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Jackson. WY

BODYWEIGHT TRAINING PROGRAM

TRAINING PROGRAM DESCRIPTION

The following is an intense, 20 session, bodyweight-focused training program. You'll train five days a week for four weeks. The intension is you'll train Monday through Friday, taking the weekends off.

The focus of this training plan is on the "Combat Chasis" - leg strength, core strength, and heart/lungs. You'll also train upper body movements - pushups and pull ups.

REQUIRED EQUIPMENT

Two pieces of equipment are required to complete this plan:

- (1) Pull up bar
- (2) Wrist watch with interval timer (Timex ironman is best)

Optional equipment

3x Cones to mark lengths for suicide sprints and 300m Shuttle Runs

COMMON QUESTIONS

How long should the training sessions take?

Each session should take 45-80 minutes. Unless indicated, the circuits aren't "for time." Work briskly, not frantically through the training sessions.

BODYWEIGHT TRAINING PROGRAM, MAY 2013

What about Stretching?

Each session includes mobility and other durability drills. No additional stretching is necessary.

What if I miss a day?

If you miss a day, make up the session you missed the next day and follow the programming as prescribed in order to make the progressions as the program becomes harder. Don't skip ahead!

Reps for female athletes?

The bulk of the plan is self-scaling - meaning it automatically adjusts difficulty to the strength of the athlete. The one exception is pull ups. In this case, the first number is the rep count for women, and the second number is the rep count for men.

For example:

3 Rounds

2/3x Pull Ups every 30 seconds

Women perform 2x pull ups, and men perform 3x pull ups. The faster you finish, the more rest you get before the next round begins.

Unfamiliar Exercises?

Go to http://www.mountainathlete.com/page.php?page_ID=14 for a list of exercises and video demonstration.

What about supplements?

We recommend a protein recovery shake immediately after training.

What about Diet?

6 days a week:

Eat only meat, nuts, vegetables, cheese, and non-tropical fruit. Drink only water, coffee, tea (non-calories). Do not eat rice, grain, bread, oats, pasta, sugar. Do not drink calories - including alcohol.

1 Day/week:

Cheat like a mother.

What if I have more questions?

Contact rob@militaryathlete.com

Good Luck!

Rob Shaul Military Athlete Jackson, WY

BUD'I WEIGHT TRAINING PLAN, MAY 2015						
WEEK 1	SESSION 1	SESSION 2	SESSION 3	SESSION 4	SESSION 5	
	Obj: Strength/Work Cap	Obj: Work Cap/Strengthj	Obj: Strength/Core	Obj: Work Capacity/Core	Obj: Strength/Endurance	
	Warm up:	Warm up:	Warm up:	Warm up:	Warm-up:	
	3 Rounds	3 Rounds	3 Rounds	3 Rounds	3 Rounds	
	4-Square Drill	10x Air Squats	3x DOT Drill	Run 100m	5x Hand Release Push-ups	
	5x Push ups	1/2x Pull ups	5x Push ups	5x Push ups	10x Sit-ups	
	10x Situps	10x Toes to Sky	10x Situps	5x Situps	5x Burpees	
	10x Squats	Instep Stretch	10x Squats	10x Squats	10x Air Squats	
	Instep Stretch		Instep Stretch	Instep Stretch	Instep Stretch	
		Training:				
	Training:		Training:	Training:	Training:	
		(1) 10 Rounds				
	(1) 10 Rounds	1/2x Pull ups, Every 30 seconds	(1) 10 Rounds	(1) 5 Rounds	(1) 2 Rounds	
	Mini Leg Blaster		Mini Leg Blaster	5x Squat Thrust	Full Leg Blaster	
	30 Seconds Rest	(2) 4 Rounds	30 Seconds Rest	Run 200m	30 Seconds Rest	
		300m Shuttle every 2:30		30 Seconds Rest		
	(2) 3 Rounds	•	(2) 3 Rounds		Then immediately	
	30 Sec Push ups	(3) 4 Rounds	30 Sec Push ups	Sprint to the rest each round	•	
	30 Seconds rest, then	5x EO's	30 Seconds rest, then	·	(2) 6 Rounds	
	immediately	5x Butt Bridges	immediately	(2) 10 Rounds	Mini Leg Blaster	
	•	3x Floor Slide	•	1/2x Pull ups, Every 30 seconds	30 Seconds Rest	
	Max Push ups in 60 Seconds	3rd World Stretch	Max Push ups in 60 Seconds	, ,		
				(3) 4 Rounds	(3) Run 4 Miles, Moderate Pace	
	(3) 10 Rounds		(3) 4 Rounds	5x Ankles to Bar		
	Suicide Sprint every 30 seconds		20/20 Standing Founder	30/5/30 Sean Special	(4) 2 Rounds	
			20/20 Low Back Lunge	5x Hamstring Hell	Hip Flexor Stretch	
	(4) 4 Rounds		20/20 Kneeling Founder	Pigeon Stretch	Instep Stretch	
	15x Situps		10x Face Down Back Extension	3x Shoulder Teacups	Pigeon Stretch	
	30 Second Front Bridge				Lat + Pec Stretch	
	5x Hamstring Hell					
	Lat + Pec Stretch					
	Hip Flexor + Pigeon Stretch					

MEEK O	SESSION 6	SESSION 7	SESSION 8	SESSION 9	SESSION 10
VEEN 2	Obj: Strength/Work Cap	Obj: Work Cap/Strengthj	Obj: Strength/Core	Obj: Work Capacity/Core	Obj: Strength/Endurance
	Obj. Strength/Work Cap	Obj. Work Cap/Strengthj	Obj. Strength/Core	Obj. Work Capacity/Core	Obj. Strength/Endurance
	Warm up:	Warm up:	Warm up:	Warm up:	Warm-up:
	4 Rounds	4 Rounds	4 Rounds	3 Rounds	3 Rounds
	4-Square Drill	10x Air Squats	3x DOT Drill	Run 100m	5x Hand Release Push-ups
	5x Push ups	1/2x Pull ups	5x Push ups	5x Push ups	10x Sit-ups
	10x Situps	10x Toes to Sky	10x Situps	5x Situps	5x Burpees
	10x Air Squats	Instep Stretch	10x Air Squats	10x Squats	10x Air Squats
	Instep Stretch		Instep Stretch	Instep Stretch	Instep Stretch
		Training:			
	Training:		Training:	Training:	Training:
		(1) 5 Rounds			
	(1) 2 Rounds	2/3x Pull ups, Every 30 seconds,	(1) 3 Rounds	(1) 6 Rounds	(1) 3 Rounds
	Full Leg Blaster	then immediately	Full Leg Blaster	8x Squat Thrust	Full Leg Blaster
	30 Seconds Rest		30 Seconds Rest	Run 200m	30 Seconds Rest
		(2) 5 Rounds		30 Seconds Rest	
	Then immediately	1/2x Pull ups every 30 Seconds	Then immediately		Then immediately
				Sprint to the rest each round	
	(2) 6 Rounds	(3) 4 Rounds	(2) 4 Rounds		(2) 4 Rounds
	Mini Leg Blaster	300m Shuttle every 2:20	Mini Leg Blaster	(2) 5 Rounds	Mini Leg Blaster
	30 Seconds Rest		30 Seconds Rest	2/3x Pull ups, Every 30 seconds,	30 Seconds Rest
		(3) 4 Rounds		then immediately	
	(2) 4 Rounds	7x EO's	(3) 4 Rounds		(3) Run 4.5 Miles, Moderate Pace
	30 Sec Push ups	7x Butt Bridges	30 Sec Push ups	(3) 5 Rounds	
	30 Seconds rest, then	3x Floor Slide	30 Seconds rest, then	1/2x Pull ups every 30 Seconds	(4) 2 Rounds
	immediately	3rd World Stretch	immediately		Hip Flexor Stretch
				(4) 4 Rounds	Instep Stretch
	Max Push ups in 60 Seconds		Max Push ups in 60 Seconds	7x Ankles to Bar	Pigeon Stretch
				30/5/30 Sean Special	Lat + Pec Stretch
	(3) 15 Rounds		(4) 4 Rounds	10x Hamstring Hell	
	Suicide Sprint every 30 seconds		20/20 Standing Founder	Pigeon Stretch	
			20/20 Low Back Lunge	3x Shoulder Teacups	
	(4) 4 Rounds		20/20 Kneeling Founder		
	20x Situps		10x Face Down Back Extension		
	45 Second Front Bridge				
	10x Hamstring Hell				
	Lat + Pec Stretch				
	Hip Flexor + Pigeon Stretch				

	BODY WEIGHT TRAINING PLAN, MAY 2015							
WEEK 3	SESSION 11	SESSION 12	SESSION 13	SESSION 14	SESSION 15			
	Obj: Strength/Work Cap	Obj: Work Cap/Strengthj	Obj: Strength/Core	Obj: Work Capacity/Core	Obj: Strength/Endurance			
	Warm up:	Warm up:	Warm up:	Warm up:	Warm-up:			
	4 Rounds	4 Rounds	4 Rounds	4 Rounds	3 Rounds			
	4-Square Drill	10x Air Squats	3x DOT Drill	Run 100m	5x Hand Release Push-ups			
	5x Push ups	1/2x Pull ups	5x Push ups	5x Push ups	10x Sit-ups			
	10x Situps	10x Toes to Sky	10x Situps	5x Situps	5x Burpees			
	10x Air Squats	Instep Stretch	10x Air Squats	10x Squats	10x Air Squats			
	Instep Stretch		Instep Stretch	Instep Stretch	Instep Stretch			
		Training:						
	Training:		Training:	Training:	Training:			
		(1) 10 Rounds						
	(1) 3 Rounds	2/3x Pull ups, Every 30 seconds	(1) 4 Rounds	(1) 5 Rounds	(1) 4 Rounds			
	Full Leg Blaster	, , ,	Full Leg Blaster	10x Squat Thrusts	Full Leg Blaster			
	30 Seconds Rest	(2) 4 Rounds	30 Seconds Rest	Run 400m	30 Seconds Rest			
		300m Shuttle every 2:10		15 Seconds Rest				
	Then immediately	,	Then immediately		Then immediately			
	,	(3) 4 Rounds	,	Sprint to the rest each round	,,			
	(2) 4 Rounds	10x EO's	(2) 2 Rounds		(2) 2 Rounds			
	Mini Leg Blaster	10x Butt Bridges	Mini Leg Blaster	(2) 10 Rounds	Mini Leg Blaster			
	30 Seconds Rest	3x Floor Slide 3rd World Stretch	30 Seconds Rest	2/3x Pull ups, Every 30 seconds	30 Seconds Rest			
	(2) 4 Rounds		(3) 4 Rounds	(3) 4 Rounds	(3) Run 4.5 Miles, Moderate Pace			
	30 Sec Push ups		30 Sec Push ups	10x Ankles to Bar				
	30 Seconds rest, then		30 Seconds rest, then	30/5/30 Sean Special	(4) 2 Rounds			
	immediately		immediately	15x Hamstring Hell	Hip Flexor Stretch			
	miniodiatory		ininicalatory	Pigeon Stretch	Instep Stretch			
	Max Push ups in 60 Seconds		Max Push ups in 60 Seconds	3x Shoulder Teacups	Pigeon Stretch			
	Wax Fuel upo in oo occordo		Max r don apo in do doddiad	ox official foacape	Lat + Pec Stretch			
	(3) 18 Rounds		(4) 4 Rounds		Lat 11 co circion			
	Suicide Sprint every 30 seconds		20/20 Standing Founder					
	Calolide Optilit every do accorda		20/20 Low Back Lunge					
	(4) 4 Rounds		20/20 Kneeling Founder					
	25x Situps		10x Face Down Back Extension					
	60 Second Front Bridge		TOX T GOO DOWN BUOK EXCONOION					
	15x Hamstring Hell							
	Lat + Pec Stretch							
	Hip Flexor + Pigeon Stretch							
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WEEK 4	SESSION 16 Obj: Strength/Work Cap	SESSION 17 Obj: Work Cap/Strengthj	SESSION 18 Obj: Strength/Core	SESSION 19 Obj: Work Capacity/Core	SESSION 20 Obj: Strength/Endurance
	Obj. Strength/Work Cap	Obj. Work Cap/Strengthj	Obj. Sueligui/Obje	Obj. Work Capacity/Core	Obj. Sueligui/Liluurance
	Warm up:	Warm up:	Warm up:	Warm up:	Warm-up:
	5 Rounds	5 Rounds	5 Rounds	4 Rounds	3 Rounds
	4-Square Drill	10x Air Squats	3x DOT Drill	Run 100m	5x Hand Release Push-ups
	5x Push ups	1/2x Pull ups	5x Push ups	5x Push ups	10x Sit-ups
	10x Situps	10x Toes to Sky	10x Situps	5x Situps	5x Burpees
	10x Air Squats	Instep Stretch	10x Air Squats	10x Squats	10x Air Squats
	Instep Stretch		Instep Stretch	Instep Stretch	Instep Stretch
	_	Training:			
	Training:	(A) 5 D	Training:	Training:	Training:
	(4) 4 D = 1 = 1	(1) 5 Rounds	(4) E.D	(t) a Decrete fee Time	(4) F.D
	(1) 4 Rounds	3/4x Pull ups, Every 30 seconds,	(1) 5 Rounds	(1) 6 Rounds for Time	(1) 5 Rounds
	Full Leg Blaster	then immediately	Full Leg Blaster	10x Squat Thrusts	Full Leg Blaster
	30 Seconds Rest	(O) E Douado	30 Seconds Rest	Run 400m	30 Seconds Rest
	Then immediately	(2) 5 Rounds	(O) E Doundo	(0) E Doundo	(2) Dun E Miles Maderate Dage
	Then immediately	2/3x Pull ups every 30 Seconds	(2) 5 Rounds 30 Sec Push ups	(2) 5 Rounds 3/4x Pull ups, Every 30 seconds,	(3) Run 5 Miles, Moderate Pace
	(2) 2 Rounds	(2) 4 Rounds	30 Seconds rest, then	then immediately	(4) 2 Rounds
	Mini Leg Blaster	300m Shuttle every 2:00	30 Seconds rest, then	then ininediately	Hip Flexor Stretch
	30 Seconds Rest	Soon Shuttle every 2.00	Max Push ups in 60 Seconds	(3) 5 Rounds	Instep Stretch
	30 Seconds Hest	(3) 4 Rounds	Max i usii ups iii oo Seconds	2/3x Pull ups every 30 Seconds	Pigeon Stretch
	(2) 5 Rounds	12x EO's	(3) 4 Rounds	270X I dii upa every oo oeconda	Lat + Pec Stretch
	30 Sec Push ups	12x Butt Bridges	20/20 Standing Founder	(4) 4 Rounds	Lat 11 co direton
	30 Seconds rest, then	3x Floor Slide	20/20 Low Back Lunge	12x Ankles to Bar	
	Co Cocondo rece, anon	3rd World Stretch	20/20 Kneeling Founder	30/5/30 Sean Special	
	Max Push ups in 60 Seconds	ord World Stroton	10x Face Down Back Extension	20x Hamstring Hell	
	max r usir upo in es esserius		rox rado bomi badic Extension	Pigeon Stretch	
	(3) 20 Rounds			3x Shoulder Teacups	
	Suicide Sprint every 30 seconds			,	
	, , , , , , , , , , , , , , , , , , , ,				
	(4) 4 Rounds				
	30x Situps				
	75 Second Front Bridge				
	20x Hamstring Hell				
	Lat + Pec Stretch				
	Hip Flexor + Pigeon Stretch				