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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.

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**

BODYWEIGHT TRAINING PLAN, MAY 2013

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

BODYWEIGHT TRAINING PLAN, MAY 2013

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

BODYWEIGHT TRAINING PLAN, MAY 2013

WEEK 3	SESSION 11	SESSION 12	SESSION 13	SESSION 14	SESSION 15
	Obj: Strength/Work Cap	Obj: Work Cap/Strength	Obj: Strength/Core	Obj: Work Capacity/Core	Obj: Strength/Endurance
	Warm up:	Warm up:	Warm up:	Warm up:	Warm-up:
	4 Rounds 4-Square Drill 5x Push ups 10x Situps 10x Air Squats Instep Stretch	4 Rounds 10x Air Squats 1/2x Pull ups 10x Toes to Sky Instep Stretch	4 Rounds 3x DOT Drill 5x Push ups 10x Situps 10x Air Squats Instep Stretch	4 Rounds Run 100m 5x Push ups 5x Situps 10x Squats Instep Stretch	3 Rounds 5x Hand Release Push-ups 10x Sit-ups 5x Burpees 10x Air Squats Instep Stretch
	Training:	Training:	Training:	Training:	Training:
	(1) 3 Rounds Full Leg Blaster 30 Seconds Rest	(1) 10 Rounds 2/3x Pull ups, Every 30 seconds	(1) 4 Rounds Full Leg Blaster 30 Seconds Rest	(1) 5 Rounds 10x Squat Thrusts Run 400m 15 Seconds Rest	(1) 4 Rounds Full Leg Blaster 30 Seconds Rest
	Then immediately	(2) 4 Rounds 300m Shuttle every 2:10	Then immediately	Sprint to the rest each round	Then immediately
	(2) 4 Rounds Mini Leg Blaster 30 Seconds Rest	(3) 4 Rounds 10x EO's 10x Butt Bridges 3x Floor Slide 3rd World Stretch	(2) 2 Rounds Mini Leg Blaster 30 Seconds Rest	(2) 10 Rounds 2/3x Pull ups, Every 30 seconds	(2) 2 Rounds Mini Leg Blaster 30 Seconds Rest
	(2) 4 Rounds 30 Sec Push ups 30 Seconds rest, then immediately		(3) 4 Rounds 30 Sec Push ups 30 Seconds rest, then immediately	(3) 4 Rounds 10x Ankles to Bar 30/5/30 Sean Special 15x Hamstring Hell Pigeon Stretch 3x Shoulder Teacups	(3) Run 4.5 Miles, Moderate Pace
	Max Push ups in 60 Seconds		Max Push ups in 60 Seconds		(4) 2 Rounds Hip Flexor Stretch Instep Stretch Pigeon Stretch Lat + Pec Stretch
	(3) 18 Rounds Suicide Sprint every 30 seconds		(4) 4 Rounds 20/20 Standing Founder 20/20 Low Back Lunge 20/20 Kneeling Founder 10x Face Down Back Extension		
	(4) 4 Rounds 25x Situps 60 Second Front Bridge 15x Hamstring Hell Lat + Pec Stretch Hip Flexor + Pigeon Stretch				

BODYWEIGHT TRAINING PLAN, MAY 2013

WEEK 4	SESSION 16	SESSION 17	SESSION 18	SESSION 19	SESSION 20
	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:
	5 Rounds 4-Square Drill 5x Push ups 10x Situps 10x Air Squats Instep Stretch	5 Rounds 10x Air Squats 1/2x Pull ups 10x Toes to Sky Instep Stretch	5 Rounds 3x DOT Drill 5x Push ups 10x Situps 10x Air Squats Instep Stretch	4 Rounds Run 100m 5x Push ups 5x Situps 10x Squats Instep Stretch	3 Rounds 5x Hand Release Push-ups 10x Sit-ups 5x Burpees 10x Air Squats Instep Stretch
	Training:	Training:	Training:	Training:	Training:
	(1) 4 Rounds Full Leg Blaster 30 Seconds Rest	(1) 5 Rounds 3/4x Pull ups, Every 30 seconds, then immediately	(1) 5 Rounds Full Leg Blaster 30 Seconds Rest	(1) 6 Rounds for Time 10x Squat Thrusts Run 400m	(1) 5 Rounds Full Leg Blaster 30 Seconds Rest
	Then immediately	(2) 5 Rounds 2/3x Pull ups every 30 Seconds	(2) 5 Rounds 30 Sec Push ups 30 Seconds rest, then	(2) 5 Rounds 3/4x Pull ups, Every 30 seconds, then immediately	(3) Run 5 Miles, Moderate Pace
	(2) 2 Rounds Mini Leg Blaster 30 Seconds Rest	(2) 4 Rounds 300m Shuttle every 2:00	Max Push ups in 60 Seconds	(3) 5 Rounds 2/3x Pull ups every 30 Seconds	(4) 2 Rounds Hip Flexor Stretch Instep Stretch Pigeon Stretch Lat + Pec Stretch
	(2) 5 Rounds 30 Sec Push ups 30 Seconds rest, then	(3) 4 Rounds 12x EO's 12x Butt Bridges 3x Floor Slide 3rd World Stretch	(3) 4 Rounds 20/20 Standing Founder 20/20 Low Back Lunge 20/20 Kneeling Founder 10x Face Down Back Extension	(4) 4 Rounds 12x Ankles to Bar 30/5/30 Sean Special 20x Hamstring Hell Pigeon Stretch 3x Shoulder Teacups	
	Max Push ups in 60 Seconds				
	(3) 20 Rounds Suicide Sprint every 30 seconds				
	(4) 4 Rounds 30x Situps 75 Second Front Bridge 20x Hamstring Hell Lat + Pec Stretch Hip Flexor + Pigeon Stretch				