

## Old Gym Jones training – workouts from the Wayback Machine

December 2009 – January 2011

**Strength** - These workouts are aimed at increasing maximum force production. Movements are typically slow and grinding (Deadlift, Weighted Pull-up, Squat, Overhead Squat, Bench Press, etc.) where explosiveness is not a factor. Loads are great enough that repetitions are restricted to less than 5 per set, with a maximum of 25-30 reps being done in a particular movement. However, some "tests" like doing the maximum number of 2x bodyweight deadlifts possible in 20 minutes, may produce more.

### Strength endurance

**Power** - This is used to describe several types of workouts. Typically the movements used are fast and explosive (e.g. the Olympic lifts). These would be done at a load heavy enough that repetitions are restricted to less than 5 per set. Box Jumps, Depth Jumps and Litvinov Conversions fall under the Power heading. These workouts are aimed at increasing rate of force production, and the ability to "turn on" muscle fibers instantly in a coordinated manner. "Power" is also used to describe workouts where maximum cardiovascular stress is imposed for a short period, usually 30 to 90 seconds, with the common example being to Row 500m.

**Power endurance** - Predominantly cardiovascular in nature, though the cause of stress on the O<sub>2</sub> system may derive from any source (run, ride, lift, swing, jump, etc). Due to the duration and intensity energy is supplied by roughly equal levels of aerobic and anaerobic sources (3-8 minutes steady state). Or it may be an effort requiring intermittent, repetitive power production over long period (e.g. 10 minutes of KB Snatches). We also use the term to describe hard and fast endurance efforts lasting up to 20-30 minutes because we consider these to be short, not the realm of genuine endurance.

**Endurance** - Endurance sessions lasting longer than 90 minutes. We use 90 minutes as a marker because this is around the point where fueling and hydration become a critical component of the effort, i.e. where many "bonk". Now begins the realm of real endurance. Up to this point one could put out, and go hard without resupplying food and liquid. These are likely sport-specific efforts, rarely done in the gym. As the "Endurance >90" sessions increase in duration (>3-4 hours) the HR declines toward what we might call an ultra-endurance pace, something that may be maintained "forever." For certain athletes "Endurance >90" sessions may include difficult or sustained intervals following a 60 to 90-minute period of pre-fatigue. Taking the "early" fibers out of the equation allows one to train power production and fatigue-resistance into muscle fibers that aren't activated during the initial stages of the effort.

**Interval weight lifting** - Developed by Pat O'Shea in 1969 and refined during the two following decades. A complete paper on the subject was published in the NSCA journal in 1987. Typically an IWT session involves a set of 8-12 reps of an "athletic lift" immediately chased with two

minutes of free aerobic exercise @ 90-95% of capacity, followed by two minutes of rest. This is repeated for a total of three sets after which the athlete is rewarded with a 5-minute break. The first phase is repeated though the lift and the free exercise are changed. Recovery periods are the same. Phase three involves a circuit of complementary movements, often using bodyweight, with 4-12 reps and 3-10 rounds. IWT workouts may be scaled toward a particular fitness characteristic. For an endurance emphasis we increase the duration of the free exercise period to three minutes and reduce the rest period, all lifts are done with lighter loads and higher reps. To focus on power development we increase loads for the athletic lifts and reduce the reps, scale back the chasing aerobic exercise period (sometimes) and increase the rest periods to ensure "full" recovery.

**Intervals - Interval training means repeated bouts of high intensity exercise followed by intermittent rest periods, repeated many times. This type of work-rest structuring allows a higher total volume of high intensity work to be accomplished. Interval structure may be applied to any type of common activity though it is usually used to mediate the load on the cardio-respiratory system. In an "artificial" environment (gym) we use short work and rest periods executed at high intensity to train the capacities particular to our fighters and other power endurance athletes. Outside we use a wide variety of interval structures both short and long to train specific characteristics for endurance athletes.**

## Strength

1

### Workout:

4x (15m Lunge + 15m Bear Crawl)

Then:

Clean/Front Squat/Jerk:

2x (5/5/3) @ 40% 1RM (Use Jerk 1RM)

2x (4/4/3) @ 50% 1RM (Use Jerk 1RM)

2x (3/3/3) @ 60% 1RM (Use Jerk 1RM)

Then:

Bent Over Row + Pull-up:

8/8 @ 75#

8/8 @ 95#

6/6 @ 115#

Then:

Ring Dip + Rope Pull:

10x/20m @ 60#

10x/20m @ 100#

8x/10m @ 120#

6x/10m @ 150#

Then:

Cool Down

2

### Workout:

3x10 Squat

3x5 Jump Squat

Then:

4x10 Goblet Squat:

Two sets @ 53#

Two sets @ 70#

Then:

5x4 Front Squat @ 75% 1RM

Rest 2-3 minutes between sets

Then:

6x Lunge (3 each side, HEAVY) +

6x Split Jump (3 each side)

Six sets, rest 1-2 minutes between sets

Then:

5x8 Off-Box One-leg Squat (4 each leg), 20" box

Then:

6x TGU (3 each side) @ 40-53# +

15m Bear Crawl +

15m Walk Back

Five-Seven Rounds

Then:

Cool Down

Power endurance

1

Workout:

Warm up with KB Complex

Then:

P1: Row 250m Row

P2: "Headcutter"

P3: FLR on Rings

Five Rounds

Then:

Cool Down with Med Ball Toss

2

Workout:

10 minute Row @ Easy Pace

Then:

3x20 Squat

3x10 Jump Squat

3x5 Tuck Jump

Then:

Work Up to Heavy Knee Jump

Then:

10x2 Front Squat @ 80% 1RM

Each set of Front Squat followed immediately by 3-4x Box Jump @ 46" box

Rest three minutes between each set

Then:

500m Row For Time

Power

1

Workout:

2x20 Squat

2x10 Jump Squat

2x10 KB Swing @ 53#

1x10 KB Swing @ 70#

Then:

Hang Clean/ Jerk/ Clean Hi-Pull triplet @ 45-50% Jerk 1RM

1 triplet every 30 seconds for 10 minutes

Then:

3x2 Front Squat @ 95% (50% of load made from chain)

Then:

Explosive Shoot and 5-sec Isometric Hold + 2-3x Single-leg Hop on 20" box

Shoot and hold 5-seconds with each leg (see photos)

Six sets, rest 2-3 minutes between sets

Then:

300 sec FLR on rings (feet same height as hands)

300 sec Dead Hang from bar or rings

## Power endurance

1

### Workout:

#### Dumbbell Complex:

6x Hi-Pull +

6x Bent Over Row +

6x Upright Row +

6x Front Squat Push Press +

6x OHS & SOTS Press +

6x Push-up & One Arm Row

Four Sets @ 15# - 25# DB (increase load each set)

Rest 1 minute between each

### Then:

4x (20 second work/10 second rest) SkiErg +

2 minutes of (5x DB Push Press @ 25-30# + 10x Squat)

Three sets, Rest 4 minutes between each

### Then:

2 rounds of Instructor Payback

Light medicine ball play to Cool Down

2

### Workout:

Ride (road bike on rollers) 90 minutes

Warm up 15 min @ progressively faster RPM (no change in resistance)

### Then:

6x 60/60 progression @ 95-100rpm, increase resistance by one gear each work interval, work up to 120% VO2 Max power level

### Then:

3x 15-minutes @ 95% of 30-minute threshold power, >100 RPM

4-5 minutes active recovery between intervals

### Then:

Throw medicine balls 15 minutes

### Then:

Straight-leg DL

10x @ 45-50%

5x @ 60-65%

5x @ 70%

3x @ 75%

5x3 @ 80-85%

### Then:

Cool down

Power

1

Workout:

Work up to Snatch 1RM

Then:

8x3 Power Snatch @ 70% 1RM (Focus on Speed)

Rest Two minutes between sets

Then:

5x15 Back Squat @ 60% 1RM

Rest 3-4 minutes between sets

Then:

Cool Down

Power endurance

1

Workout:

10 minute Row @ Easy Pace

Then:

45 seconds at each of the following stations, 15 seconds to switch between each:

Whip Smash +

FLR on Rings +

Ball Slam +

OH Hold @ Slosh Pipe +

KB Swing +

Wall Sit

Two Rounds

Then:

One minute All-out on AirDyne



Power

1

Workout:

10 minute AirDyne @ Easy Pace

Then:

Knee Jump Progression

Then:

Work up to Heavy Snatch (Teach Technique)

Then:

3x KB Jerk + 5x KB Clean @ 2 x 35# KB

Five Sets, Rest 3 minutes between each

Then:

3x10 Russian Twist @ BB

Then:

500m Row For Time

Then:

Cool Down

2

Workout:

4x15m Lunge + 30m Crawl

4x15m One-arm OH Lunge @ 25# KB

Then:

5x4 One-leg DL @ 70# KB

Then:

6x Lunge @ 155-175# +

6x Step-up & Hop 10" Box @ 2 x 20-30# DB +

6x Step-up & Hop on 18" Box (no weight)

5 sets, rest plenty between sets

Then:

3x5 Glute-Ham Extension

3x10 GHD Sit-up

Then:

Ride (spin bike) >3 hours

Warm up 15 min (progression)

Then:

6x 15 minutes @ "tempo" pace (85% +/- of 30-min power)

5 minutes active recovery between intervals

Then:

Cool down with 10 minutes @ easy pace

## Power endurance and single movement mind-fuck

1

Workout:

10 minute Row @ Easy Pace

Then:

4x (15sec Work/15sec Rest) Mountain Climber

Then:

2x20 Squat

2x10 Jump Squat

Then:

Jump Letters:

3x "T"

3x "W"

3x "V"

Then:

KB Swing Progression:

10 reps @ 44#

10 reps @ 53#

10 reps @ 70#

Two times through

Then:

Dumbbell Complex (SPEED):

6x Biceps Curl +

6x Bent Over Row +

6x Upright Row +

6x Press +

6x Front Squat Push Press +

6x Hi-pull from floor

Max Rounds in Two minutes

Three total sets Short Rest between each

Then:

Team Whip Smash:

4x 30sec Work Periods

Rest while partner goes

Then:

5x5 Off Box Squat

2

Workout:

2010x Lunge

Power endurance

1

Workout:

10 minute Row @ Easy Pace

Then:

7x Goblet Squat @ 36# KB +

6x Box Jump @ 24" Box +

DB Bear Crawl @ 2 x 15#

Eight Rounds

Then:

100x Ball Slam @ 20#

## Strength

1

### Workout:

6-Way BB Complex: 6x Snatch +

6x OHS +

6x Back Squat +

6x Good Morning +

6x Bent Row +

6x Deadlift

Two sets @ 75#, Two sets @ 95#

Then:

One-leg DL:

Work up to 1RM

5x3 (each) @ 80-85% 1RM

Then:

5x6 (3 each) FS Lunge @ 135-165#

Then:

3x (each) Sandbag Get-up @ 90# bag +

10x (5 each) Split Jump

Five Rounds

Power endurance

1

Workout:

Work Up to Heavy Deadlift

Then:

3x5 Deadlift @ 405#

Then:

“JonesCrawl”:

10x Deadlift @ 115% Bodyweight +

25x Box Jump @ 24” Box

Three Rounds

Then, Later:

3x20 Squat

3x10 Jump Squat

2x5 Tuck Jump

Then:

4x (30sec Work/30sec Rest) Split Jump

Rest 2 minutes between sets

4x (30sec Work/30sec Rest) Burpee

Rest 2 minutes between sets

4x (30sec Work/30sec Rest) Frog Hop

Then:

Cool Down

## Strength and interval

1

Workout:

4x15m Lunge (forward)

4x15m Lunge (backward)

4x15m Overhead Lunge @ 75#

2x15m Overhead Lunge @ 115#

Then:

10x2 Heavy Lunge @ 75-85% of Front Squat 1RM

Barbell in BS position, rest as needed between sets

Then:

5x5 (5 each) Off-box One-leg Squat

Strict form, no assistance from trailing leg

Then:

6x 30/30 Push Press

Then:

Cool down

2

Workout:

Ride (spin bike)

Warm up 20 min (5 min easy, then progression to very high resistance)

Then:

8x 30/4:30 intervals, work @ 175% of critical power (determined by ramp test)

Recovery @ very light resistance and fast cadence

Then:

Cool down

## Strength

1

Workout:

3x5 Wall Squat

3x10 Squat

3x10 Jump Squat

2x5 Tuck Jump

4x5 Knee Jump

Then:

Snatch + OHS + Hang Snatch

One triplet every 30sec for ten minutes

Then:

Work Up to Heavy Power Clean

Then:

6x2 Power Clean @ 80% 1RM

Rest 2 minutes between sets

Then:

5x2 OHS @ 80% 1RM

Rest 2 minutes between sets

Then:

Cool Down

## Power endurance

1

### Workout:

4x (15m Lunge + 15m Bear Crawl)

### Then:

Clean/Front Squat/Jerk Combo:

2x 5/5/3 @ 40%

2x 4/4/3 @ 50%

2x 3/3/3 @ 60%

### Then:

10x Ring Dip +

2x Rope Climb

5 sets, Rest as needed between each set

### Then:

4x (30sec Work/30sec "Rest") Push Press (Heavy)

"Rest" is with DB's in OH position

### Then:

Cool Down

2

### Workout:

Ride (spin bike)

Warm up, progressive

### Then:

12x 20 sec work @ 200-210% of Critical Power (power output a MVO2)

4:40 min recovery between intervals

### Then:

Cool down and lay down



Power

1

Workout:

10 minute Row @ Easy Pace

Then:

3x5 Wall Squat

3x10 Squat

2x10 Jump Squat

2x5 Tuck Jump

4x5 Knee Jump

Then:

Snatch + OHS + Hang Snatch

One Triplet every 30sec for Ten minutes

Then:

Clean + Front Squat + Hang Clean

One Triplet every 30sec for Ten minutes

Then:

Cool Down

Power endurance

1

Workout:

Warm up with Med Balls

Then:

2x (30sec Work/30sec Rest) Mountain Climber

Then:

2x (30sec Work/30sec Rest) Mountain Climber Laterals

Then:

3x10 KB Swing @ 53-70# KB

Then:

“Unworthy”:

Squat: 80-40-20-40-80

KB Swing: 40-20-10-20-40

Pull-up: 20-10-5-10-20

Five rounds

1st round looks like: 80x Squat + 40x KBS + 20x Pull-up

2nd round looks like: 40x Squat + 20x KBS + 10x Pull-up

Then:

300sec Ring Support

300sec FLR

Power

1

Workout:

4x30m Lunge (15m forward, 15m backward)

4x10 Goblet Squat (1 each @ 44#, 53#, 62#, 70#)

Then:

6x4 Accelerating Back Squat @ 30-40% (Jump Squat with BB & Chain)

Then:

30m Farmer Carry @ 2x 70# +

30 seconds of Quick Step (or "toe-tap") on 10" box +

30 seconds of Rest

10 rounds

Then:

Row 4-5 minutes @ easy pace

Then:

10x 10-sec sprint + 50-sec @ easy pace

Then:

Cool down

Power endurance

1

Workout:

3x5 Wall Squat

3x20 Squat

3x20m Walking Lunge

2x20m OH Walking Lunge

Then:

3x5 SOTS Press @ 20# DB

Then:

“TailPipe”:

P1: 250m Row

P2: KB Rack Hold @ 2 x 53#

Three Rounds

Then:

One minute All Out AirDyne

Rest 2 minutes

One minute All Out AirDyne

## Strength

1

Workout:

2x20 Squat

Then:

Goblet Squat:

20 reps @ 35#

15 reps @ 44#

10 reps @ 53#

5 reps @ 70#

Then:

Walking OHS:

2x15m @ BB

2x15m @ 75#

2x15m @ 95#

Then:

OHS:

6x2 OHS @ 80% 1RM

Then:

AirDyne:

30 second Sprint AirDyne +

30 second Easy AirDyne +

30 second Plank

Two Blocks of Three minutes

Then:

8x (1x Sandbag Clean + 1x Sandbag Get-up)

Four Sets, Rest some between each

## Power endurance

1

### Workout:

10 minute Row @ Easy Pace

Then:

Dumbbell Complex:

6x Hi-Pull +

6x Row +

6x Hang Clean +

6x FSPP +

6x OHS & SOTS +

6x Push-up & One-Arm Row

Three Sets @ 20-30#, Rest some between each

Then:

4x (20sec Work/10sec Rest) Ski Erg +

2:00 minutes of (5x Pull-up + 5x Push-up)

Three Sets, Rest 4-5 minutes between each

Then:

“AirDyne To Hell”:

Team AirDyne Ladder

50-40-30-20-10 calories

## Interval weight training

1

Workout:

1

8x KB Clean + 5x KB Jerk @ 2 x 53# KB +

2:00 minute Row @ 500m Pace +

2:00 minute Rest

Three Rounds

Then:

5 minute intermission (including 3rd-2min Rest period above)

2

10x Front Squat @ 70% 1RM +

2:00 minute AirDyne (15sec Hard/15sec Less Hard) +

2:00 minute Rest

Three Rounds

Then:

5 minute intermission (including 3rd-2min Rest period above)

3

300sec OH Hold @ Slosh Pipe

## Strength

1

Workout:

10 minute Row/Ski @ Easy Pace

Then:

4x15m Walking OHS (each lap heavier, 45#, 75#, 95#, 115#)

Then:

3x4 TGU (2 each side)

Then:

Work up to Heavy Front Squat

Then:

3x2 Front Squat @ 80% 1RM

5x1 Front Squat @ 100% 1RM (use chain to make 50% of load)

Then:

150m SkiErg +

8x Heavy Sandbag Get-up (4 each side)

Three blocks of three rounds each

Then:

Cool down



Power endurance and strength endurance

1

Workout:

3x5 Wall Squat

3x10 Squat

3x5 Jump Squat

2x5 Tuck Jump

Then:

3x5 SOTS Press @ 2 x 10# DB

Then:

5x Pull-up +

10x Push Press @ 2 x 25# DB +

10x Burpee

Three Sets, Rest one minute between each

Then:

20x Push Press @ 2 x 25# +

1/4 mile Sprint on Treadmill +

60sec Rest

Five Rounds

Then:

6x TGU (3 each side) +

60 second FLR

Three Rounds

2

Workout:

10 min Row or Ski

Then:

3x10 (5 each side) Windmill, slow, attentive

3x10 (5 each side) Bent Press, increase weight each set

Then:

Javorek BB Complex, 6x each of:

DL

Bent-over Row +

Hang Clean +

Front Squat +

Push Press +

Back Squat +

Pull-up

One set each @ 75-85-95-105#

Then:

Push Press/ Jerk @ 115-135# + 30 sec Ring Support

10x/30sec, 9x/30sec, 8x/30sec, etc.

Then:

300 sec Dead Hang from Rings or Bar

Then:

Instructor Payback

Power endurance

1

Workout:

10 minute Row @ Easy pace

Then:

3x5 Wall Squat

3x10 Squat

3x5 Jump Squat

2x5 Knee Jump

Then:

"TailPipe" (Variant):

250m Row +

KB Rack Hold (For amount of time it took to do 250m)

Three Rounds

Then, Later:

3x10 Goblet Squat @ 53#

3x10 KB Swing @ 53#

3x10 KB Snatch (each arm)

Then:

Work up to Heavy Push Press

Then:

"JonesTown Sprint":

Push Press @ 75# +

Burpee/Pull-up

20-10 reps of each

Then:

Cool Down

Strength and power endurance

1

Workout:

3x5 Wall Squat

3x5 Goblet Squat @ 44# KB

3x10 Squat

Then:

OHS Strength Ladder (Narrow Grip):

10 reps @ 45#

9 reps @ 65#

8 reps @ 85#

7 reps @ 105#

6 reps @ 125#

5 reps @ 145#

4 reps @ 165#

3 reps @ 185#

2 reps @ 205#

1 rep @ 225#

Then, Later:

10 minute SkiErg @ Easy pace

Then:

6x (30sec Work/30sec Rest) SkiErg @ >150m per interval pace

Three Blocks, Rest 4 min between each

Then:

10 minute SkiErg @ Easy Pace

## Strength endurance and power endurance

1

Workout:

10 min Row or Ski

3x5 Wall Squat (make it hard: narrow stance, hands overhead,etc)

3x5 OHS: narrow grip, wide stance @ 45# BB or more

Then:

4x15m Weighted Lunge

15m @ 95#

15m @ 115#

2x15m 135#

Then:

3x10 (5 each leg) Weighted Lunge onto 10" box (stretch) @ 115-135#

Then:

30 sec Farmer Step-up on 10" box @ 2x 60-70# KB +

15 sec rest +

30 sec Reverse Farmer Step-up on 10" box @ 2x 60-70# KB +

15 sec rest

Two blocks of two rounds, rest between blocks while others do it

Then:

60 sec Row or Ski +

60-sec Plank or FLR on Rings

6x (12 min +/-) Row 275m minimum per interval, Ski 225m minimum per interval

Then:

Cool down

Power endurance

1

Workout:

3x10 Squat

3x5 Jump Squat

2x5 Tuck Jump

Then:

P1: 20x Push Press @ 2 x 20# DB + 30cal on AirDyne

P2: Rest while partner goes

Three Rounds

Then:

P1: 10x Ball Slam @ 30# Ball + 30cal on AirDyne

P2: Rest while partner goes

Three Rounds

Then:

P1: 5x Burpee + 30cal on AirDyne

P2: Rest while partner goes

Three Rounds

Then:

10 minute Walk to Cool Down

## Strength and strength endurance

1

Workout:

Throw Medicine Balls for 5-10 minutes

Then:

Javorek DB Complex:

Hi-pull (from floor) +

Bent-over Row (back parallel to floor, strict) +

Hang Clean (basically a cheat curl in this context) +

FSPP +

OHS & SOTS Press combo +

Push-up with One-arm Row (keep hips square to floor, isolate pull)

Six reps of each, non-stop

Three sets, one each @ 2x20#, 2x25#, 2x30#

Then:

4x4 DB OHS @ 2x30# - 2x40#

3x10 Windmill @ 25-35# KB (5 each side)

3x10 Bent Press @ 25-35# KB (5 each side)

Then:

30 seconds BOSU Bridge Press @ 2x35# or 2x44# KBs +

30 seconds DB Push Press @ 2x20# or 2x30# DBs +

30 seconds of Overhead Static Hold with DBs, arms locked out +

60 seconds Rest

Five sets

Then:

Cool down

## Power endurance

1

### Workout:

DB Complex (light weight, speed, breathe)

6x Hi-Pull (from floor, jump) +

Bent-over Row (back parallel to floor) +

Curl (get swole) +

Upright Row +

Press (strict, no leg or hip) +

FSPP

Max rounds in two minutes

Three sets, rest 2 minutes between sets

Then:

Front Squat/ KB Rack Squat @ 45-50% +

Push-up +

Pull-up

10-9-8-7-6-5-4-3-2-1 reps of each

Objective is constant movement and no broken sets

Choose the load for the FS/KBRS accordingly

Then:

AirDyne 4x 15-sec Sprint + 45 sec active recovery pace

Rest 5 minutes

Then:

Row 4x 15-sec Sprint + 45-sec active recovery pace

Then:

Ski Erg 4x 15-sec Sprint + 45-sec active recovery pace

Then:

Cool down

Hike race

1

Workout:

Uphill Time Trial (on foot): 2 miles, 2200' elevation gain



Power endurance

1

Workout:

4x15m Walking Lunge (Forward/Backward)

2x15m OH Walking Lunge @ 45#

2x15m OH Walking Lunge @ 75#

2x15m Walking OHS @ 75#

Then:

3x12 One Arm One Leg Press

Three sets of each combination @ 25-44#

Then:

5x Man Maker +

15m KB Bear Crawl +

15m Farmer Carry +

30sec Rest

Seven Rounds

Then:

10 minute Row/Ski/Ride (sprint 10sec out of every minute)

## Intervals and power endurance

1

Workout:

10 minute Row @ Easy pace

Then:

60x (30sec Work/30sec Rest) Row @ 150m pace per interval

If player cannot get over 150m per interval pace workout ends

Then:

10 minute Row @ Easy pace

2

Workout:

3x5 Wall Squat

3x5 Goblet Squat

3x10 Squat

Then:

1-10-1 KB Step-up Ladder (with KB in Rack position)

Then:

P1: 300m SkiErg (Hard)

P2: Lunge until P1 finished

Five Rounds

Then:

4x (30sec Work/30sec "Rest") Squat

"Rest" is with thighs parallel to the ground

## Strength

1

### Workout:

"Carry" for ten continuous minutes

Then:

3x (30sec Mountain Climber + 30sec Plank)

Two sets, Rest 3min between

Then:

4x TGU (2 each side) @ 53-70# +

15m Bear Crawl (strict) +

15m Walk Back to KB

Five Rounds

Then:

Dynamic Isometric Back Squat (with KB's on Bar)

5 sec @ each position (four stops total)

Accelerate up from the bottom but don't jump

Five sets

Then:

4x (30sec Work/40sec "Rest") Push Press

40-sec "Rest" is in OH position

Then:

Cool Down

Power endurance

1

Workout:

3x5 Wall Squat

3x10 Squat

3x5 Jump Squat

3x5 Knee Jump

Then:

30sec Box Jump @ 24" Box +

60sec Step-up @ 18" Box +

30sec Rest

Seven Rounds

Then:

1-10-1 KB Step-up Ladder (KB's in Rack Position)

Player must hold KB's throughout

Then:

"Cool Down"

Power endurance

1

Workout:

Uphill Time Trial: 2 miles, 2200' elevation gain

Endurance

1

Workout:

Ride (road bike) 3-4 hours @ moderate pace, digging in as terrain dictates

## Interval weight training

1

Workout:

7x Clean @ 70% +

90 sec Step-up +

2 min Rest

Three Rounds (Each Round add 5% to weight and lower reps by two)

Then:

5 minute Intermission (including 3rd-2min Rest period above)

Then:

10x Back Squat @ 70% +

90 sec Burpee/Broad Jump +

2 min Rest

Four Rounds (Each Round add 5% to weight and lower reps by two)

Then:

5 minute Intermission (Including 3rd-2min Rest Period above)

Then:

Cool down with Ring Support and FLR

## Interval weight training

1

Workout:

2x20 Squat

2x 15m Lunge

2x5 Burpee

2x10 Jump Squat

3x10 KB Swing (one set each @ 35#, 44#, 53#)

Then:

Hi-Pull + Power Clean + Jerk @ 50% +/-

One triplet every 30 seconds for five minutes

Then:

7x Clean @ 70% +

90 sec Step-up +

2 min Rest

5x Clean @ 75% +

90 sec Step-up +

2 min Rest

3x Clean @ 80% +

90 sec Step-up +

2 min Rest

Then:

5 minute Intermission (including 3rd-2min Rest period above)

Then:

10x Back Squat @ 50% +

90 sec Burpee/Broad Jump or Rope Pull @ 35# +

2 min Rest

8x Back Squat @ 60% +

90 sec Burpee/Broad Jump or Rope Pull @ 35# +

2 min Rest

6x Back Squat @ 70% +

90 sec Burpee/Broad Jump or Rope Pull @ 35# +

2 min Rest

4x Back Squat @ 75-80% +

90 sec Burpee/Broad Jump or Rope Pull @ 35# +

Then:

Cool down



Strength and power endurance

1

Workout:

3x5 Wall Squat

3x5 Goblet Squat @ 35#

3x5 Shoulder Dislocate

Then:

SOTS Press @ OHS Combo:

2x5 @ 2 x 15# DB

1x5 @ 2 x 20# DB

2x3 @ 2 x 30# DB

Then:

Work Up to Narrow Grip OHS 1RM

Then, Later:

60 minute AirDyne & Push Press:

Max Reps of Push Press @ 2 x 20# DB & Max calories on AirDyne in 60 minutes

## Intervals and power endurance

1

### Workout:

Throw Medicine Balls

Row/Ski 5 minutes @ easy pace

Row/Ski 5x1 minute @ increasingly faster pace

Example: 1-min @ 2:00/500m pace, 1-min @ 1:55/500m pace, 1-min @ 1:50/500m pace, etc.

No recovery between minute intervals, simply increase pace

Then:

### Deadlift:

10x @ 135#

2x5 @ 185#

2x3 @ 225#

2x5 @ 185# (Snatch Grip)

Then:

Snatch + OHS + Snatch Hi-Pull @ 60-65% (of Snatch 1RM)

One triplet every 30 seconds for 10 minutes

Sled Drag (heavy)

10m forward +

10m backward +

100m sprint Row/Ski

6x sets, rest plenty between sets

Then:

Cool down

2

### Workout:

Row 10 minutes @ easy pace

3x10 Split Squat (5 each side)

3x10 Lunge onto 10" box (5 each side)

3x10 One-arm Overhead Split Squat @ 20# (5 each side)

3x10 TRX Knee-to-Elbow (pause 1-sec @ apex, 5 each side)

3x10 TRX Lateral Crunch (pause 1-sec @ apex, 5 each side)

3x10 TRX Cross-Knee-to-Elbow (right knee to left elbow, vice-versa)

Then:

30 seconds Quickstep +

30 seconds Box Jump on 24" box +

30 seconds Step-up on 20" box +

30 seconds rest

Seven rounds

Then:

Cool down: Ski Erg 10 min @ easy pace

Power endurance

1

Workout:

KB Swing:

10 reps @ 35#

10 reps @ 44#

10 reps @ 53#

10 reps @ 60#

2x5 @ 70#

Then:

DB Push Press + Ring Dip

10/1, 9/2, 8/3, 7/4, 6/5, 5/6, 4/7, 3/8, 2/9, 1/10 reps

Then:

Team KB Step Up Ladder (KB in Rack)

1-10 Ladder on 18" Box @ 2 x 35# KB +

1-10 Ladder on 10" Box @ 2 x 45# KB

Then:

30sec Mountain Climber +

30sec Plank

6 Rounds (10sec to switch between stations)

## Interval weight training

### Workout:

1

10x Front Squat @ 70% 1RM +

2:00 minute SkiErg @ >500m pace +

2:00 minute Rest

Three Rounds

Then:

5 minute intermission (including 3rd-2min Rest period above)

2

10x Goblet Squat @ 70# +

2:00 minute AirDyne (Hard) +

2:00 minute Rest

Three Rounds

Then:

5 minute Intermission (including 3rd-2min Rest period above)

3

300sec FLR

## Power endurance

1

Workout:

60 minute AirDyne/Push Press:

Max reps of Push Press @ 2 x 20# & Max calories on AirDyne in 60min

2

Workout:

Ride (road bike) 4-5 hours, Fartlek style, including sustained digs @ threshold uphill. Go hard when appropriate. Go easy otherwise.

## Strength

Workout:

Work Up to Heavy Deadlift

Then:

15x1 Deadlift @ 405#

Rest 1min between each set

Then:

40 minute Run @ 15# Pack

Then:

Acupuncture

## Strength

### Workout:

Row/Ride 10 minutes @ easy pace

2x20 Squat

2x 30/30 Mountain Climber (30-sec work, 30-sec actual rest)

2x 30/30 Groiner (30-sec work, 30-sec actual rest)

Then:

6x4 Accelerating Back Squat @ 30-40%, use chain for most of the load

JUMP!

Rest enough between sets to maintain explosiveness, 2-3 minutes

Then:

6x Heavy (walking) Lunge +

6x Split Jump - explosive, make them singles if necessary

6 sets, rest enough between sets to maintain explosiveness

Then:

4x6 Lunge using TRX or rings (trailing foot should "float")

Close legs like scissor to ascend

Then:

12x 15/15 Mountain Climber/Plank (6 minutes total)

If floor exercise is too easy place feet in rings or TRX

Then:

Cool down

## Strength

1

Workout:

10 minute Row @ Easy Pace

Then:

3x5 Wall Squat

3x10 Squat

3x5 Jump Squat

2x5 Tuck Jump

Then:

Work up to Heavy Front Squat

Then:

3x Front Squat @ 80-90% 1RM +

5x Box Jump

Five sets, Full Rest between each

Then:

300sec FLR



## Power endurance

1

### Workout:

Row 10 min @ easy pace

3x25 Squat

2x30m Lunge (15m forward, 15m backward, 1st 30m short stride, 2nd 30m long stride)

2x 20/40 Frog Hop (20 = work, 40 = real rest)

2x 20/40 Split Jump (20 = work, 40 = real rest)

Then:

3x10 (5 each side) Single-leg DL

One set each @ 25#, 35#, 44# KB (same side as support leg)

Then:

One set each @ 35#, 44#, 53# KB

Then:

10x KB Swing @ 53# +

2 minutes Step-up (20 sec Step-up, 10 sec Quick Step or Tuck Jump)

2 minutes rest

3 sets

5-minute intermission (includes last 2-minute rest period)

Then:

15x Accelerating Squat (Jump Squat) @ 75#, >50% of load is chain +

2 minutes Ski Erg 15/15 style, sprint/recover

2 minutes rest

3 sets

Then:

Cool down

## Power endurance

1

### Workout:

Warm up with Med Balls

Then:

5x10 KB Swing One set at each of the following weights: 35#, 44#, 53#, 60#, 70#

Then:

10x KB Swing @ 70# KB +

2:00 minute Step-up/Tuck Jump (20sec Step-up/10sec Tuck Jump) +

2:00 minute Rest

Three Rounds

Then:

5 minute intermission (including 3rd-2min rest period above)

Then:

15x Goblet Squat @ 70# KB +

2:00 minute SkiErg or AirDyne (15sec Hard/15sec "Less Hard") +

2:00 minute Rest

Three Rounds

Then:

Cool Down

## Endurance

1

### Workout:

Ride (road bike), 3-4 hours, conversational pace with a few sub-threshold digs uphill and on the flats, no deep holes though.

2

### Workout:

Hike uphill 60-90 minutes @ conversational pace

Power endurance

1

Workout:

Work up to Heavy Deadlift

Then:

Wall Ball/Ball Slam:

50-40-30-20-10 reps of each

Then:

Cool Down

## Strength

### Workout:

Throw medicine balls

4x15m Lunge + 15m Bear Crawl

Then:

Barbell Triplet: Clean/ Front Squat/ Jerk

2x 5/5/3 @ 40% (of Jerk 1RM)

2x 4/4/2 @ 50%

2x 3/3/3 @ 60%

Then:

Dynamic Isometric Squat @ 83# (fat bar for comfort)

Slow descent holding for 5 seconds @ 160, 140, 120 & 90 degrees

When finished holding at 90 degrees explode upwards, feet should leave the ground

Rest plenty between sets

Then:

4x1 Dynamic-Isometric Back Squat @ 83# (variation)

Hold 5-seconds @ 160 degrees & full Squat Jump +

Hold 5-seconds @ 140 degrees & full Squat Jump +

Hold 5-seconds @ 120 degrees & full Squat Jump +

Hold 5-seconds @ 90 degrees & full Squat Jump +

This completes one rep, do 4x total

Rest 1-2 min between reps

Then:

10x DB Push Press @ 20-25# DBs +

60-second Row/Ski/AirDyne 10/50 (10-sec sprint, 50-sec recovery)

5 rounds, switch positions as fast as possible - no rest!

Then:

Cool down

Power endurance

1

Workout:

10 minute Row @ Easy Pace

Then:

10x Goblet Squat (Heavy) +

20x Box Jump @ 18"

Three Rounds

Then:

Rest 3 minutes

Then:

15x KB Swing +

20 calories on AirDyne

Three Rounds

Then:

Rest 3 minutes

Then:

10x Deadlift @ 95# +

10x Burpee

Three Rounds

Then:

Cool Down

Power

1

Workout:

2x20 Squat

2x10 Jump Squat

Then:

2x 20sec Frog Hop

2x 20sec Split Jump

2x 20sec Burpee

Rest as needed between all sets

Then:

4x15m Walking OHS:

2x15m @ BB

1x15m @ 75#

1x15m @ 95#

Then:

Work up to Heavy Jerk

Then:

5x3 Jerk @ 80-85% 1RM

Then:

DB "Triplet":

FSPP/ Man Maker/ Row or Ski or Ride:

5/ 3/ 140m (row) or 125m (ski) or 13cal (ride)

Complete every 2 minutes for 10 minutes total (i.e. 5 total rounds)

One round looks like: 5x FSPP + 3x Man-Maker + meters/calorie target according to movement

Then:

Cool Down

## Power endurance

1

### Workout:

2x 30m Lunge (15m forward, 15m backward)

2x30m One-arm Overhead Lunge @ 25# KB (forward weak hand, backward strong hand)

30x KB Snatch + One-arm SOTS Press combo @ 25-35# KB

Partition reps as needed

### Then:

3x3 "Funky Zercher" @ 83# + 2x25# KB on elastic

3x3 "Funky Front Squat" @ 45# + 2x35# and 2x25# KB on elastic

### Then:

4 (10x Frog Hop + 30m Bear Crawl)

Rest 1 minute

4 (10x Split Jump + 30m Bear Crawl)

Rest 1 minute

4 (10x Man-Maker @ 2x25# + 30m DB Bear Crawl @ 2x25# DBs)

OR, for those who did Man-Makers yesterday ...

4 (10x Headcutter @ 53-60# KB + 30m DB Bear Crawl @ 2x25# DBs)

### Then:

4x TGU [2 each side] @ 53-60# KB +

30-seconds Mountain Climber with feet in TRX or Rings (long walk-out)

Four sets, rest between sets while others work

### Then:

Cool down



Power endurance

1

Workout:

10 minute AirDyne @ Easy Pace

Then:

Work up to Deadlift 1RM

Then:

Wall Ball/Ball Slam:

50-40-30-20-10 reps of each

Then:

Cool Down

Power endurance

1

Workout:

Warm up with Rowing, Ball Slams & Throwing Med Balls

Then:

4x Rope Pull +

20x Ball Slam +

4x Rope Pull +

15x Ball Slam +

4x Rope Pull +

10x Ball Slam +

4x Rope Pull +

5x Ball Slam

Then:

Cool Down with Instructor Payback

2

Workout:

Warm up with Row & Squat

Then:

8x (20sec Work/10sec Rest) Squat

Then:

8x (20sec Work/10sec Rest) Push-up

Then:

5x (1-6) Pull-up Ladder

Then:

Cool Down with "Ab Cluster"

3

Workout:

Warm up with Squat, OHS, TGU

Then:

"TailPipe":

P1: Row 250m

P2: KB Rack Hold @ 2 x 53# KB

Three Rounds

Then:

2x (1-6) Pull-up Ladder

Then:

1-20 KB Swing Ladder @ 36#

4

Workout:

Warm up with OHS & KB Movements (Goblet Squat, Push Squat, Swing, Etc)

Then:

P1: 20x Burpee

P2: Floor Press @ 75#

Five Rounds

Then:

Cool Down with Row

5

Workout:

Warm up with 20 minute Row & Med Ball Throws

Then:

4x (30sec Work/30sec "Rest") Push Press

"Rest" is in OH Position

Then:

4x (30sec Work/30sec "Rest") Squat

"Rest" is in low squat position

Then:

10x Whip Smash +

30m Tire Drag +

20x KTE

Three Rounds

Power endurance

1

Workout:

3x5 Wall Squat

3x5 Squat

3x5 Goblet Squat

3x5 Shoulder Dislocate

Then:

Work up to Heavy OHS

Then:

5x Rope Pull(Heavy) +

20x Ball Slam @ 20# +

5x Rope Pull(Heavy) +

15x Ball Slam @ 20# +

5x Rope Pull(Heavy) +

10x Ball Slam @ 20# +

5x Rope Pull(Heavy) +

5x Ball Slam @ 20#

Then:

20 calories on the AirDyne +

60sec FLR

Three Rounds

## Strength

1

### Workout:

2x20 Squat

2x10 Jump Squat

4x (15m Lunge + 15m Bear Crawl)

3x10 Goblet Squat (1 set each @ 53#, 60#, 70#)

### Then:

4x2 Dead Stop Back Squat (start from thighs parallel)

1 set @ 60% +/-

3 sets @ 70-75%

### Then:

5x1 Front Squat @ 100% 1RM (30% +/- of load made with chain)

### Then:

30/30 Push Press

4x @ "heavy" load OR 6x @ "less heavy" load

### Then:

Cool down

## Strength

1

Workout:

10 minute Row @ Easy Pace

Then:

Work up to Heavy Deadlift

Then:

20 minute Deadlift:

Max reps @ 80% 1RM

Then:

10 minute Max Calories on AirDyne (i.e. "300FY")

or

10 minute Max Meters on C2 Rower (i.e. "3000FY")

Then:

Cool Down

## Strength endurance

1

### Workout:

Throw medicine balls

2x20 Squat

2x10 Frog Hop

2x30m Lunge

2x10 Split Jump

4x15m Burpee Broad Jump

Then:

Goblet Squat

2x10 @ 53#

2x10 @ 60#

2x10 @ 70#

Then:

Accelerating Back Squat @ BB + 40-50# of chain

3x Max Reps in 30 seconds

Rest 2-3 minutes between sets

Then:

OHS @ 35-50% of bodyweight +

Ring Push-up +

Pull-up

30-20-10 reps of each

Keep moving ...

Then:

Cool down

## Power endurance

1

### Workout:

Throw medicine balls

4x10 KB Swing @ 53# KB, "spike" swing for last two sets

3x10 KB Good Morning @ 35# KB (held behind neck)

4x15m Wheelbarrow Hop

4x15m Flying Burpee @ 2x15# DBs

Then:

5x DL @ bodyweight +

DB Push Press @ 30-50% bodyweight +

Row (150m) OR Ride (18 calories) OR Ski 130m

Every two minutes for 10 minutes

Then:

5x Goblet Squat @ 70# KB +

10x Box Jump +

30m Flying Burpee

Every two minutes for 10 minutes

Then:

Cool down, throw medicine balls ... you'll need it

Power endurance

1

Workout:

P1: 30 calories on AirDyne

P2: FLR on Rings

Three Rounds

Then:

5 minute Intermission

Then:

P1: 250m Row

P2: Farmer Carry @ 2 x 53# KB

Three Rounds

Then:

5 minute Intermission

Then:

P1: 250m SkiErg

P2: OH Hold @ Slosh Pipe

Three Rounds



Power endurance

1

Workout:

10 minute Row @ Easy Pace

Then:

2x5 Wall Squat

3x20 Squat

3x10 Jump Squat

2x5 Tuck Jump

Then:

2x (15m Lunge + 15m Bear Crawl)

Then:

5x (30sec Work/30sec "Rest") Mountain Climber

"Rest" is in Plank position

Then:

5x (30sec Work/30sec "Rest") Ball Slam

"Rest" is with Ball in Overhead position

Then:

5x (30sec Work/30sec "Rest") Squat

"Rest" is in low squat position

Then:

5x (30sec Work/30sec Rest) Burpee

Then:

Cool Down

Power endurance

1

Workout:

2x20 Squat

2x5 Burpee

3x5 Man Maker

3x10 KB Swing

Then:

12x Two-hand KB Clean @ 2 x 53# KB +

2:00 minute Farmer Carry @ 2 x 44# DB +

2:00 minute Rest

Three Rounds

Then:

5 minute intermission (including 3rd-2min Rest period above)

Then:

10x Floor Press /Bosu Bridge Press @ Bodyweight +

2:00 minute Row @ >550m Row +

2:00 Rest

Three Rounds

Then:

5 minute intermission (including 3rd-2min Rest period above)

Then:

Cool Down

Power

1

Workout:

10 minute Row @ Easy Pace

Then:

Work up to Heavy Clean

Then:

5x Front Squat @ 75% 1RM +

10x Push Press @ 40% Bodyweight +

20 calories on AirDyne

One Round every two minutes for 10 minutes

Then:

Cool Down

## Power endurance

1

Workout:

DB Complex

6x each of:

Deadlift

Bent-over Row (back parallel to floor)

Hi-Pull (DBs touch floor to initiate each rep)

Curl

Push Press

Push-up & One-arm Row

Three sets, increase weight each set (2x15#, 2x20#, 2x25#)

Then:

10x Hang Clean or Hi-Pull (from floor) @ 40-50% of Clean 1RM +  
Row 170m, OR Ski 150m, OR Ride Airdyne 22 calories

Every 90 seconds for 6 minutes (4 rounds)

Then:

10x Jerk @ 40-50% +

Row 170m, OR Ski 150m, OR Ride Airdyne 22 calories

Every 90 seconds for 6 minutes (4 rounds)

Then:

5x Man-maker @ 2x 25-30# DBs +

60m Farmer Carry @ 120-130# (mismatched KBs preferable, i.e. 70# + 53#)

Every 90 seconds for 6 minutes (4 rounds)

Then:

2x 30/30 Mountain Climber with feet suspended in TRX or Rings

Rest in FLR

Two blocks, four minutes total

Then:

Cool down

## Power endurance

1

### Workout:

Throw medicine balls

Walking OHS (3 steps then squat)

30m @ BB

2x15m @ 75#

2x15m @ 95#

Then:

3x5 OHS with DBs

1st set @ 2x20#, 2nd set @ 2x25#, 3rd set @ 2x30#

Then:

3x6 KB Snatch & SOTS Press combo (3 each side, alternate arms)

1st set @ 25#, 2nd and 3rd set @ 35#

Then:

"Big Five 55" (thanks Dan - we miss you)

Deadlift @ 135# +

Floor Press (bridged) @ 115#/ BOSU Bridge Press @ 2x53# KBs +

Goblet Squat @ 70# +

Box Jump on 24" box +

Pull-up

10-9-8-7-6-5-4-3-2-1 reps of each

Goal is constant movement, not necessarily speed

Then:

10x Med Ball Toss from inside squat rack @ 20# +

100m sprint on Ski Erg (or 15 calorie sprint on AirDyne)

Five sets, OR four if the 4th is faster than previous best

Then:

Cool down

## Strength

1

Workout:

10 minute Row @ Easy Pace

Then:

Work up to Heavy OHS

Then:

15 minute OHS:

One OHS every 30sec for 15 minutes (i.e. 15 total reps)

Then:

10x Ball Slam +

100m Ski Erg

One Round every 90sec for 6 minutes

Then:

5 minute AirDyne for Calories

## Endurance

1

### Workout:

Ride (road bike) @ long endurance pace (include several 3-5-10 minute threshold efforts), 4-5 hours, plenty of climbing

Power endurance, strength, and intervals

1

Workout:

45 seconds at each of the following stations

15 seconds to switch between each:

Wall Ball +

Wall Sit +

Burpee +

Whip Smash +

Split Jump +

Ball Slam

Five Rounds Total



## Power endurance

1

### Workout:

Throw medicine balls

2x20 Squat

Keep 25# KB moving for 6 minutes

Then:

5x Clean Hi-Pull @ 80% +

Ski (150m) OR Row (170m) OR Ride (22 calories)

Every 90 seconds for 6 minutes

Then:

5x Jerk @ 75-80% +

Ski (150m) OR Row (170m) OR Ride (22 calories)

Every 90 seconds for 6 minutes

Then:

5x Front Squat @ 60-70% +

30m Burpee Broad Jump

Every 90 seconds for 6 minutes

Then:

Sit down, and eventually Cool Down

2

### Workout:

Ride 10 min @ easy pace

2x20 Squat

4x 20/40 Frog Hop

4x 15m Lunge + One-leg DL combo 4x4 OHS + SOTS Press combo (strict, light DBs)

3x10 KB/DB Snatch + One-arm SOTS Press, switch arms each rep

Then:

10x 10/20 Whip Smash

Two sets

One set Whip as hard as possible, one set Whip as fast as possible

Then:

Cool down

Power endurance

1

Workout:

10 minute AirDyne @ Easy Pace

Then:

Bench Press @ BW + Pull-up

10/1, 9/2, 8/3, 7/4, 6/5, 5/6, 4/7, 3/8, 2/9, 1/10

Then:

Cool Down

## Strength

1

### Workout:

Ride/Row 10 minutes @ easy pace

2x30m Lunge (15m forward, 15m backward)

4x15m Overhead Lunge

(2x15m @ BB, 1x15m @ 95#, 1x15m @ 115#)

Then:

5x5 Off-box Single-leg Squat (5 each leg)

Strict form: no assistance from trailing leg

Then:

5x2 Single-leg DL "heavy" (2 each leg)

Use first set to warm up, then 80-85% for remaining sets

Then:

15m Framer Carry +

15m KB Bear Crawl +

15m Overhead Carry

Use 2x53# or 2x60# KBs for all tasks

Four sets, rest some between sets

Then:

Row or Ski or Ride 12 minutes, sprint 10 seconds every minute

Then:

Cool down

Power endurance

1

Workout:

10 minute Row @ Easy pace

Then:

3x5 Wall Squat

3x5 Goblet Squat @ 35-53#

3x10 Squat

3x10 Shoulder Dislocate

3x20m OH Walking Lunge @ 45-95#

Then:

10x Heavy Ball Slam +

30sec Sprint (Ride/Row/Ski) +

30sec Rest

Five Rounds

Then:

5 minute Intermission

Then:

10x Heavy Push Press +

30sec Sprint (Ride/Row/Ski) +

30sec Rest

Five Rounds

Then:

5 minute Intermission

Then:

"Cool Down" with FLR hold for time

## Strength

1

### Workout:

3x5 Wall Squat

3x5 Shoulder Dislocate

3x5 Goblet Squat @ 35#

### Then:

### SOTS Press & OHS Combo:

5 reps @ 2 x 15# DB

4 reps @ 2 x 25# DB

3 reps @ 2 x 30# DB

2 reps @ 2 x 40# DB

1 reps @ 2 x 50# DB

### Then:

3x10 Narrow Grip OHS @ 45# BB

Power endurance

1

Workout:

10 minute AirDyne @ Easy Pace

Then:

Work up to Deadlift 1RM

Then:

"JonesCrawl":

10x Deadlift @ 115% BW +

25x Box Jump @ 24" Box

Three Rounds

Then:

Cool Down

Power endurance

1

Workout:

2x20 Squat

2x30m Lunge

2x10 Frog Hop

2x10 Split Jump

3x10 KB "Spike" Swing

Then:

Power Clean/ Jerk/ Clean Hi-Pull triplet

1 Triplet every 30 seconds for 10 minutes @ 115-135#

Then:

5x Accelerating Squat (Jump) @ 30-40%, use 60-70# of chain +

60 seconds Row/ Ski/ Ride 15/15 style (15 sec easy, 15 sec sprint)

One minute rest

4 sets

Then:

5x Accelerating Lunge (like a Split Jump) @ 30-40%, use 30-40# of chain +

60 seconds Row/ Ski/ Ride 15/15 style (15 sec easy, 15 sec sprint)

One minute rest

4 sets

Then:

Cool down

## Strength

1

Workout:

10 minute AirDyne @ Easy Pace

Then:

Work up to Heavy OHS

Then:

OHS Strength Ladder:

10 reps @ 45#

9 reps @ 55#

8 reps @ 65#

7 reps @ 75#

6 reps @ 85#

5 reps @ 95#

4 reps @ 105#

3 reps @ 115#

2 reps @ 125#

1 rep @ 135#

Then:

"AirDyne To Hell":

50-40-30-20-10 calorie partner ladder



## Power endurance

1

Workout:

Med Balls to Warm up

Then:

3x10 KB Swing @ 53#, 60#, 70#

3x10 Headcutter @ 53#, 60#, 70#

Then:

BB Triplet:

1x Clean Hi-Pull (HEAVY) +

1x Power Clean +

1x Jerk

One Triplet Every 30sec for Ten minutes

Then:

2x Hi-Pull + 1x Power Clean + 2x Jerk @ 50% 1RM (use Jerk) +  
30 seconds Quickstep

Every 90 seconds for six minutes (4 sets)

Then:

Rest one minute

Then:

3x KB Swing + 3x Headcutter @ 60-70# KB +  
30 meters Flying Burpee

Every 90 seconds for six minutes (4 sets)

Then:

Rest one minute

Then:

5x Front Squat Push Press @ 115-135# +  
30 seconds Ski Erg

Every 90 seconds for six minutes (4 sets)

Then:

Cool down

## Strength endurance

1

### Workout:

Row/Ride 10 min @ easy pace

Throw medicine balls

2x30/30 Mtn Climber

2x30/30 Mtn Climber, rest in FLR

Then:

2x20 Squat

2x10 Jump Squat

3x10 Goblet Squat, 1 set each @ 44#, 53#, 60#

Then:

3 blocks of 4 sets Weighted Frog Hop @ 25-30% of BS 1RM

One set looks like: (10x + 10-sec rest + 10x + 10-sec rest + 8x + 10-sec rest + 6x)

Rest one minute between blocks

Then:

3x30 Back Squat @ 25-30%

Rest 1-2 minutes between sets

Then:

3-4 blocks of 4 sets Push Press @ 25-30%

One set looks like: (10x + 10-sec rest + 10x + 10-sec rest + 8x + 10-sec rest + 6x)

Rest one minute between blocks

Then:

3x30 Bridge Press @ 25-30%

Rest 1-2 minutes between sets

Then:

2-3x 1-6 Pull-up Ladder

Then:

Cool down

## Power endurance

1

### Workout:

10x Rope Pull @ 40# +  
30x Ball Slam @ 30# +  
9x Rope Pull @ 40# +  
30x Wall Ball @ 10# +  
8x Rope Pull @ 40# +  
30x Lunge +  
7x Rope Pull @ 40# +  
KB Swing @ 35# +  
6x Rope Pull @ 40# +  
Atomic Sit-up +  
5x Rope Pull @ 40# +  
30x DL @ 65# +  
4x Rope Pull @ 40# +  
30x Push Press @ 2 x 20# DB +  
3x Rope Pull @ 40# +  
30x Air Squat +  
2x Rope Pull @ 40# +  
30x OHS @ BB  
1x Rope Pull @ 40#

Power endurance

1

Workout:

2x5 Wall Squat

3x20 Squat

3x10 Jump Squat

2x5 Tuck Jump

2x15m Lunge

2x15m Bear Crawl

Then:

45sec at each of the following stations, 15sec to switch between:

Wall Ball +

Atomic Sit-up +

Wall Sit +

Ball Slam +

Plank

Two Rounds

Then:

4x (30sec Work/30sec "Rest) Mountain Climber

"Rest" is in FLR position

Then:

45sec at each of the following stations, 15sec to switch between:

Wall Ball +

Atomic Sit-up +

Wall Sit +

Ball Slam +

Plank

Two Rounds

## Power endurance

1

### Workout:

Row 10 min easy

One-leg Balance on BOSU, throw/catch Med Balls

2x20 Squat

2x30m Lunge

3x10 KB (behind neck) Good Morning

3x10 (5 each) One-leg DL

3x10 Goblet Squat

### Then:

10x FS @ 50% +

4x 10-sec Sprint @ green band (10-sec Rest between sprints)

4 sets, 2 min rest between sets

5-min intermission

### Then:

8x Lunge (Heavy, not too heavy) +

4x 10-sec Sprint @ green band (10-sec Rest between sprints)

4 sets, 2 min rest between sets

### Then:

Cool down

Power endurance

1

Workout:

10 minute Row @ Easy pace Then:

3x5 Wall Squat

3x10 Air Squat

3x5 Goblet Squat @ 35# (5 second pause at bottom)

Then:

3x20m OH Walking Lunge @ BB

Then:

3x10 OHS

Then:

2000m Row for Time

## Strength

1

Workout:

Row/Ride 15-20 min @ easy pace

4x15m Lunge + 15m Crawl

2x15m Lunge + Pistol + One-leg DL combo (video here)

Then:

3x4 Step-up (2 each) on 10" box, strict: no assistance from trailing leg

Then:

3x4 Step-up (2 each) on 18" box, strict: no assistance from trailing leg

Then:

3x8 Straight-leg DL @ 35#: go deep, "straddle" a gap between two boxes if necessary

Then:

2 blocks of 10x 10/20 Sprint Start @ green band

Rest 5 minutes between blocks

Then:

Cool down

## Power endurance

1

### Workout:

"Professor Insano's Mountain of Impending Doom and Ultimate Elimination Challenge"

If you fail to meet the time limit established for any particular stage you are eliminated from the workout. Cool down and leave.

Stage 1: Row 1000m (time limit is half of 2000m PR plus 10%)

Stage 2: AirDyne 80 calories (same limit as Stage 1 +/- 5%)

Stage 3: FLR for 2 minutes, strict posture

Stage 4: 100x Ball Slam @ 20-25# ball (time limit is Stage 2 time)

Stage 5: 2x FSPP @ 18-25# KBs every 30 sec for 5 min, hold KBs in Rack to rest

Stage 6: KB Rack for 10 minutes (same KBs as Stage 5)

Stage 7: KB Snatch until the player quits, Gentlemen's Rules: switch arms, stop, rest, etc. Stage ends when KB player sets KB down



Power endurance

1

Workout:

3x20 Squat

3x10 Jump Squat

3x5 Tuck Jump

Then:

Teach Pull-up form

Then:

"TailPipe" (Variant):

Row 250m or Ride 20cal + KB Rack Hold @ 2 x 35# for as long as Row/Ride took

Three Rounds

Then:

4x (30sec Work/30sec "Rest") Push Press

"Rest" is in OH Position

## Power endurance

1

### Workout:

Row/Ride 20-30 min @ easy pace

5x10 Squat

2x30m Lunge (15m forward + 15m backward)

4x15m One-arm OH Lunge @ 25# KB (forward only)

3x10 Goblet Squat (2 sets @ 53#, 1 set @ 70#)

3x10 Split Jump

3x10 KB "Spike" Swing @ 53#

### Then:

30-sec Box Jump @ 24" box +

60-sec Step-up @ 18" box +

30-sec Rest

Seven rounds, 14 min total

### Then:

Cool down

## Strength endurance

1

### Workout:

Throw medicine balls

2x20 Squat

2x10 Push-up

2x20 Frog Hop

### Then:

10x Burpee

8x Burpee @ 2x10# DBs

6x Burpee @ 2x15# DBs

4x Burpee @ 2x20# DBs

4x Burpee @ 2x25# DBs

### Then:

OHS @ 50% + Dead Hang

10/30-sec, 9/30-sec, 8/30-sec, 7/30-sec, etc. Then:

Front Squat @ bodyweight + Ring Support

10/30-sec, 9/30-sec, 8/30-sec, 7/30-sec, etc. Then:

Cool down

## Power endurance and intervals

1

Workout:

Throw medicine balls

Then:

DB Complex, 6x each:

DL +

Bent-over Row +

Hi-Pull from floor +

Push Press +

Burpee (with DBs in hands)

2 sets @ 2x15#, 1 set @ 2x20#, 1 set @ 2x25#

Then:

Deadlift @ 135-185# (based on strength, recovery, injury, etc) +

Pull-up +

Ring Push-up (feet same height as hands)

10-9-8-7-6-5-4-3-2-1 reps of each

Then:

"Tail Pipe"

P1: Row/Ski 250m, or Ride 25 cal

P2: Static Hold

KBs in Rack [2x53#], BB overhead [115#], Slosh Pipe overhead, Sandbag [80#]

Switch positions, repeat to complete one round

Three rounds total

Then:

Team Shuttle: two-man team, each player moves a variety of things 10m, timed

Use 60# D-Ball, 45# plate, 106# KB, 60# of chain, unbalanced BB, 50# DB, Sandbag, etc.

Then:

"Cool Down" of 5x28cal AirDyne sprint

## Intervals

1

Workout:

8x 1-min Row @ <1:45/500m pace, or AirDyne @ >25 calories/minute pace

Rest 30-sec between intervals

Then:

8x 1-min KB Snatch @ 44# KB

Rest 30-sec between intervals

Then:

8x 1-min Box Jump @ 24" box

Rest 30-sec between intervals

2

Workout: Tag Team style

P1: 100m OH Carry @ 95#

P2: Burpee Broad Jump

P3: Farmer's Carry @ 1x 36# & 1x 44# KB

P4: Renegade Man-Maker @ 2x25# DB

P1 determines how long P2-4 suffer, when all players have done each station one round is complete.

Do four rounds.

## Strength and intervals

1

Workout:

Row/Ski 10-15 min easy

4x15m Walking OHS

Each lap heavier, 45#, 75#, 95#, 115#

Then:

3x4 TGU (2 each side) @ 60-70# KB

Then:

Work up to Heavy Front Squat

Then:

3x2 Front Squat @ 80% 1RM (use 100# of chain)

5x1 Front Squat @ 100% 1RM (use 100# of chain)

Then:

Row/Ski/Ride 5x1 minute @ increasingly faster pace

Example: 1-min @ 2:00/500m pace, 1-min @ 1:55/500m pace, 1-min @ 1:50/500m pace, etc.

No recovery between minute intervals, simply increase pace

Then:

Row/Ski/Ride 5 min, sprint 10 sec every min

Then:

Cool down

## Power endurance

1

### Workout:

Throw Med Balls to warm up

Then:

3x10 KB Swing @ 53#, 60#, 70#

3x10 Headcutter @ 53#, 60#, 70#

3x10 Ball Slam @ 30#, 50#, 60#

Then:

BB Triplet:

1x Clean Hi-Pull (HEAVY) +

1x Power Clean (lighter bar) +

1x Jerk (same light bar)

One Triplet Every 30 sec for 10 min

Then:

Clean Hi-Pull (cluster set)

5x @ 70% of Clean 1RM

3x @ 80%

2x @ 85-90% +

6x 100m/40-sec Row or Ski, or AirDyne 15 cal/40-sec

I.E. Go 100m, then easy for 40 sec, then sprint again

5-3-2 reps separated by only as long as it takes to add the plates

Then:

5x Front Squat Push Press @ 115-135# +

100m Ski Erg "SPRINT" or AirDyne 15 calories +

30 sec Ski/Ride @ easy recovery pace

Every 2 min for 12 minutes (6 sets)

Then:

Cool down

## Strength endurance and power endurance

1

Workout:

Throw medicine balls to warm up

Then:

Barbell Complex

Deadlift +

Bent-over Row (back parallel to floor) +

Hang Clean +

Front Squat +

Push Press +

Back Squat

Six reps of each @ 75#, 95#, 105#

Then:

Barbell Complex

Snatch Hi-Pull +

OHS +

Good Morning +

Back Squat +

Power Clean & Front Squat combo (not a squat Clean) +

Pull-up

Six reps of each @ 95#, 105#, 115#

Then:

3x3 Funky Zercher (work up to near-1RM weight by last set)

Then:

Breathing Complex:

3x Man-Maker @ 2x 25-30# DBs +

30-sec AirDyne/ Ski/ Row (Go HARD)

Every 90 sec for 9 min (i.e. 6 sets)

Then:

Cool Down



## Strength

1

Workout:

Row/Ride 10-20 minutes to warm up

Then:

KB RTW (right) +

KB RTW (left) +

KB 8 front-to-back +

KB 8 back-to-front

30 seconds of each (2 min total)

Then:

KB Swing (left hand) +

KB Swing (right hand) +

KB Clean (left hand) +

KB Clean (right hand) +

KB Press or Jerk (right hand) +

KB Press or Jerk (left hand)

30 seconds of each (3 min total)

Then:

Work up to 50-60% o OHS 1RM

Then:

OHS cluster set

5x @ 60% +

3x @ 70-75% +

1x @ 80-85% +

1 minute Row/Ski @ recovery pace

4-5 sets

\*5-3-1 reps separated by only as long as it takes to add the plates

Then:

Cool down (if you have already trained today)

OR: Row/Ride/Ski 10 minutes, include 5x 10/50 and 5x 5/55 Sprint intervals

## Power endurance

1

### Workout:

Throw medicine balls to warm up

Then: Team Sandbag Get-up P1: Sandbag Get-up @ 50# sandbag, hand off to P2

P2: Sandbag Get-up @ 50# sandbag, hand off to P1

P3: Rest

30 seconds at each station non-stop for 12 min, 4 minutes of Get-ups each

Then:

"Game of Death"

Round 1: fight the little guy (i.e. mostly CV stress, not much weight)

6x 10m Rope Pull & Sprint @ 80# +

3 minutes Ski/Row/Ride using 15/45 interval structure

Ski @ 1:40/500m & 2:00/500m pace, Row @ 1:30/500m & 1:55/500m pace, Ride @ 500w/250w pace

Rest one minute

Round 2: fight the bigger guy (i.e. more weight, "less" CV stress)

5x FSPP @ 135# +

5x Box Jump on 24" box + 1 minute Ski/Row/Ride, HARD +

15x FSPP @ 95-115# +

5x Box Jump on 24" box

Rest one minute

Round 3: fight the unknown (i.e. give whatever is left, as hard as you can)

90 sec Ski/Row/Ride 10/20 interval (i.e. 10-sec sprint, 20-sec recovery (which is done at easier pace but not casual - it's still a fight) +

10x KB Rack Squat @ 2x 53# KB +

60m Farmer Carry @ 2x 53# KB +

90 sec Ski/Row/Ride 10/20 interval (same as above)

Then:

Progressive cool down with medicine balls

## Power endurance

1

### Workout:

Ride/Row 10 min @ easy pace to warm up

Then:

Barbell Complex:

6x Narrow Grip Snatch +

6x Push Press +

6x Front Squat +

6x Bent-over Row +

6x Straight-leg Deadlift +

6x Clean Hi-Pull

One Set each @ 75#, 95#, 105#

Then:

5x OHS @ 95# +

60m Bear Crawl (strict) +

5x OHS @ 115# +

60m Bear Crawl (strict) +

5x OHS @ 135# +

60m Bear Crawl (strict) +

3x OHS @ 155# +

60m Bear Crawl (strict) +

3x ... CONTINUE INCREASING WEIGHT UNTIL FAILURE

Then:

4x 30/30 Burpee (“rest” in plank [on elbows])

Rest one minute

4x 30/30 Frog Hop (actual rest)

Rest one minute

4x 30/30 Push Press (“rest” in overhead hold)

Rest one minute

4x 30/30 Split Jump (actual rest)

Then:

Cool down

## Power endurance

1

### Workout:

2x20 Squat

2x10 Jump Squat

3x10 Goblet Squat (one set each @ 53#, 60#, 70#)

Then:

Round 1:

Weighted Frog Hop @ 2x15# DBs

10 + 10 + 8 + 6 with 10 sec rest between each set +

Row 500m +

30x Two-Hand KB C&J @ 2x 35# KBs

Rest one minute:

Then:

Round 2:

3x30 Back Squat @ 20-30%, rest a little between sets +

Ski 500m +

4x 10m Rope Pull (heavy, 100#) and Sprint

Rest one minute:

Then:

Round 3:

5x Weighted Burpee @ 2x15# DBs +

10m Sprint +

10m Bear Crawl +

5x Med Ball Toss from inside squat rack @ 30-60# balls +

100m Sprint on Ski Erg or C2

Three rounds

Then:

Throw medicine balls to cool down, start @ 10#, then 4#, then one-handed with small 10#

Gripper ball, then move around (row/ ski/ ride) until ready to sit still

## Power endurance

1

### Workout:

Row/ Ride to warm up

Then:

3x20 Squat

2x10 Jump Squat

Knee Jump progression to 115#

Then:

Round One:

10x Hang Squat Clean @ 50% +

2 minutes Row @ >550-600m pace +

10x Jerk @ same weight as HSC

Then:

1 minute Rest

Then:

Round Two:

5x Front Squat Push Press @ 135# (hold bar overhead 5 sec after each rep) +

Row/Ski 2 minutes (40 sec @ 2:00/500m pace, 20 sec SPRINT) +

10x FSPP @ 2x40-50# DBs (hold DBs overhead 5 sec after each rep)

Then:

1 minute Rest

Then:

Round Three:

Row Five minutes:

1 min @ 1:50/500m pace +

1 min @ 2:00/500m pace +

1 min @ 1:45/500m pace +

1 min @ 2:00/500m pace +

1 min @ 1:30-1:35/500m pace

OR

Ski Five minutes:

1 min @ 1:50/500m pace +

1 min @ 2:10-2:15/500m pace +

1 min @ 1:45/500m pace +

1 min @ 2:10-2:15/500m pace +

1 min @ 1:35/500m pace

Strength and power endurance

1

Workout:

Work up to Deadlift 1RM

Then:

"JonesCrawl":

10x DL @ 115% BW +

25x Box Jump @ 24" Box

Three Rounds

Power endurance

1

Workout:

Teach OHS

Then:

3x20 Squat

3x10 Jump Squat

3x5 Knee Jump

Then:

4x (30sec Work/30sec Rest) Frog Hop

Rest Two Minutes

4x (30sec Work/30sec Rest) Split Jump

Rest Two Minutes

4x (30sec Work/30sec Rest) Burpee

Then:

Cool Down

Endurance

1

Workout:

Do some shit for more at least 90 mins



## Power endurance and strength endurance

1

Workout:

Row/Ride 10-20 minutes as general warm up

Then:

DB Complex

DL +

Bent-over Row +

Hi-pull from floor +

Curl +

Push Press +

FSPP

Round 1 @ 2x10#, max reps in 1 minute

Round 2 @ 2x10#, max reps in 2 minutes

Round 3 @ 2x 25-30#, once through complex

Round 4 @ 2x 30-40#, once through complex

Rest one minute between each round

Then:

6x Get-up (3 each side) @ 44-53# +

30 seconds of Mountain Climber +

60 seconds Plank (on elbows)

Five rounds

Then:

Front Squat cluster set [5x 50% + 3x 65-70% + 2x 80-85%] +

Row (150m, 155m, 160m, 165m, 170m, 175m - further each round)

OR

Ski (135m, 140m, 145m, 150m, 155m, 160m - further each round)

OR

Ride AirDyne (400w, 440w, 480w, 520w, 560w, 600w)

Six rounds total, each harder than the previous

One minute active recovery between rounds

Then:

Cool down

Strength endurance

1

Workout:

3x10 Squat

3x10 Jump Squat

Knee Jump Progression to 135#

Then:

Power Clean/ Front Squat/ Jerk complex

3/3/2

1 set @ 75#

1 set @ 95#

2 sets @ 135#

2 sets @ 155#

Then:

30-seconds of Step-up with knee drive on 18-20" box

2x18# KB in Rack

2x25# KB in Rack

2x35# KB in Farmer Carry position

2x44# KB in Farmer Carry position

10 seconds to switch positions after each 30-sec work interval

5 blocks, rest 3-4 between blocks

Then:

Cool Down

## Strength and power endurance

1

### Workout:

2x30m Lunge (15m forward, 15m backward)

2x30m Lunge @ 2x10-20# DBs

2x20 seconds Split Jump (rest one min between)

2x20 seconds Frog Hop (rest one min between)

4x10 Goblet Squat (one set each @ 44#, 53#, 60#, 70#)

Front Squat

2x5 @ 50%

3x @ 60%

3x @ 70% +/-

Work up to 1RM

Then:

5 min Active Recovery

Then:

Row or Ski 2000m for time

OR

Sandbag Get-up test: max reps in 7 minutes @ 50% body weight

Then:

Cool down

## Power endurance

1

### Workout:

2x30m Lunge (15m forward, 15m backward)

2x30m Lunge @ 2x15-20# DBs

Then:

15m Flying Burpee (Burpee Broad Jump) +

15m Bear Crawl

Four rounds

Then:

2x10m Wheel Barrow Hop

Then:

Barbell Complex: 6x each

Deadlift +

Bent-over Row (back parallel to floor) +

Hang Clean +

Front Squat +

Push Press +

Back Squat

One set each @ 75#, 95#, 105#, 115#

Do not set BB down during Complex

Then:

Tag Team

P1: 4x 20/10 Row or Ski (target = 100m for Row, 90m Ski)

P2: 5x Ball Slam @ 25# + 5x Push-up for 2 minutes

Switch positions, repeat to complete one round

Do three rounds (12 minutes total)

Then:

Cool down

Power endurance

1

Workout:

50x HSPU

Then:

"Big Five 55" (Variant):

Pull-up +

Box Jump @ 42" Box +

Deadlift @ 225# +

KB Swing @ 70# +

OHS @ Slosh Pipe

10-9-8-7-6-5-4-3-2-1 reps of each

Then:

"Cool Down" with 48" Box Jump

## Strength and power endurance

1

Workout:

Throw medicine balls

2x20 Squat

2x30m Lunge

2x30m Lunge @ 2x 15-20# DBs

2x30m Lunge @ 2x 15-20# DBs overhead

Then:

One-arm One-leg Press (3x in each position = 12x total per set)

One set each @ 25#, 35#, 44# KB

Then:

Work up to TGU 1RM

OR

100x TGU @ 25# KB, slow, precise

Then:

Row 500m for time

OR

Ski 500m for time

OR

Ride AirDyne: max calories in 90 seconds

Then:

Cool down

## Power and power endurance

1

Workout:

2x20 Squat

2x10 Jump Squat

Then:

2x 20sec Frog Hop

2x 20sec Split Jump

2x 20sec Burpee

Rest 30 seconds between all sets

Then:

4x15m Walking OHS (three steps + 1x OHS):

2x15m @ BB

1x15m @ 75#

1x15m @ 95#

Then:

Work up to Jerk 1RM

Then:

DB "Triplet":

5x FSPP @ 2x 25-30# DBs +

3x Man Maker @ 2x 25-30# DBs +

Row (140m) or Ski (125m) or Ride (13 cal)

Complete one round every 2 minutes for 10 minutes total

Then:

Cool Down

## Power endurance

1

Workout:

Throw Medicine Balls

Then:

Team Rope Pull (three-man team)

P1: 10m Rope Pull + 10m Sprint, hand off rope, rest until it's your turn again

10 total pulls each

Then:

7x Rack Squat + 30m Farmer Carry @ 1x 35# and 1x 44# KB

Five sets, rest between sets while partner works

Then:

Team Sandbag Get-up

P1: Sandbag Get-up @ 70-80# sandbag, hand off to P2

P2: Sandbag Get-up @ 70-80# sandbag, hand off to P1

P3: Rest

30 seconds at each station non-stop for 12 min, 4 minutes of Get-ups each

Then:

Team Box Jump on 20" box + FLR on Rings (feet same height as hands)

30 seconds at each station, 10 seconds to switch stations

Total time 10 minutes (each player visits each station five times)

Then:

"Tail Pipe" Variant

P1: Row or Ski 300m

P2: Hold 95# barbell overhead

Switch positions, repeat to complete one round

Do "only" two rounds (each player rows a total of 600m)

Then:

Cool down: throw medicine balls, and practice roll-outs



## Power and power endurance

1

Workout:

2x20 Squat

2x30m Lunge

2x10 Burpee

2x10 Split Jump

2x 20-sec Quickstep (rest 40 sec between intervals)

6x [1x Burpee + Sprint], instead of jumping take a flying start to finish

Throw Med Ball balanced on single foot on BOSU

Throw Med Ball while doing lateral Quick Step on BOSU

Then:

3x5 Two-Hand KB Clean

One set each @ 2x35#, 2x44#, 2x53#

Then:

Work up to Clean 1RM

Then:

Ski Erg 1000m time trial

Then:

Cool down

## Power endurance

1

Workout:

“Jonesworthy”:

Squat: 80, 64, 48, 32, 24, 12

KB Swing: 40, 32, 24, 16, 12, 6

Pull-up: 20, 16, 12, 8, 6, 3

First round look like: 80x Squats + 40x KBS + 20x Pull-up

Second round looks like: 64x Squats + 32x KBS + 16x Pull-up

Etc

## Strength and strength endurance

1

Workout:

Ride/Row 10 min @ easy pace to warm up

Then:

Barbell Complex:

6x Narrow Grip Snatch +

6x Push Press +

6x Front Squat +

6x Bent-over Row +

6x Straight-leg Deadlift +

6x Clean Hi-Pull

2 sets @ 75# & 95#, 1 set @ 115#

Then:

5x Bridge Press @ 95# +

60m Bear Crawl (strict) +

5x Bridge Press @ 115# +

60m Bear Crawl (strict) +

5x Bridge Press @ 135# +

60m Bear Crawl (strict) +

3x Bridge Press @ 155# +

60m Bear Crawl (strict) +

3x then 2x... CONTINUE INCREASING WEIGHT UNTIL FAILURE

Then:

3x30 Back Squat @ 105# (barbell with 60# of chain)

Rest some between sets, not too much

Then:

Cool down, seriously - your legs will need it

Power endurance

1

Workout:

3x5 Wall Squat

3x10 Squat

3x5 Goblet Squat @ 35#

3x20 Lunge

3x20m OH Walking Lunge

Then:

6x (30sec Work/30sec Rest) Row

Add up total from each work interval

Then:

100x FSPP @ 45# +

100x Wall Ball @ 20# +

100x Ball Slam @ 20#

Then:

Cool Down

2

Workout:

1000x Wall Ball @ 20# Ball

## Strength endurance

1

Workout:

Barbell Complex:

Deadlift +

Clean +

Front Squat +

Jerk +

Push Press +

Back Squat +

Good Morning

One rep of each movement, six times through

After 6 times through complete 6 Push-ups

Two sets @ 75#

Two sets @ 95#

Then:

Front Squat or Back Squat:

5 reps @ 60% 1RM +

3 reps @ 70% 1RM +

2 reps @ 80% 1RM

Four Total Sets

Then:

Team 10-1 KB Step-up Ladder

## Strength endurance

1

Workout:

KB RTW

KB 8

KB Swing (one hand)

KB Halo

KB Snatch

30 seconds each direction or each hand @ 35#

10x KB Windmill (5 each side)

2x12 KB One-arm One-leg Press (3 in each position)

12x TGU (6 each side)

Then:

One-arm Bench Press

2x10 (5 each) @ 44# KB

2x6 (3 each) @ 53# KB

2x4 (2 each) @ 60# KB

5x2 (1 each) @ 70# KB

Then:

BOSU Bridge Press @ 2x53# KB + Pull-up

10/1, 9/2, 8/3, 7/4, 6/5, 5/6, 4/7, 3/8, 3/9, 1/10 of each

OR

Bench Press @ body weight + Burpee

10/1, 9/2, 8/3, 7/4, 6/5, 5/6, 4/7, 3/8, 3/9, 1/10 of each

Then:

3x3 D-Ball Rollout (3 each @ 25#, 30#, 50# ball)

Then:

Cool down: Row/Ride 10 min @ easy pace

OR

"Cool down": Row/Ride 10 min, sprint 10 seconds every minute

## Power endurance and strength endurance

1

Workout:

"Tail Pipe" and then some

R1

P1: Row 300m

P2: Hold Ring Support until P1 finished

Switch positions, repeat to complete the round

R2

P1: Ride AirDyne 30 calories

P2: Hold 2x 53# KBs in Rack position until P1 finished

Switch positions, repeat to complete the round

R3

P1: Ski or Row 300m

P2: Hold FLR on Rings, feet higher than hands until P1 finished

Switch positions, repeat to complete the round

R4

P1: Row 300m

P2: Hold Slosh Pipe overhead until P1 finished

Switch positions, repeat to complete the round

REST ONE MINUTE

Dead Hang for max time

Rest 2 minutes

Dead Hang for max time

Rest 2 minutes

KB Rack Hold @ 2x 53# for max time

Rest "some"

Slosh Pipe overhead hold for max time

Then:

Cool down

## Strength endurance and intervals

Workout:

KB Swing

10x each @ 35#, 44#, 53#, 60#, 70#

Two sets (100 total swings)

Then:

One-arm One-leg Press

3x in all four positions (12 reps total) Three sets

Then:

Work up to 225# DL

Then:

Deadlift @ 225# max reps without setting the bar down

Then:

15x 20/10 Row/Ski (7:30 total)

Row: 95m per work interval for light/average height, 100m for heavy/tall

Ski: 90m per work interval

Then:

Cool down



## Strength and intervals

1

Workout:

Row/Ride 10 min

Throw Med Balls

3x5 Wall Squat

2x30m Lunge (15m forward, 15m backward)

2x30m One-arm Overhead Lunge (forward weak, backward strong) @ 25-35# KB

Shoulder Dislocates (a few)

2x15m OH Lunge @ 75#

4x15m Walking OHS (three steps + Squat), 2x15m each @ 75#, 95#

Then:

4x 15-20 sec OHS Static Hold @ 120-130% +/-

Then:

3x3 OHS @ 70-75%

Then:

3x FSPP (135-165# or 2x 45-50# KB/DB) +

Sprint 100m Row/Ski (or ride 20 seconds all-out on AirDyne)

Every 90 seconds for 10 sets

Then:

Cool down

## Power endurance

1

### Workout:

10 minute Row @ Easy Pace

Then:

DB Complex:

6x Deadlift +

6x Bent-over Row +

6x Hi-pull from floor +

6x Push Press +

6x Burpee (with DB)

Two sets @ 15#, Two sets @ 20#, One set @ 25#

Then:

4x (30sec Work/30sec "Rest") Push Press (HEAVY)

OR 4x (30sec Work/30sec "Rest") KB Swing + Dead Hang @ 70# KB

Then:

Tag Team:

P1: 25x Box Jump @ 24" Box

P2: FLR on Rings

Three Rounds

Then:

Tag Team:

P1: 3 x 15m Burpee/Broad Jump

P2: KB Rack Hold @ 2 x 53# KB or OH Hold @ 75# BB

Three Rounds

Then:

Cool down

2

### Workout:

Work Up to Heavy DL

Then:

"JonesCrawl":

10x DL @ 115% BW

25x Box Jump @ 24"

Three Rounds

Then:

Cool Down

## Power endurance

1

### Workout:

10 minute AirDyne @ Easy Pace

Then:

20 minute AirDyne @ 600 calorie pace (i.e. "600FY")

Then:

10 minute Rest

Then:

10 minute AirDyne @ 300 calorie pace (i.e. "300FY")

Then, Later:

10 minute AirDyne @ 300 calorie pace (i.e. "300FY")

Then, Later:

5 minute AirDyne @ 150 calorie pace +

100x Deck Squat +

4 minute AirDyne @ 120 calorie pace +

100x Deadlift @ 225# +

3 minute AirDyne @ 90 calorie pace

Then:

Cool Down

Power endurance

1

Workout:

Throw Med Balls

4x15m Lunge + 15m Crawl

Then:

Clean/Front Squat/Jerk:

2x 5/5/3 @ 40% of Jerk 1RM

2x 4/4/3 @ 50%

2x 3/3/3 @ 60%

Then:

Front Squat:

1x5 @ 50%

1x3 @ 60%

1x3 @ 70%

1x2 @ 80%

4x4 @ 100% (PARTIAL DEPTH - "HALF-SQUAT")

Then:

Row/Ski 2000m (sprint 5-10 sec each minute to "warm up")

Then:

Row/Ski 1000m FOR TIME

Then:

Cool down

Power endurance

1

Workout:

DB Complex, 6x of each movement

DL +

Hi-Pull from floor +

Curl +

FSPP +

Bent-over Row (back parallel to floor, put thumb in armpit) +

Upright Row +

Split Jump with DBs in hand

1 set @ 2x15#, 1 set @ 2x20#, 2 sets @ 2x25#

Then:

BB Complex

DL +

Hi-Pull +

Front Squat +

Jerk

6x each @ 75#, 6x each @ 95#, 4x each @ 115#, 2x3 each @ 135#

Then:

Triplet and GO!

Clean/Front Squat/Jerk with 10-second pause at top

1/3/1 then pause, strict, i.e. someone else should count +

Row/Ski 100m SPRINT! +

Rest one minute

10 sets

Then:

Cool down

Power endurance

1

Workout:

2x5 Wall Squat

2x10 Squat

5x5 Goblet Squat (Two sets @ 35#, Two @ 44#, One @ 53#)

Then:

5x Front Squat @ 75% Bodyweight +

10x Box Jump @ 24"

Max Rounds in fifteen minutes

Then:

P1: 30 second Accelerating Back Squat (Max Reps)

P2: Rest

Five Rounds

Then:

Cool Down

Endurance

1

Workout:

"3000FY":

3000 calories in 120 minutes on AirDyne

Power endurance

1

Workout:

10 minute AirDyne @ Easy Pace

Then:

"300FY":

i.e. 300 calories in 10 minutes on AirDyne

Then:

Wall Sit for Time

Then:

FLR for Time

Then:

KB Rack Hold for Time

Then:

Cool Down



Power endurance

1

Workout:

Row/Ride 10 min @ easy pace

A few Push-ups

Burpee Pull-up ladder 1-5-1

Then:

Warm up Bench Press

Then"

Bench Press max reps @ 185#

Then:

"Those Burpees Suck"

10x Pull-up +

20x KB Swing @ 53# +

30x Box Jump @ 24" Box +

40x Push-up +

50x Sit-up +

60x Burpee +

10x Pull-ups

Then:

AirDyne: one minute all-out

OR

Sandbag Get-up test: max reps in 7 minutes @ 50% body weight

Then:

Cool down

## Power endurance

1

Workout:

Row/Ride 10 minutes

Throw medicine balls

Then:

Row/Ski

5x1 min @ increasingly hard pace +

1 min easy +

1 min very hard (extension of 5-min progression)

Example: 1st min @ 2:00/500m pace, 2nd min @ 1:55/500m pace, etc.

5th min @ @ 1:40/500m, 6th min (easy) @ 2:10/500m, 7th min @ 1:35/500m

Ski Erg times are 10-sec slower for all intervals

Then:

10x Goblet Squat + 10x KB Swing

1 set each @ 35#, 44#, 53#, 60#, 70#

Rest some then repeat the ladder (100x total reps of each)

Then:

KB Clean & Jerk with 5-sec pause in lock-out overhead

3x10 @ 2x35# KB

Then:

Row/Ski/Ride 10 minutes

Sprint 100m every minute on the minute (sprint 20-sec on AirDyne)

Then:

Cool down

## Strength endurance and power endurance

1

Workout:

Throw medicine balls

Then:

DB Complex

DL +

Hi-Pull from floor +

Bent-over Row +

FSPP +

Upright Row +

Split Jump (with DBs in hands)

6x of each movement (12x for Split Jump)

1 set each @ 2x15#, 2x20#, 2x25#, 2x30#

Then:

Front Squat @ 115# OR Back Squat @ 135#

100x, partition work as needed BUT ...

Each time the bar is racked the player must do 10x Burpee Pullup

Then:

Super Sprint Triathlon:

Ski Erg 500m +

AirDyne 50 calories +

Row 500m

Then:

Cool down

## Power endurance and strength endurance

1

Workout:

Ski Erg 10 min "Fartlek" style, work up to some hard intervals

Then:

30x FSPP @ 2x35# KB with 5-second pause at top of each rep

Then:

Ski Erg 10 min "Fartlek" style, do some hard segments but not too much

Then:

30x KB C&J @ 2x35# KB with 5-second pause at top of each rep

Then:

Ski Erg 10 min "Fartlek" style, do some hard segments but not too much

Then:

30x KB Clean @ 2x44# KBs with 5-second pause in Rack after each rep

Then:

Cool down

## Power endurance

1

### Workout:

Throw Med Balls to warm up

Then:

4x10 KB Swing @ 44#, 53#, 60#, 70#

3x10 Ball Slam @ 30#, 50#, 60#

3x10 Headcutter @ 44#, 53#, 60#

Then:

BB Triplet:

1x Clean Hi-Pull (HEAVY) +

1x Power Clean (lighter bar) +

1x Jerk (same light bar)

One Triplet Every 30 sec for 10 min

Then:

Clean Hi-Pull (cluster set):

5x @ 70% of Clean 1RM +

3x @ 80% +

2x @ 85-90% +

6x (30/30) Row @ 1:40/500m (work) and 2:10/500m (rest)

OR:

6x (30/30) Ski @ 1:50/500m (work) and 2:15/500m (rest)

OR:

6x (30/30) AirDyne 90 RPM (work) and 70 RPM (rest)

Two sets (cluster set and intervals) with some rest between each

Then:

5x Front Squat Push Press @ 115-135# (or 2x53# KBs) +

100m Row/ Ski "SPRINT" or AirDyne "SPRINT" for 20 seconds +

1 minute Row/Ski/Ride @ recovery pace

4-6 sets total

Then:

Cool down

## Strength endurance

1

Workout:

3x20m Walking Lunge (10m Forward, 10m Backward)

2x20m OH Lunge @ BB (10m Forward, 10m Backward)

Then:

Work up to Heavy Front Squat

Then:

Front Squat until Failure

Five sets, Rest 2-3 minutes between sets

Then:

4x (20sec Work/10sec Rest) Accelerating Back Squat @ BB & 40# of Chain

Three Blocks, Rest 5 minutes between blocks

Then:

4x 30/30 Mountain Climbers on Push-up Board

“Rest” is in FLR position

Then:

4x 30/30 Frog Hop

## Power endurance

1

### Workout:

"300FY"

Saddle up on the Airdyne, set the countdown timer for ten minutes, come out of the gate hard, and hold on. If you finish with 300 or more you have done the workout. If you finish with 299 calories you have not done it. No scaling, no changes. It cannot be dragged down to a more easily attainable level.

## Strength endurance

1

Workout:

Row 20 minutes to warm up

Then:

4x10 Goblet Squat (one set each @ 25#, 35#, 44#, 53# KB)

4x10 KB Swing (one set each @ 25#, 35#, 44#, 53# KB)

3x10 Headcutter (one set each @ 35#, 44#, 53# KB)

Then:

Bridge Press on BOSU @ 2x53# KB +

Funky Zercher Squat @ (83# BB & 2x35# KB & 2x15# KB)

5/1, 4/2, 3/3, 2/4, 1/5 reps of each

First round looks like 5x Press + 1x Squat

Second round looks like 4x Press + 2x Squat

Do all sets straight through without rest

Then:

Bridge Press on BOSU @ 2x53# KB +

Funky Back Squat @ (115-135# BB & 2x35# KB & 2x15# KB)

5/1, 4/2, 3/3, 2/4, 1/5 reps of each

First round looks like 5x Press + 1x Squat

Second round looks like 4x Press + 2x Squat

Do all sets straight through without rest

Then:

Row 5000m in <20 minutes

Then:

Cool down



## Power endurance

1

### Workout:

2x20 Squat

2x20 Squat with small Bulgarian Training Bag over shoulders

2x15m Lunge

2x15m Lunge with medium Bulgarian Bag over shoulders

2x15m Lunge with large Bulgarian Bag over shoulders

Then:

30 seconds Full Moon (right)

30 seconds Full Moon (left)

One set with small bag, one set with medium bag

Then:

10x Half Moon (stop hard, switch directions @ top dead center) +

30 seconds Full Moon

Three sets, rest 1-2 minutes between sets

Then:

2x 30/30 Frog Hop with medium Bulgarian Bag over shoulders

2x 30/30 Split Jump with small Bulgarian Bag over shoulders

Then:

3x10 Clean to straight arm catch with 3-second pause in catch (arms extended)

Use small or medium bag

Then:

Clean Bulgarian Bag to catch behind neck and drop into Squat

20x @ small Bulgarian Bag

15x @ medium Bulgarian Bag

3x10 @ large Bulgarian Bag

Then:

Team Box Jump Ladder on 18" box with small Bulgarian Bag over shoulders

10-1 (55 jumps total)

Then:

Cool down

## Strength and strength endurance

1

Workout:

4x15m Lunge + 15m Bear Crawl

Then:

30 seconds Full Moon (right) +

30 seconds Full Moon (left)

Two sets with small (17#) Bulgarian Bag

Two sets with medium (26#) Bulgarian Bag

Rest 1-2 minutes between sets

Then:

Clean/ Front Squat/ Jerk Triplet

2x 5/5/3 @ 40% (of Jerk 1RM)

2x 4/4/3 @ 50%

2x 3/3/2 @ 60%

Then:

4x4 Back Squat or Front Squat @ 80-85% (use current 1RM not PR)

Then:

Row/ Ski/ Ride 10 minutes, sprint 10 seconds every minute

Then:

Cool down

## Strength and power endurance

1

### Workout:

Row/Ride 10 minutes @ easy pace

Bulgarian Bag Clean to straight-arm catch with pause

10x @ 17# bag with 9-second pause

10x @ 26# bag with 6-second pause

10x @ 37# bag with 3-second pause

Then:

15x Bulgarian Bag Clean to behind-neck and Squat @ 37#

Then:

3x10 KB Snatch (5 each arm)

1 set of 10 each @ 35#, 44#, 53#

Then:

Snatch Hi-pull + Snatch + OHS

Every 30 seconds for 10 minutes

Alternate between 75# and 95#

Then:

5x3 Jerk @ 80-85%

Then:

5x5 Straight-leg DL @ 50% (+/-) of DL 1RM

Then:

Row/Ski 2000m 15/15 hard/less-hard interval style

Target time is 2000m PR plus 15-20 sec

Then:

Cool down

## Power endurance

1

### Workout:

Misc. Bulgarian Bag drills to warm up

Then:

Three-man Team 10m Rope Pull and Sprint @ 50#

Repeat until all players have pulled and sprinted 10x

Then:

8x DL @ 185# +

5x3 resisted Broad Jump

Three rounds

Then:

5x Front Squat @ 135# +

5x resisted Sprint (backward)

Three rounds

Then:

15x Ring Push-up (feet higher than hands) +

5x resisted Sprint (forward)

Three rounds

Then:

Two-man Team Static Hold:

P1: Dead Hang

P2: Overhead Hold @ 95#

Hold until someone quits, switch positions, repeat

Repeat until someone says "Uncle" but at least three rounds

Each player must hold at each station at least 3x

Then:

Cool Down

## Strength and power endurance

1

Workout:

BB Complex, 6 reps each:

Deadlift +

Bent-over Row (back parallel to floor) +

Hi-Pull +

Front Squat +

Push Press (or Jerk) +

Back Squat

One set each @ 75#, 95#, 115#

Two sets of only 3 reps each @ 135#

Then:

3x Front Squat @ 85-90% of current 1RM (30% chain) +

10m Sprint pushing sled @ 150# +/-

Four sets, plenty of rest between sets

Then:

6x 30/30 Row @ >150m or >160m per work interval

OR

6x 30/30 Ski @ >130m per work interval

OR

6x 30/30 Ride (AirDyne) @ >600w per work interval

Then:

Cool Down

## Strength and power

1

### Workout:

2x15m Walking OHS @ 75# (three steps + OHS, repeat)

1x15m Walking OHS @ 95#

1x15m Walking OHS @ 115#

Then:

Triplet: Snatch + OHS + Snatch Hi-Pull

One triplet every 30 seconds for 10 minutes

Then:

4x Weighted Lunge (two each side), heavy +/- 80% of FS 1RM +

2x Jerk @ 80-90% +

3x Broad Jump for max distance

Five sets, rest a lot between sets

Rest 30-45 sec between Lunge and Jerk, and 10-20 sec between jumps

Then:

10x Fat Bar Hi-pull @ 105# +

Dead Hang to failure

Three sets, short rest between Dead Hang and Hi-Pull

Then:

Cool Down

Power

1

Workout:

Row/Ride 10 minutes @ easy pace

2x20 Squat

2x30m Lunge

2x10 Jump Squat

4x15m Burpee Broad Jump

2 (2x 30/30 Mountain Climber), real rest between work intervals

Then:

3x10 KB Swing (1 set each @ 53#, 60#, 70#)

3x3 KB Jerk @ 2x 60-70#

Then:

Clean:

5x 135#

3x 155#

3x "more than 155#"

2x1 @ 80-85%

3x1 @ 90%

Then:

5x5 KB Clean & Jerk @ 2x 60-70#

OR:

5x4 Get-up (2 each side) @ 70# KB

Then:

Cool down

## Strength

1

Workout:

Throw medicine balls

Then:

3x20 One-arm One-leg KB Press

5 reps each in four different positions, increase load each set

Start @ 25#, finish @ 44# KB

Then:

3x10 Windmill (5 each side)

One set each @ 25#, 35#, 44#

Then:

3x10 KB Good Morning @ 35-44#, deep, stretch

Then:

1) KB Rack Hold @ 2x53# KBs to failure

5 minutes Row/Ski/Ride @ easy pace

2) Dead Hang to failure

5 minutes Row/Ski/Ride @ easy pace

3) Overhead Hold @ 95# barbell to failure

Do these in any order. Hold to genuine failure, not mere discomfort

Then:

Breathing Ladder:

Two-hand KB Swing @ 53#, 1-20 or One-arm Snatch @ 53# 1-10

Then:

Cool down



## Strength and power endurance

1

Workout:

Keep light KB moving for 10 minutes

Goblet Squat, Swing, Snatch, Halo, Clean, Press, RTW, Figure 8, SOTS Press, Deck Squat, etc.

Then:

Shoulder Dislocates

Then:

5x OHS @ 75# + 60m Bear Crawl

5x OHS @ 95# + 60m Bear Crawl

5x OHS @ 115# + 60m Bear Crawl

5x OHS @ 135# + 60m Bear Crawl

3x OHS @ 145# + 60m Bear Crawl

3x OHS @ 155# + 60m Bear Crawl

3x OHS @ 165# + 60m Bear Crawl

2x OHS @ 175# + 60m Bear Crawl

1x OHS @ 185# + 60m Bear Crawl

Increase load to failure

Back off load and complete 1 successful rep

Then:

4x 30/30 Ball Slam @ 25# (rest in Plank)

Rest 2 minutes

4x 30/30 Whip Smash (rest in Rope "Assisted" Squat)

Rest 2 minutes

4x 30/30 Push Press @ 20-30# (rest with DBs overhead)

Rest 2 minutes

Then:

Cool down

Power endurance

1

Workout:

10 minute Row @ Easy Pace

Then:

Row Five minutes @ Progressively faster pace:

1st minute @ 2:05/500m pace

5th minute @ 1:40/500m pace

Then:

5x10 Get-up @ 35-53#

Then:

Team KB Step-up Ladder @ 2 x 35# KB in Rack Position onto 18" Box

Then:

Cool Down

## Power endurance

1

Workout:

3x5 Wall Squat

3x10 Squat

3x5 Goblet Squat @ 25#

3x10 Shoulder Dislocate

Then:

Work up to Heavy OHS

Then, Later:

15 minute AirDyne @ Easy Pace

Then:

15 minute AirDyne:

6 minute (10sec Hard/50sec Active Rest) +

1 minute Rest (i.e 0 watt pace) +

4 minute AirDyne (10sec Hard/50sec Active Rest) +

1 minute Rest (i.e. 0 watt pace) +

3 minute AirDyne (Hard)

Then:

10 minute Active Rest AirDyne

Then:

20sec AirDyne "All-out" +

2:30 Active Rest

Complete Rounds until you cannot raise calorie/average watt total

Then:

Cool Down

## Strength endurance

1

Workout:

Throw medicine balls:

Then:

Push Press:

10x @ 45% + Overhead Hold to failure

9x @ 45% & 10# + Overhead Hold to failure

8x @ 45% & 20# + Overhead Hold to failure

7x @ 45% & 25# + Overhead Hold to failure

6x @ 45% & 30# + Overhead Hold to failure

5x @ 45% & 35# + Overhead Hold to failure

4x @ 45% & 40# + Overhead Hold to failure

3x @ 45% & 45# + Overhead Hold to failure

2x @ 45% & 50# + Overhead Hold to failure

1x @ 45% + Overhead Hold to failure

Then:

3x 1-6 Pull-up Ladder

Then:

Row/Ski @ easy/medium pace 15-20 minutes

## Power endurance and strength endurance

1

### Workout:

Row 10 minutes @ easy pace

Row 5x 1-minute progression, increase pace each minute

Start at 2:05/500m and progress to 1:45/500m non-stop

Then:

Bulgarian Bag Drills: ,br> 60x Full Moon (30 each direction) @ light bag [17#]

60x Full Moon (30 each direction) @ medium bag [26#]

2x30 Clean (to catch behind neck) and Squat @ heavy bag [37#]

2x30 Clean to shoulder (15 each side, alternate) @ medium bag [26#]

Then:

### Tag Team:

P1: Push Sled 20m @ 75#

P2: Overhead Hold @ 2x 35# KB until P1 finished

P3: Dead Hang until P1 finished

Switch positions, repeat until all have pushed

Increase weight of sled to 110#, repeat

Increase weight of sled again to 150#, repeat

Rest one minute and repeat whole progression

Then:

### Tag Team:

5x Whip Smash + 10m Rope Pull @ 80# + 10m Sprint

30x total (all players do 10x each)

Then:

Three players hold 1x 70# KB, 2x 53# KB and 1x 60# D-Ball for 10 minutes

Do not set items on floor. Do not rest items on skeleton. Hand off items to other players as needed, clock is stopped while switching, which must be done rapidly.

Then:

Cool Down

## Power endurance

1

Workout:

10 minute AirDyne

Then:

5min AirDyne @ 30cal/min pace +

5min Ski @ 1:55/500m pace +

5min Row @ 1:45/500m pace +

5min Rest +

3min AirDyne @ >5min pace +

3min Ski @ >5min pace +

3min Row @ >5min + 3min Rest +

3min Rest +

1min AirDyne @ "All-out" pace +

1min Ski @ "All-out" pace +

1min Row @ "All-out" pace

Then:

10 minute AirDyne @ Easy Pace