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Hero's Journey

72 CHOICE CONSEQUENCES

68 EXPERIENCE CHART

Weapon Focus

67 MAGIC RING - CORE (PLANKS)

66 RIBBON - LEGS (KICKS)

65 LASSO - CARDIO (JUMP ROPE)

64 BOW - CARDIO (RUNNING)

63 HAMMER - UPPER/ARMS (BARBELLS)

62 SWORD - UPPER/BACK (PULLUPS)

REWARDS

DAILY -

WEAPON DAY -

WEEKLY -

MONTHLY -

PROGRAM -

DAY 1: PRESS "START" TO PLAY

SIDE LEG RAISES - TWO COUNT LEVEL ONE 60 REPS
SQUATS LEVEL TWO 100 REPS
CROSS-TOE TAP HOPS - TWO COUNT LEVEL THREE 200 REPS
MTN CLIMBERS - TWO COUNT LEVEL THREE

2024:268 TRAVIS BARRETT - LEVEL ONE - ~~||||~~ |

DAY 2: STRANGER AT THE CROSSROADS

MIND YOUR OWN BUSINESS CIRCLE ONE

GET INVOLVED



60 HALF-JACKS

(LEGS ONLY SIDE SADDLE HOPS)

60 HIGH KNEES

40 ARM CIRCLES

(ALTERNATE DIRECTION BETWEEN SETS, VARY VERTICALITY OF ARM RAISE)

20 COMBO

(JAB + SAB + CROSS + SOAT)

MARK DAY SEVEN
WITH YOUR CHOICE
TO HELP OR NOT

LEVEL ONE 5 SETS

LEVEL TWO 7 SETS

LEVEL THREE 10 SETS

2024-269 TRAVIS BARRETT - LEVEL ONE - GET INVOLVED

DAY THREE: ARMORY

CHOOSE A WEAPON

SWORD 3 SETS TO FAILURE; ∞ REST

PALMS $\left. \begin{array}{l} \text{IN} - \text{BICEP FOCUS} \\ \text{OUT} - \text{BACK FOCUS} \end{array} \right\} \begin{array}{l} \text{ALTERNATE} \\ \text{AS DESIRED} \end{array}$

HAMMER SLOW REPETITIONS; TIGHT CORE; 2 MIN REST
4 BICEP CURLS (2-COUNT); 5 BENT-OVER ROWS;
5 SHOULDER PRESSES; 3 SETS EACH

Bow And Arrow 30 MIN - ANY RUN, WALK, CYCLE, ROW

LASSO 5 MIN JUMP ROPE (TOTAL)
FINISH - 10 LASSO TWISTS (?); 2 MIN REST; 3 SETS

RED RIBBON 50 TURNING KICKS (2-COUNT);
50 SIDE KICKS (2-COUNT); 50 FRONT SNAP KICKS (2-COUNT)
TOTAL

MAGIC RING 3 SETS; 2 MIN REST 20 SEC PLANK;
20 SEC ELBOW PLANK; 20 SEC SIDE PLANK (EACH SIDE)

Body Armor WRIST WEIGHTS (1 LB. MINIMUM)
ANKLE WEIGHTS (2 LB. MINIMUM)
ADDS +50 PTS EVERY DAY WORN.

2024: 270 - TRAVIS BARETT - RING + LASSO + SWORD (7 OUT, 3 IN, 2 OUT)

DAY FOUR - UNDER THE STARS

PART ONE 8 REP EACH | 3 SETS | 2 MIN REST

BRIDGES, SINGLE LEG BRIDGES (EACH SIDE),
FLUTTER KICKS, LEG RAISES, SCISSORS,
SITTING TWISTS

PART TWO 10 REPS EACH | 3 SETS | 60 REST
SUPERMAN STRETCHES

2024:274-TRAVIS BARRETT

DAY FIVE: JOURNEY THROUGH THE WOODS

- 10 LUNGES (2-COUNT)
- 10 JUMP LUNGES (2-COUNT)
- 10 KNEE STRIKES (2-COUNT)
- 10 JUMPS
- 10 SIDE LUNGES (2-COUNT)

LEVEL ONE 5 SETS
LEVEL TWO 7 SETS
LEVEL THREE 10 SETS
2 MIN RESTS

EGG? $\frac{Y}{ES} \leftrightarrow N.$

2024:275-TRAVIS BARRETT - LEVEL ONE - ONLY 3 SETS

DAY SIX: BLOCKED PATH

PUSHUPS (TO FAILURE)
10 SHOULDER TAPS (2-COUNT)
10 SABS (2-COUNT)

PART ONE

LEVEL ONE 5 SETS
LEVEL TWO 7 SETS
LEVEL THREE 10 SETS
2 MIN RESTS

PART TWO: WEAPONS PRACTICE

SWORD 10 PULL UPS/DAY

HAMMER 20 BICEP CURLS (2-COUNT); 20 BENT OVER ROWS
20 SHOULDER PRESS

Bow 60s/30s - WALK SPRINT X 2 } 5 SETS
60s/60s - WALK SPRINT

LASSO 60 SKIPS/30s REST X 2 } 5 SETS
60 SKIPS/2m REST

RIBBON 20 SIDE KICKS (2-COUNT) (SLOW) } 5 SETS
20 SIDE KICKS (2-COUNT) (FAST)

RING 5 MINUTES TOTAL PLANKS

2024: -TRAVIS BARRETT -LEVEL ONE -RING

DAY SEVEN - THE ORACLE

2 MIN
REST

LEVEL ONE

5 SETS

LEVEL TWO

7 SETS

LEVEL THREE

10 SETS

10 HIGH KNEES (2-COUNT)

BONUS: PUSHUP

2 PLANK SUMO-INS

X 5 = 1 SET

GO!
INVOLVED

DAY EIGHT: A NIGHT TO REMEMBER

PART ONE 10 REPS EACH / 3 SETS / 2 MIN RESTS

SIT UPS • SITTING TWISTS • REVERSE CRUNCHES
(CRUNCH) KICKS • LEG RAISES • RAISED LEG CIRCLES

PART TWO SUPERMAN STRETCHES (10-3X / 60 RESTS)



DAY NINE: COLLAPSING BRIDGE

SINGLE LEAP ACROSS

200 JUMP SQUATS (NO RESTS)

SCRAMBLE ACROSS THE FALLING BRIDGE

6 TOE TAP HOPS (2-COUNT)

6 SIDE-TO-SIDE JUMPS (2-COUNT)


6 MOUNTAIN CLIMBERS (2-COUNT)

LEVEL ONE 5 SETS

LEVEL TWO 7 SETS

LEVEL THREE 10 SETS

2min RESTS



DAY TEN: INTO THE STORM

PART ONE

40 SABS
PUSH-UPS (TO FAILURE)
WIDE PUSH-UPS (TO FAILURE)

LEVEL ONE 5 SETS
LEVEL TWO 7 SETS
LEVEL THREE 10 SETS

PART TWO: WEAPONS PRACTICE

SWORD PULL-UPS (TO FAILURE) x 3

HAMMER 4-BICEP CURLS; 5 BENT OVER ROWS
5 SHOULDER PRESS } 3 SETS

BOW 60 MINUTES CARDIO HEART RATE UP

LASSO 10 MINUTES JUMP ROPE

RIBBON 100 DOUBLE TURNING KICKS (LOW/MID)

RINGS
:60/:120 PLANK
:60/:120 ELBOW PLANK
:60/:120 PLANK