m back. Do exercise 1 and 1 sprint, then do exercise 1 and 2 and do 2 sprints.... So the only exercise you will do once will be the under hand med ball throws.**

1. 8x Hang Cleans @ 135#
2. 8x Squats @ 135#
3. 8x Ply Jump Repeats @ 30" Box
4. 8x Plyo Pushups @ 12" Box
5. 8x Bent over Lat Raises @ 25#
6. 8x Dips @ BW
7. 8x Under Hand Med Ball Throws @ 30#

**BANNISTER- (ME/CE)**

1. 100x 1 Arm DL @ 135# (50 each)/ 270 Yd Run
2. 50x Close Grip Bench @ 135#/ 270 Yd Run
3. 20x Tire Flips/ 270 Yd Run
4. 40x Push Press @ 135#/ 270 Yd Run
5. 25x Over/Under (plyo hurdles) @ 30"/ 270 Yd Run
6. 50x B.O. Row @ 135#/ 270 Yd Run
7. 2x length of Horizontal Cable Crawl/ 270 Yd Run

**TENS (MS) - You do 1 exercises and then 1 sprint, then 1 and 2 and 2 sprints, then 1,2,3 and 3 sprints, etc...**

1. 10x Hang Clean @ 135#
2. 10x Squats @ 135#
3. 10x Plyo Jump Repeats @ 30"
4. 10x Plyo Push ups @ 12"
5. 10x 1 Arm Rows @ 50#
6. 10x B.O. Lat Raises @ 25#
7. 10x Dips @ BW
8. 10x Under hand Med Ball Throw @ 30#
9. 10x Ab Wheel
10. 10x Back Ext

**HELLS BELLS (MS) (10 rounds)**

1. 10x 1 Arm KB Swing (5 each)
2. 10x 1 Arm Clean and Press (5 each)
3. 10x 1 Leg RDL
4. 10x Squats
5. 10x Sit ups

**1000 REPS (ME/CE) (2 rounds)**

1. 50x Chest Press @ 45# bar
2. 50x Bent Over Row @ 45#
3. Run .2 miles
4. 50x OHS @ 45#
5. 50x Shoulder Press @ 45#
6. Run .2 miles
7. 50x Front Squats @ 45#
8. 50x RDL @ 45#
9. Run .2 miles
10. 50x Standing Twists @ 45#
11. 50x Good Mornings @ 45#
12. Run .2 miles
13. 50x Snatch @ 45#
14. 50x Rear Squats @ 45#
15. Run .2 miles

**2 MINUTES (ME/CE)**

1. Jump Rope
2. Horiz. Cable Crawl
3. Jump Rope
4. Chop Station
5. Jump Rope
6. Resist. Punches (mount)
7. Jump Rope
8. Tire Flips
9. Jump Rope



10. Med Ball Throw @ 16'
11. Jump Rope
12. Over/Unders @ 30'
13. Jump Rope
14. Squat Jump
15. Jump Rope
16. Turkish Get ups @ 35#
17. Jump Rope
18. Plyo Pushups @ 4"
19. Jump Rope
20. Lat Hops over Bags
21. Gorilla Drills (30sec 3x)

**FIFTY (ME/CE)**

1. 50x DL @ BW
2. 2 min Double Unders
3. 50x Box Jump @ 24"
4. 2 min Double Unders
5. 50x Pull up @ BW
6. 2 min Double Unders
7. 50x Dips @ BW
8. 2 min Double Unders

**DOUBLE/DOUBLES (ME/CE) - DONE FOR TIME @ 2 MIN PER STATION**

1. Doubles
2. Vertical Rope
3. Doubles
4. 2 Arm KB Swings @ 53#
5. Doubles
6. Get ups @ 44#
7. Doubles

8. Rope Pull ups
9. Doubles
10. Tire Flips with jumps on ramp
11. Doubles
12. Chop Station
13. Doubles
14. Gorilla Drills
15. Doubles
16. Bear Crawls
17. Doubles
18. Plyo Push ups
19. Doubles

**MR SMITH (MP/CP) (5 rounds)**

1. 10x Push ups
2. 10x Pull ups
3. 10x KB Sumo Squats @ 2x 70#
4. 10x Heavy Bag Twirls (5 each way) @ 80#
5. Run .5 miles

**MIRROR (MP/CP) (45 sec at each station until all are finished)**

1. DB Snatches R hand @ 25#
2. DB Snatches L hand @ 25#
3. Renegade Rows @ 20#
4. DB Bent Over Row with Bench R @ 50#
5. DB B.O. Row with Bench L @ 50#
6. KB Sumo Squats @ 2x 75#
7. KB Swing Right Arm
8. KB Swing Left Arm
9. KB Press RT
10. KB Press LT
11. Cardio ladder (20, 40, 60, 80)
12. HB Mounted Punch

13. HB Twirls
14. HB Hip to Hip
15. HB Lateral Hops
16. HB Spiderman Push ups
17. Cardio
18. Man hole Covers (B.O. Row @ 100# Plate)
19. Corkscrew RT @ 25#
20. Corkscrew LT @ 25#
21. Figure 8's @ 45#
22. Plate Press @ 45#
23. Cardio

**TRIPLES (MP)**

- (1) 3 rounds

Vert Rope Climb

5x Pull ups @ 30# med ball between legs

5x Rope Pull ups @ 15# med ball between legs

Horizon. Cable Crawl

Floor Rope Pull

- (2) 3 rounds

Heavy Bag Lunges (length of gym)

5x Squat Jumps @ 25#

10x 1 Leg Squats

10x Hack Squats @ 90# (1 leg)

10x Lat Hops (over bag)

- (3) 3 rounds

5x DL @ 185#

5x Hang Cleans @ 185#

5x Push Press @ 155#

5x Front Squats @ 185#

5x B.O. Rows @ 155#

**NOT SO SHORT AND SWEET (MP)**

(1) 3 rounds

5x Squats @ 275#

10x 1 leg Squat

10x Split Squat Jumps @ 25#

5x Squats @ 275#

(2) 3 rounds

10x 1 arm push ups

5x Hand Switch @ BW (over and back with full push up)

5x Close Grip Push ups @ BW (on med ball) with pick up

## **DEFINITIONS**

### **BARBELL COMPLEX - 6 REPS OF EACH**

1. Dead Lift (DL)
2. Bent over Row
3. Hang Power Clean
4. Front Squat
5. Push Press
6. Back Squat
7. Push up

Grab the barbell, sprint through...don't put the bar down till the pushups. Typically you will do 4 rounds of this complex and load the bar progressively through each. If you are working on Working Load Strength then use (85#, 95#, 105#, 115#) as a start point and go higher or lower in weight depending on your goals and overall level of fitness.

**SLASHER TO HALO** - Start with both hands cradling the handle as if you were doing a goblet squat. Drop the KB down to your right hip. Slash it across your body to your left shoulder then continue to move the KB around the back of your head and bring it over your right shoulder then slash it back down to your left hip, then repeat the movement in the opposite direction.

**TOURKISH GET UP** - see crossfit.com "how to" videos. Lay on your back and press the weight straight up like a bench press with one arm, keep full arm extension while you get up to your feet, arm always remains extended straight overhead. Once you have come up to a standing position you lower yourself back down to the start point (that's one rep) and repeat. You can either transition to a knee on the way up and down or if you want to make it more difficult come straight up to the standing position.

**JINGLE JANGLES** - 5 yard back and forth sprint. Set up 2 cones and sprint back and forth between them, touching the ground at each cone.

**12 MINUTE KB COMPLEX** - There are multiple 12 minute KB complexes that can be done for a warm up, it's up to the individual operator's imagination as to how many different combo's you can come up with.

The most common are:

1. Around the world, figure 8's, snatches and step ups with a 53# KB; 1 minute of each, 4 rounds, do not put the KB down during session.
2. 1 arm swing, figure 8, 1 arm swing, figure 8, 1 arm Clean/Press, Slasher to halo, 1 arm Clean/Press, Slasher to halo, KB snatch, Lunge, KB snatch, Lunged (1 min of each @ 35#)

**WIEGHT LOADING** - If there's no load prescribed (or height for box jumps) then it's on you to do what you feel you can for the workout. If you've been killing yourself and you need a break then go light. If it's low reps with low number of rounds then the exercise should be performed at a higher weight.

**FINGER BOARD** – The finger board can be found in Pad # 2 first section of Camp Lewis. (Order online from REI for about \$80)

**DUMBBELL CRAWL** – Bear crawl while holding DB's.

**LEG BLASTER** – 1X =

1. 20X Squat
2. 10X Lunges each leg
3. 10X Jumping lunges each leg
4. 10X Squat Jumps

**MINI LEG BLASTER IS ½ OF A LEG BLASTER** (REDUCE EACH NUMBER BY ½)

**Rock, Squat and Carry** – Pick up heavy Rock and Squat 3x, and carry 100m

**WTFYFLDOYOFT** – Whatever the fuck you feel like doing on your own free time.

If you are unclear about something or don't understand the workout then pick a different one or be a Team guy and make it up.

**CURTIS P** – At Prescribed Weight

1. Hang Squat Clean (HSC)
2. Lunge Forward Right leg
3. Lunge Forward Left leg
4. Push Press

**MR. SPECTACULAR** – 2 Hand KB Clean/Press then put down KB's and walk out on hands into push up position, do push up, walk back up on hands and grab KB's then repeat.

**SHOULDER MOBILITY DRILL (SAM)** – use PVC pipe

1. 5x Pole Press
2. 3x Halo
3. 5x Overhead Squat (OHS)

**HALF MOONS** – Put a sandbag on one side of your body, reach over, pick it up taking it high over your head, and placing it down on the other side.

**RENAGADE MAN MAKERS** – Take 2 Dumbbells (DB), usually @ 25# and start standing up with DB's on ground. Kneel down and grab DB's, do a power clean and press with them, then drop down into push up position, do push up, then row once with each arm. Bring legs back up underneath you and repeat. (Check out gymjones.com for pictures)

**SANDBAG DOUBLE EAGLE** (you have one sandbag and a tire set up for drag) – Clean Sandbag to shoulder, pull it around neck and do 10X deep squats and drag tire/sled forward 40 ft with bag on shoulders. Put SB in tire and drag to start point (SP), pull backwards.

When you see the # sign it's an easy way to type pounds, i.e. 53# KB = use 53 lb Kettle ball.

When you see the @ symbol it just means “use”, i.e. @ 2x 53# KB = use 2 53 pound Kettle balls for this exercise, it can also mean “at”, i.e. @ 85% 1RM = do this exercise at 85 percent of you 1 rep max.

Almost any workout that can be done with a KB can also be done using a DB.

**HSPU** – Hand Stand Push ups

**Mutant Maker** = Clean to Thruster

**HSC** – Hang Squat Clean

**KB PULL** – Grab single or dual KB’s and perform the same movement as a Sumo Dead Lift High pull

**SDHP** – Sumo Dead lift High Pull, Feet are out wide, hands gripped close together on barbell. Perform an explosive movement up so that hands come up right under the chin and elbows are up high by head. The first part of the movement is similar to a DL, like the name implies, and then the explosive movement similar to a clean or snatch except feet do not come off the ground.

**OHS** – Overhead Squat, Bring the BB/DB/KB up above your head with your arms locked out and perform a deep squat.

**THE EXERCISE** – Designed by Dan John, perform a snatch and without bringing the weight back down perform an OHS. That’s one rep.

**DB** – Dumbbell

**BB**- Barbell

**KB** - Kettle bell

If you don’t have a Rope to climb to do the exercises as prescribed then do 10x Pull ups instead.

If you have no sled do 40 sec. Jingle jangles, (5 yard sprint, back and forth) instead.

If you have no balls, then you’re a girl.

