

shutupWORK.

SPORT & AESTHETICS

SAMPLE WEEK

Monday

Warm Up:

12 minute , bike or row easy pace

10 toe touches
10 air squats
10 walking lunges
5 pushups
5 burpees
2 x

EMOM x 14 Minutes: (scale reps and weight as needed)

Odd: 12 KB Swings 36#/53#

Even: 14 weighted step-ups 35#/55#

Dumbbell Complex:

(pick a heavy weight that will challenge you for a set of 6 reps)

RX 15#'s Female/ 30#'s Men

*go through the full series of reps before putting the weight down or "resting"

6 bent rows
6 straight leg deadlifts
6 squats (weight is held on your chest)
6 upright rows
6 push presses
rest :45 * 5 rounds

EMOM x 8:

8-10 burpees (shoot for 10)

Tuesday

Warm UP:

(progressively speed up as you warm up)

2 min run
jog :30
3 min run
jog :45
6 min run
jog :60
6 min run

jog :45

3 min run

jog :30

2 min run

Not For Time:

5 goblet squats with weight
5 thrusters with weight (front squat push press)
8 lunges (total, no weight. stretching out your hips)
3 rounds through

EMOM x 8:

Pull-ups

What's your skill level? Pick the amount of pull-ups that is challenging for you.

Pick a rep scheme between 3-16 pull-ups per minute any style.

If you don't have pull-ups, use a band or work on a kipping swing.

For Time:

100 mt. climbers
50 sit-ups
30 thrusters 15# db's/30# db's
20 alternating dumbbell snatch (total, use one dumbbell)
30 box jumps
50 sit-ups
100 air squats

*Bonus: jog 1 mile or 10 minutes whichever comes first

Wednesday

Warm Up:

jog or row easy pace 800 m (1/2 mile)

Then, continue right into:

:20 sprint/ :40 recovery row or jog for 10:00

easy row or jog 5:00

Row 500 m

6 burpees

rest :90

x 5 (focus on going at least 1 second faster each round so your first row shouldn't be all out. If you don't have a rower or an erg, this can be done on a treadmill as a 400m run)

Jog or row 20 minutes at an easy pace

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SPORT & AESTHETICS

SAMPLE WEEK

Thursday

Warm Up:

200 m row or run
10 toe touches
10 arm circles forward/ backward
12 walking lunges total (slow, stretching out your hips)
5 pushups as strict as possible
5 air squats
5 jump squats
2 rounds through

5 Rounds For Time:

200 m run (or row)
30 KB Swings 36#/53# (American style)
20 weighted step-ups (total)
10 pull-ups

Cool Down:

4 x :40 plank hold / rest :20
8 x :20 hollow rock / :20 rest between

*Bonus:

Jog 1 mile or 10:00 whichever comes first

Friday

Warm Up:

10 minutes of cardio (your choice) easy, warm up pace

10 arm circles forward/ 10 backwards
:20 down dog
:20 cobra stretch
:15 L sit or hanging L hold on a bar or dead hang from a bar
spend 1:00 stretching out what feels tight from the week
3 times through

EMOM x 24 Minutes (alternate through):

Min 1) 6 burpee box jump
Min 2) 7 pull-ups
min 3) 8 wall balls 14#/ 20# (If this is too easy, use a heavier wall ball)

rest 2:00

EMOM x 14 Minutes (alternate through):

Min 1) :40 max calories on the bike
Min 2) 8 pushups

Saturday

60 minutes active recovery. This can be a jog, bike ride, yoga, hike, row, swim or walk. Whatever you choose, make it easy.