



Strong. Swift. Durable.

www.militaryathlete.com

Jackson, WY

UPPER BODY ROUND ROBIN TRAINING PROGRAM

TRAINING PROGRAM DESCRIPTION

The following 3-week training plan is designed to train specifically for the Upper Body Round Robin (UBRR) Physical Fitness Test. The UBRR contains the following 9 events:

(1) Bench Press

Load: 80% of Bodyweight

Minimum score: 6 reps

Time: no time limit

(2) Push-Ups

Minimum score: 40 reps

Time: 1 Minute

(3) Sit-Ups

Minimum score: 40 reps

Time: 1 Minute

(4) Pull-Ups

Minimum score: 6 reps

Time: no time limit

(5) Dips

Minimum score: 10 reps

Time: no time limit

(6) 25" Rope Climb in IBA

Pass or fail event

Time: no time limit

(7) Kipp-Ups

Minimum score: 6 reps

Time: 1 Minute

(8) 4x 25m Shuttle Run with blocks (approx. 3x3x1 inches)

Minimum score: finish sprints within 24 Seconds

Then, depending on Unit, Company etc. it is either

(9) 5 Mile Run

Minimum Score: finish run within 40 Minutes

or

(9) 5 Mile Ruck

Load: 45# dry

Minimum Score: finish ruck within 75 Minutes

UPPER BODY ROUND ROBIN TRAIN-UP

As soon as one event is finished, the next event has to start in no more than 10 minutes.

PROGRAM OVERVIEW

The sessions are designed to last 60+ Minutes. Depending on your chain of command, or whoever might be in charge of grading the UBRR Fitness Test, you will perform either a 5 mile run or a 5 mile ruck NOT both. Hence, you need to choose whether you will be using the running or rucking progression on this train-up.

Each week has the same structure, with objectives by day as follows:

Monday: Bench Press / Pull-Ups / Dips / Run or Ruck
Tuesday: Push-Ups, Sit-Ups / Kipp-Ups
Wednesday: Rope Climb / Sprints / Run or Ruck
Thursday: Bench Press / Pull-Ups
Friday: Push-Ups, Sit-Ups / Kipp-Ups / Run or Ruck

PROGRAMMING FREQUENCY AND TESTING

- Complete one UBRR test five to seven days before beginning the program.
Record your score in each tested element.
- Complete five sessions per week for three weeks.
- Complete a final UBRR test three to seven days after finishing the program.
Record and compare scores to initial test.
- After accomplishing the UBRR Train-Up, give yourself time to recover before you take an official test

NOTE: In order to use this train-up you need to have current UBRR test results on hand. Therefore you need to perform the UBRR Fitness Test five to seven days prior to beginning this program.

Event	Minimum Reps/ Maximum Time	Minimum Pts.	Pts. for Additional Rep/ Finishing under Time	Total Reps/Time	Score Pre Train-Up	Score Post Train-Up
Bench Press	6	100	3			
Push ups per 1 Minute	40	100	2			
Sit-ups per 1 Minute	40	100	3			
Pull-ups	6	100	3,5			
Dips	10	100	2,5			
25" Rope Climb in IBA	1	Pass/Fail	Pass/Fail			
Kipp-up per 1 Minute	6	100	3,5			
4x 25m Shuttle Run	24 Seconds	100	2 for every full 0.1 Seconds			
5Mile Run	40 Minutes	100	2 for every full 5 Seconds			
5Mile Ruck	75 Minutes	100	2 for every full 15 Seconds			
TOTAL						

Table (1) UBRR Scores

Use this table to record your scores:

PROGRESSIONS

During this train-up every number of repetitions you perform is based on the number of repetitions you completed during your initial UBRR Fitness Test. As such, it is essential that you perform the initial test to the best of your ability, 5 to 7 days before beginning this program. All percentage progression reps go up by 5% each week.

UPPER BODY ROUND ROBIN TRAINING PROGRAM

Example (1):

Athlete Performs 50x Push-Ups on initial UBRR Fitness Test UBRR Train Up

	Number of Push-Ups Reps each Interval
Week 1 (30% of 50)	15
Week 2 (35% of 50)	17.5 round to 18
Week 3 (40% of 50)	20

Example (2):

Athlete Performs 10x Bench Press on initial UBRR Fitness Test UBRR Train Up

	Number of Bench Press Reps each Interval
Week 1 (40% of 10)	4
Week 2 (50% of 10)	5
Week 3 (60% of 10)	6

If you are in between numbers, round to the nearest whole number. Go up at least 1 rep per week.

Example (3):

Athlete Performs 47x Sit-ups on initial UBRR Fitness Test
40% of 47 **28.2 round to 28**

Example (4):

Athlete Performs 51x Sit-ups on initial UBRR Fitness Test
40% of 51 **30.6 round to 31**

RUN PROGRESSION TABLE

The following table describes interval paces for the three running sessions each week.

5 mile Run Test Time (min)	2 mile pace week 1	2 mile pace week 2	2 mile pace week 3	400m pace week 1	400m pace week 2	400m pace week 3
42-41.5	16:24	15:48	15:12	1:52	1:49	1:46
41.5-41	16:12	15:36	15:00	1:51	1:48	1:45
41-40.5	16:00	15:24	14:48	1:50	1:47	1:44
40.5-40	15:48	15:12	14:36	1:49	1:46	1:43
40-39.5	15:36	15:00	14:24	1:48	1:45	1:42
39.5-39	15:24	14:48	14:12	1:45	1:42	1:39
39-38.5	15:12	14:36	14:00	1:44	1:41	1:38
38.5-38	15:00	14:24	13:48	1:43	1:40	1:37
38-37.5	14:48	14:12	13:36	1:41	1:38	1:35
37.5-37	14:36	14:00	13:24	1:40	1:37	1:34

UPPER BODY ROUND ROBIN TRAIN-UP

5 mile Run Test Time (min)	2 mile pace week 1	2 mile pace week 2	2 mile pace week 3	400m pace week 1	400m pace week 2	400m pace week 3
37-36.5	14:24	13:48	13:12	1:38	1:35	1:32
36.5-36	14:12	13:36	13:00	1:37	1:34	1:31
36-35.5	14:00	13:24	12:48	1:36	1:33	1:30
35.5-35	13:48	13:12	12:36	1:35	1:32	1:29
35-34.5	13:36	13:00	12:24	1:33	1:30	1:27
34.5-34	13:24	12:48	12:12	1:32	1:29	1:26
34-33.5	13:12	12:36	12:00	1:31	1:28	1:25
33.5-33	13:00	12:24	11:48	1:30	1:27	1:24
33-32.5	12:48	12:12	11:36	1:28	1:25	1:22
32.5-32	12:36	12:00	11:24	1:26	1:23	1:20
32-31.5	12:24	11:48	11:12	1:25	1:22	1:19
31.5-31	12:12	11:36	11:00	1:24	1:21	1:18
31-30.5	12:00	11:24	10:48	1:22	1:19	1:16
30.5-30	11:48	11:12	10:36	1:21	1:18	1:15

Table (2) Run Progression

Use table (2) by matching your UBRR run time to the range in the column on the far left. Each week you will move one column to the right to progress your run time. For example, if an athlete runs a 37 minute 5 mile, then they will go to the 37 minute row. The first week of the train up, they will use the “400m pace week 1” column for Monday. Wednesday and Friday they will use the “2 mile pace week 1” column. Each subsequent week, they will move over one column to find goal times. You must perform these on a track or trail with known and marked incremental distances.

RUCK PROGRESSION TABLE

5 mile Ruck Test Time (min)	2 mile pace week 1	2 mile pace week 2	2 mile pace week 3	800m pace week 1	800m pace week 2	800m pace week 3
73-73	29:16	29:00	28:30	7:08	7:02	6:56
73-71	28:30	28:06	27:44	6:56	6:51	6:45
71-69	27:42	27:20	27:00	6:45	6:39	6:33
69-67	27:00	26:36	26:12	6:33	6:28	6:22
67-65	26:08	25:49	25:30	6:22	6:16	6:10

Table (3) Ruck Progression

UPPER BODY ROUND ROBIN TRAINING PROGRAM

You may be required to ruck instead of running. If so, employ table (2) in the same manner as the run session design table (1). Use table (3) by matching your UBRR ruck time to the range in the column on the far left. Each week you will move one column to the right to progress your run time. For example, if an athlete rucks a 72 minute 5 mile, then they will go to the 72 minute row. The first week of the train up, they will use the “800m pace week 1” column Monday. Wednesday and Friday, they will use the “2 mile pace week 1” column. Each subsequent week, they will move over one column to find goal times. You must perform these on a track or trail with known and marked incremental distances.

Rucking faster than 4 miles per hour (15 min. mile pace) is difficult without running. In order to gain points on the UBRR, you will most likely have to run the entire time or some of the time. The fastest time on the table, 65 min., would be a mile time of 13 minutes - a pace that requires running. Most of the interval rucking paces will require you to run based on goal times and your initial UBRR ability.

COMMON QUESTIONS

What kind of equipment do I need?

You will need a fully equipped weight room.

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. If this happens, we recommend training on a Saturday to stay on schedule.

What if I can't do the whole session?

If you don't have enough time to complete the whole session, you can split the session into two.

Unfamiliar Exercises?

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

What if I have more questions?

Contact rob@militaryathlete.com

Good Luck!



Rob Shaul
Military Athlete
Jackson, Wyoming

UPPER BODY ROUND ROBIN TRAIN-UP

TRAINING PROGRAM

WEEK 1

SESSION 1

Gym Based Stamina
Focus: Bench Press, Pull-Ups, Dips,
Run or Ruck

Warm up:
3 Rounds
8x Bench Press @45/65/95
10x Air squats
5x Burpees
5x Sit-Ups
Lat + Pec Stretch

Training

(1) 5 Rounds
Bench Press @80% of BW
40% of your Max Reps Scored on UBRR-
Every 120 Seconds,
then ...
1 Round, Max Reps, Bench Press @80% of BW

Example:
You performed 12x Bench Press on your initial
UBRR Fitness Test
Number of Bench Press Reps each Interval:
40% of 12 = 4.8 round to 5

(2) 5 Rounds
Pull-Ups
30% of your Max Reps Scored on UBRR-
Every 60 Seconds,
then...
1 Round, Max Reps, Pull-Ups

Example:
You performed 12x Pull-Ups on your initial
UBRR Fitness Test
Number of Pull-Up Reps each Interval:
30% of 12 = 3.6 round to 4

(3) 5 Rounds
Dips
30% of your Max Reps Scored on UBRR-
Every 60 Seconds,
then...
1 Round, Max Reps, Dips

Example:
You performed 15x Dips on your initial UBRR
Fitness Test
Number of Dip Reps each Interval:
30% of 15 = 4.5 round to 5

(4) 8 Rounds
400m Run on hard, paved (or similar) surface,
generally flat without obstacles
@Week 1 Pace
3 Minute Rest

OR

(4) 4 Rounds
800m Ruck @45# in Combat Boots
on hard, solid surface
@Week 1 Pace
4 Minute Rest

(5) Foam Roll each body part for 30 Seconds
Outer Quads
Hamstrings
Calves
Lower and Upper Back
Traps and Rhomboids (against the wall)

SESSION 2

Focus: Push-Ups, Sit-Ups, Kipp-Ups

Warm up:
3 Rounds
10x Air Squats
5x Burpees
5 x Horizontal Pull-Ups (with Barbell or Rings)
5x Shoulder Dislocates

Training

(1) 6 Rounds, Every 3 Minutes
30% of your Max Reps Scored on UBRR
Push-Ups
Sit-Ups
Kipp-Ups
then... 1 Round, Max Reps,
Push-Ups, Sit-Ups, Kipp-Ups

UPPER BODY ROUND ROBIN TRAINING PROGRAM

see next page for example

Example:

You performed 50x Push-Ups, 60x Sit-Ups,
14x Kipp-Ups on your initial UBRR Fitness Test

Number of Push-Up Reps each Interval:

30% of 50 = 15

Number of Sit-Up Reps each Interval:

30% of 60 = 18

Number of Kipp-Up Reps each Interval:

30% of 14 = 4.2 round to 4

Training:

(1) 6 Rounds, Every 3 Minutes

15x Push-Ups

18x Sit-Ups

4x Kipp-Ups

then... 1 Round, Max Reps,
Push-Ups, Sit-Ups, Kipp-Ups

(2) 3 Rounds

20/20 Standing Founder

20/20 Kneeling Founder

10x Face Down Back Extensions

30/30 Side Bridge

(3) 2 Rounds

3x Shoulder Sweep

Toe Touch Complex

Lat + Pec Stretch

SESSION 3

Focus: Rope Climb in IBA@ 25#, Sprints,
Run or Ruck

Warm up:

3 Rounds

10x Air Squat

10x Push-ups

10x Sit-ups

Instep Stretch

Training

(1) 4 Rounds

2 x 24 Sec 25m Shuttle Sprint (with blocks)

30 Seconds Rest

- Work on turn mechanics after picking up/
putting down block
rather than max reps per interval

(2) 2 Rounds

25" Rope Climb in IBA @25#

2 Minute Rest

(3) 2 Rounds

2 Mile Run on hard, paved (or similar) surface,
generally flat without obstacles

@Week 1 Pace

5 Minute Rest

OR

(3) 2 Rounds

2 Mile Ruck @45# in Combat Boots

on hard, solid surface

@Week 1 Pace

5 Minute Rest

(4) Foam Roll each body part for 30 Seconds

Outer Quads

Hamstrings

Calves

Lower and Upper Back

Traps and Rhomboids (against the wall)

SESSION 4

Focus: Bench Press, Pull-Ups

Warm up:

3 Rounds

8x Bench Press @45/65/95

10x Air squats

5x Burpees

5x Sit-Ups

Lat + Pec Stretch

Training

(1) 5 Rounds

Bench Press @80% of BW

40% of your Max Reps Scored on UBRR-

Every 120 Seconds,

then ...

1 Round, Max Reps, Bench Press @80% of BW

Example:

You performed 12x Bench Press on your initial
UBRR Fitness Test

Number of Bench Press Reps each Interval:

40% of 12 = 4.8 round to 5

(2) 5 Rounds

Pull-Ups

30% of your Max Reps Scored on UBRR-

Every 60 Seconds,

then...

1 Round, Max Reps, Pull-Ups

UPPER BODY ROUND ROBIN TRAIN-UP

see next page for example

Example:

You performed 12x Pull-Ups on your initial
UBRR Fitness Test

Number of Pull-Up Reps each Interval:
30% of 12 = 3.6 round to 4

(3) 3 Rounds

10x GHD Back Extension

30Sec. Front Bridge

10x Weighted Sit-ups @35#

10x Seated Russian Twist @ 35#

(4) 2 Rounds

5x Shoulder Dislocate

Hip Flexor Stretch

Pigeon Stretch

SESSION 5

Focus: Push-Ups, Sit-Ups, Kipp-Ups

Run or Ruck

Warm up:

3 Rounds

10x Air Squats

5x Burpees

5 x Horizontal Pull-Ups (with Barbell or Rings)

5x Shoulder Dislocates

Training

(1) 5 Rounds

Push-Ups

30% of your Max Reps Scored on UBRR

Every 60 Seconds

then...

1 Round, Max Reps Push-Ups

(2) 5 Rounds

Sit-Ups

30% of your Max Reps Scored on UBRR

Every 60 Seconds

then...

1 Round, Max Reps, Sit-Ups

(3) 5 Rounds

Kipp-Ups

30% of your Max Reps Scored on UBRR

Every 60 Seconds

then...

1 Round, Max Reps, Kipp-Ups

Example:

You performed

50x Push-Ups

60x Sit-Ups

14x Kipp-Ups on your initial UBRR Fitness Test

Number of Push-Up Reps each Interval:

30% of 50 = 15

Number of Sit-Up Reps each Interval:

30% of 60 = 18

Number of Kipp-Up Reps each Interval:

30% of 14 = 4.2 round to 4

(4) 3 Rounds

2 Mile Run on hard, paved (or similar) surface,
generally flat without obstacles

@Week 1 Pace

5 Minute Rest

OR

(4) 3 Rounds

2 Mile Ruck@45# in Combat Boots

on hard, solid surface

@Week 1 Pace

5 Minute rest

(5) Foam Roll each body part for 30 Seconds

Outer Quads

Hamstrings

Calves

Lower and Upper Back

Traps and Rhomboids (against the wall)

UPPER BODY ROUND ROBIN TRAINING PROGRAM

WEEK 2

SESSION 6

Gym Based Stamina

Focus: Bench Press, Pull-Ups, Dips,
Run or Ruck

Warm up:

3 Rounds

8x Bench Press @45/65/95

10x Air squats

5x Burpees

5x Sit-Ups

Lat + Pec Stretch

Training

(1) 5 Rounds

Bench Press @80% of BW

50% of your Max Reps Scored on UBRR-

Every 120 Seconds,

then ...

1 Round, Max Reps, Bench Press @80% of BW

(2) 5 Rounds

Pull-Ups

35% of your Max Reps Scored on UBRR-

Every 60 Seconds,

then...

1 Round, Max Reps, Pull-Ups

(3) 5 Rounds

Dips

35% of your Max Reps Scored on UBRR-

Every 60 Seconds,

then...

1 Round, Max Reps, Dips

(4) 8 Rounds

400m Run

@Week 2 Pace

3 Minute Rest

OR

(4) 4 Rounds

800m Ruck @45# in Combat Boots

@Week 2 Pace

4 Minute Rest

(5) Foam Roll each body part for 30 Seconds

Outer Quads

Hamstrings

Calves

Lower and Upper Back

Traps and Rhomboids (against the wall)

SESSION 7

Focus: Push-Ups, Sit-Ups, Kipp-Ups

Warm up:

3 Rounds

10x Air Squats

5x Burpees

5 x Horizontal Pull-Ups (with Barbell or Rings)

5x Shoulder Dislocates

Training

(1) 6 Rounds, Every 3 Minutes

35% of your Max Reps Scored on UBRR

(see session 2 for explanation)

Push-Ups

Sit-Ups

Kipp-Ups

then... 1 Round, Max Reps,

Push-Ups, Sit-Ups, Kipp-Ups,

(2) 3 Rounds

20/20 Standing Founder

20/20 Kneeling Founder

10x Face Down Back Extensions

30/30 Side Bridge

(3) 2 Rounds

3x Shoulder Sweep

Toe Touch Complex

Lat + Pec Stretch

SESSION 8

Focus: Rope Climb in IBA@ 25#, Sprints,

Run or Ruck

Warm up:

3 Rounds

10x Air Squats

10x Push-ups

10x Sit-ups

Instep Stretch

UPPER BODY ROUND ROBIN TRAIN-UP

Training

(1) 4 Rounds
2 x 24 Sec 25m Shuttle Sprint (with blocks)
20 Seconds Rest
- Work on turn mechanics after picking up/
putting down block
rather than max reps per interval

(2) 2 Rounds
25" Rope Climb in IBA @25#
2 Minute Rest

(3) 2 Rounds
2 Mile Run
@Week 2 Pace
5 Minute Rest

OR

(3) 2 Rounds
2 Mile Ruck @45# in Combat Boots
@Week 2 Pace
5 Minute Rest

(4) Foam Roll each body part for Seconds
Outer Quads
Hamstrings
Calves
Lower and Upper Back
Traps and Rhomboids (against the wall)

SESSION 9

Focus: Bench Press, Pull-Ups

Warm up:
3 Rounds
8x Bench Press @45/65/95
10x Air squats
5x Burpees
5x Sit-Ups
Lat + Pec Stretch

Training

(1) 5 Rounds
Bench Press @80% of BW
50% of your Max Reps Scored on UBRR-
Every 120 Seconds,
then ...
1 Round, Max Reps, Bench Press @80% of BW

(2) 5 Rounds
Pull-Ups
35% of your Max Reps Scored on UBRR-
Every 60 Seconds,
then...

1 Round, Max Reps, Pull-Ups

(3) 3 Rounds
10x GHD Back Extension
30Sec. Front Bridge
10x Weighted Sit-ups @35#
10x Seated Russian Twist @ 35#

(4) 2 Rounds
5x Shoulder Dislocate
Hip Flexor Stretch
Pigeon Stretch

SESSION 10

Focus: Push-Ups, Sit-Ups, Kipp-Ups
Run or Ruck

Warm up:
3 Rounds
10x Air Squats
5x Burpees
5 x Horizontal Pull-Ups (with Barbell or Rings)
5x Shoulder Dislocates

Training

(1) 5 Rounds
Push-Ups
35% of your Max Reps Scored on UBRR
Every 60 Seconds
then...
1 Round, Max Reps Push-Ups

(2) 5 Rounds
Sit-Ups
35% of your Max Reps Scored on UBRR
Every 60 Seconds
then...
1 Round, Max Reps, Sit-Ups

(3) 5 Rounds
Kipp-Ups
35% of your Max Reps Scored on UBRR
Every 60 Seconds
then...
1 Round, Max Reps, Kipp-Ups
(4) 3 Rounds

UPPER BODY ROUND ROBIN TRAINING PROGRAM

2 Mile Run
@Week 2 Pace
5 Minute Rest

OR

(4) 3 Rounds
2 Mile Ruck @45# in Combat Boots
@Week 2 Pace
5 Minute Rest

(5) Foam Roll each body part for 30 Seconds
Outer Quads
Hamstrings
Calves
Lower and Upper Back
Traps and Rhomboids (against the wall)

WEEK 3

SESSION 11

Gym Based Stamina
Focus: Bench Press, Pull-ups, Dips,
Ruck or Run

Warm up:
3 Rounds
8x Bench Press @45/65/95
10x Air squats
5x Burpees
5x Sit-Ups
Lat + Pec Stretch

Training

(1) 5 Rounds
Bench Press @80% of BW
60% of your Max Reps Scored on UBRR-
Every 120 Seconds,
then ...
1 Round, Max Reps, Bench Press @80% of BW

(2) 5 Rounds
Pull-Ups
40% of your Max Reps Scored on UBRR-
Every 60 Seconds,
then...
1 Round, Max Reps, Pull-Ups

(3) 5 Rounds
Dips
40% of your Max Reps Scored on UBRR-
Every 60 Seconds,
then...

1 Round, Max Reps, Dips

(4) 8 Rounds
400m Run
@Week 3 Pace
3 Minute Rest

OR

(4) 4 Rounds
800m Ruck @45# in Combat Boots
@Week 3 Pace
4 Minute Rest

(5) Foam Roll each body part for 30 Seconds
Outer Quads
Calves
Lower and Upper Back
Traps and Rhomboids (against the wall)

SESSION 12

Focus: Push-Ups, Sit-Ups, Kipp-Ups

Warm up:
3 Rounds
10x Air Squats
5x Burpees
5 x Horizontal Pull-Ups (with Barbell or Rings)
5x Shoulder Dislocates

Training

UPPER BODY ROUND ROBIN TRAIN-UP

(1) 6 Rounds, Every 3 Minutes
40% of your Max Reps Scored on UBRR
(see session 2 for explanation)

Push-Ups

Sit-Ups

Kipp-Ups

then...1 Round, Max Reps,

Push-Ups, Sit-Ups, Kipp-Ups

(2) 3 Rounds

20/20 Standing Founder

20/20 Kneeling Founder

10x Face Down Back Extensions

30/30 Side Bridge

(3) 2 Rounds

3x Shoulder Sweep

Toe Touch Complex

Lat&Pec Stretch

SESSION 13

Focus: Rope Climb in IBA@ 25#, Sprints,
Run or Ruck

Warm up:

3 Rounds

10x Air Squats

10x Push-ups

10x Sit-ups

Instep Stretch

Training

(1) 4 Rounds

2 x 24 Sec 25m Shuttle Sprint (with blocks)

10 Seconds Rest

- Work on turn mechanics after picking up/
putting down block

rather than max reps per interval

(2) 2 Rounds

25" Rope Climb in IBA @25#

2 Minute Rest

(3) 2 Rounds

2 Mile Run

@Week 3 Pace

5 Minute Rest

OR

(3) 2 Rounds

2 Mile Ruck @45# in Combat Boots

@Week 3 Pace

5 Minute Rest

(4) Foam Roll each body part for 30 Seconds

Outer Quads

Hamstrings

Calves

Lower and Upper Back

Traps and Rhomboids (against the wall)

SESSION 14

Focus: Bench Press, Pull-Ups

Warm up:

3 Rounds

8x Bench Press @45/65/95

10x Air squats

5x Burpees

5x Sit-Ups

Lat + Pec Stretch

Training

(1) 5 Rounds

Bench Press @80% of BW

60% of your Max Reps Scored on UBRR-
Every 120 Seconds,

then ...

1 Round, Max Reps, Bench Press @80% of BW

(2) 5 Rounds

Pull-Ups

40% of your Max Reps Scored on UBRR-
Every 60 Seconds,

then...

1 Round, Max Reps, Pull-Ups

(3) 3 Rounds

10x GHD Back Extension

30Sec. Front Bridge

10x Weighted Sit-ups @35#

10x Seated Russian Twist @ 35#

(4) 2 Rounds

5x Shoulder Dislocate

Hip Flexor Stretch

Pigeon Stretch

SESSION 15

Focus: Push-Ups, Sit-Ups, Kipp-Ups,
Run or Ruck

Warm up:

UPPER BODY ROUND ROBIN TRAINING PROGRAM

3 Rounds
10x Air Squats
5x Burpees
5 x Horizontal Pull-Ups (with Barbell or Rings)
5x Shoulder Dislocates

Training

(1) 5 Rounds
Push-Ups
40% of your Max Reps Scored on UBBR
Every 60 Seconds
then...
1 Round, Max Reps Push-Ups

(2) 5 Rounds
Sit-Ups
40% of your Max Reps Scored on UBBR
Every 60 Seconds
then...
1 Round, Max Reps, Sit-Ups

(3) 5 Rounds
Kipp-Ups
40% of your Max Reps Scored on UBBR
Every 60 Seconds
then...
1 Round, Max Reps, Kipp-Ups

(4) 3 Rounds
2 Mile Run
@Week 3 Pace
5 Minute Rest

OR

(4) 3 Rounds
2 Mile Ruck@45# in Combat Boots
@Week 3 Pace
5 Minute rest

(5) Foam Roll each body part for 30 Seconds
Outer Quads
Hamstrings
Calves
Lower and Upper Back
Traps and Rhomboids (against the wall)