Record

Archive

**Day Negative**

**22nd August 2023**

WokeUp: 5:28am

Cycling: 35km [46mins + 58mins] (Up + Down)

**Day Zero**

**23rd August 2023**

WokeUp: 5:15am

Cycling: 6km (Up + Down)

**Day One**

**24th August 2023**

WokeUp: 4:38am

Weight: 87.550 kg

Cycling: 6km (Up + Down)

Running: 3km [24mins] (4 Stadium Rounds Approx.)

Skipping: 18mins (+Rest & PushUps)

PushUp Variants

Archery PushUp: 6

Military PushUp: 10

ReverseGrip PushUp: 10

Semi-PsuedoPlanche PushUp: 10

TotalReps: 36Reps

HeavyBag: 2Rounds

**Day Two**

**25th August 2023**

WokeUp: 4:34am

Weight: 87.650 kg

Cycling: 6km (Up + Down)

Running: 4km [28mins]

Skipping: 16mins (+Rest & PushUps)

PushUp Variants

Archery PushUp: 10

Military PushUp: 10

ReverseGrip PushUp: 10

PsuedoPlanche PushUp: 10

TotalReps: 40Reps

OpponentScoring: 3Rounds

HeavyBag: 3Rounds

**Day Three**

**26th August 2023**

WokeUp: 5:15am

Cycling: 36km [44mins + 52mins] (Up + Down)

**Day Four**

**27th August 2023**

WokeUp: 5:35am

Cycling: 10km [41mins]

Running: 4.5km [33mins]

**Day Five**

**28th August 2023**

WokeUp: 5:20am

Weight: 88.150 kg

Cycling: 6km (Up + Down)

Running: 4.5km [31mins]

Skipping: 14mins (+Rest & PushUps)

PushUp Variants

Archery PushUp: 10

Military PushUp: 10

ReverseGrip PushUp: 10

PsuedoPlanche PushUp: 10

TotalReps: 40Reps

HeavyBag: 3Rounds

**Day Six**

**29th August 2023**

WokeUp: 5:35am

Running: 4km [34mins]

**Day Seven**

**30th August 2023**

WokeUp: 6:22am

Running: 4km [31mins]

**Day Eight**

**31th August 2023**

WokeUp: 5:35am

Cycling: 6km (Up + Down)

Running: 6.5km [54mins]

HeavyBag: 3Rounds

**Day Nine**

**01st September 2023**

WokeUp: 4:21am

Weight: 88.300 kg

Cycling: 6km (Up + Down)

Running: 7.5km [58mins]

Skipping: 20mins (+Rest & PushUps)

PushUp Variants

Archery PushUp: 10

Military PushUp: 10

Explosive PushUp: 5

ReverseGrip PushUp: 10

PsuedoPlanche PushUp: 10

TotalReps: 45Reps

HeavyBag: 3Rounds

**Day OneZero**

**02nd September 2023**

WokeUp: 12:15am

Cycling: 48km [17.5km + 30.5km] [56mins + 96mins] (Up + Down)

**Day OneOne**

**02nd September 2023**

WokeUp: 5:40am

Skipping: 21mins (+Rest & PushUps)

PushUp Variants

Archery PushUp: 10

Military PushUp: 10

Explosive PushUp: 5

ReverseGrip PushUp: 10

PsuedoPlanche PushUp: 10

TotalReps: 45Reps

**Day OneTwo**

**04th September 2023**

WokeUp: 5:30am

Weight: 88.000 kg

Cycling: 6km (Up + Down)

Running: 4km [32mins]

Skipping: 17mins (+Rest & PushUps)

PushUp Variants

Archery PushUp: 10

Military PushUp: 15

Explosive PushUp: 10

ReverseGrip PushUp: 10

PsuedoPlanche PushUp: 10

TotalReps: 55Reps

ShadowBoxing: 3Rounds

HeavyBag: 3Rounds

**Day OneThree**

**05th September 2023**

WokeUp: 5:15am

Weight: 87.700 kg

Cycling: 6km (Up + Down)

Running: 5.5km [47mins]

Skipping: 19mins (+Rest & PushUps)

PushUp Variants

Archery PushUp: 10

Military PushUp: 15

Explosive PushUp: 10

ReverseGrip PushUp: 10

PsuedoPlanche PushUp: 10

TotalReps: 55Reps

**Day OneFour**

**06th September 2023**

WokeUp: 05:40am

Cycling: 28km [46mins + 31mins] (Up + Down)

**Day OneFive**

**07th September 2023**

WokeUp: 11:15am

Skipping: 26mins (+Rest & PushUps)

PushUp Variants

Archery PushUp: 10

Military PushUp: 15

Explosive PushUp: 10

ReverseGrip PushUp: 10

PsuedoPlanche PushUp: 10

TotalReps: 55Reps

**Day OneSix**

**08th September 2023**

WokeUp: 5:40am

Cycling: 6km (Up + Down)

Running: 4.5km [32mins]

Skipping: 20mins (+Rest & PushUps)

PushUp Variants

Archery PushUp: 10

Military PushUp: 15

Explosive PushUp: 10

ReverseGrip PushUp: 10

PsuedoPlanche PushUp: 10

TotalReps: 55Reps

HeavyBag: 3Rounds

MildSparring: 3Rounds

**Day OneSeven**

**09th September 2023**

WokeUp: 6:15am

Cycling: 36km [46mins + 59mins] (Up + Down)

**Day OneEight**

**10th September 2023**

WokeUp: 12:08pm

Skipping: 21mins (+Rest & PushUps)

PushUp Variants

Archery PushUp: 10

Military PushUp: 15

Explosive PushUp: 10

ReverseGrip PushUp: 10

PsuedoPlanche PushUp: 10

TotalReps: 55Reps

**Day OneNine**

**11th September 2023**

WokeUp: 05:20am

Weight: 86.200 kg

Cycling: 6km (Up + Down)

Running: 4km [28mins]

Skipping: 15mins (+Rest & PushUps)

PushUp Variants

Archery PushUp: 10

Military PushUp: 15

Explosive PushUp: 10

ReverseGrip PushUp: 10

PsuedoPlanche PushUp: 10

TotalReps: 55Reps

MildSparring: 5Rounds

**Day TwoZero**

**12th September 2023**

WokeUp: 04:50am

Weight: 86.600 kg

Cycling: 6km (Up + Down)

Running: 6km [45mins]

Skipping: 18mins (+Rest & PushUps)

PushUp Variants

Archery PushUp: 10

Military PushUp: 15

Explosive PushUp: 10

ReverseGrip PushUp: 10

PsuedoPlanche PushUp: 10

TotalReps: 55Reps

HeavyBag: 3Rounds

**Day TwoOne**

**13th September 2023**

WokeUp: 04:20am

Weight: 85.600 kg

Cycling: 6km (Up + Down)

Running: 8km [50mins]

Skipping: 18mins (+Rest & PushUps)

PushUp Variants

Archery PushUp: 10

Military PushUp: 15

Explosive PushUp: 10

ReverseGrip PushUp: 10

PsuedoPlanche PushUp: 10

TotalReps: 55Reps

OppenentShadow: 5Rounds

**Day TwoTwo**

**14th September 2023**

WokeUp: 05:20am

Weight: 86.100 kg

Cycling: 6km (Up + Down)

Running: 4.5km [29mins]

Skipping: 14mins (+Rest & PushUps)

PushUp Variants

Archery PushUp: 10

Military PushUp: 20

Explosive PushUp: 10

ReverseGrip PushUp: 10

PsuedoPlanche PushUp: 10

TotalReps: 60Reps

HeavyBag: 3Rounds

**Day TwoThree**

**14th September 2023**

WokeUp: 05:40am

Skipping: 17mins (+Rest & PushUps)

PushUp Variants

Archery PushUp: 10

Military PushUp: 20

Explosive PushUp: 10

ReverseGrip PushUp: 10

PsuedoPlanche PushUp: 10

TotalReps: 60Reps

HeavyBag: 3Rounds

**Day TwoFour**

**16th September 2023**

WokeUp: 5:40am

Cycling: 36km [49mins + 58mins] (Up + Down)

**Day TwoFive**

**17th September 2023**

WokeUp: 10:30am

Skipping: 25mins (+Rest & PushUps)

PushUp Variants

Archery PushUp: 10

Military PushUp: 20

Explosive PushUp: 10

ReverseGrip PushUp: 15

PsuedoPlanche PushUp: 10

TotalReps: 65Reps

**Day TwoSix**

**18th September 2023**

WokeUp: 10:00am

Skipping: 17mins (+Rest & PushUps)

PushUp Variants

Archery PushUp: 10

Military PushUp: 20

Explosive PushUp: 10

ReverseGrip PushUp: 15

PsuedoPlanche PushUp: 10

TotalReps: 65Reps

HeavyBag: 3Rounds

**Day TwoSeven**

**19th September 2023**

WokeUp: 05:20am

Weight: 88.300 kg

Cycling: 6km (Up + Down)

Running: 6km [41mins]

HeavyBag: 3Rounds

Padding: 3Rounds

**Day TwoEight**

**20th September 2023**

WokeUp: 05:39am

Weight: 86.000 kg

Cycling: 6km (Up + Down)

Running: 4.5km [24mins]

Skipping: 16mins (+Rest & PushUps)

PushUp Variants

Archery PushUp: 10

Military PushUp: 20

Explosive PushUp: 10

ReverseGrip PushUp: 15

PsuedoPlanche PushUp: 10

TotalReps: 65Reps

Sparring: 6Rounds

**Day TwoNine**

**21th September 2023**

WokeUp: 07:20am

Skipping: 18mins (+Rest & PushUps)

PushUp Variants

Archery PushUp: 10

Military PushUp: 20

Explosive PushUp: 10

ReverseGrip PushUp: 15

PsuedoPlanche PushUp: 10

TotalReps: 65Reps

**Day ThreeZero**

**22nd September 2023**

WokeUp: 04:40am

Weight: 88.300 kg

Cycling: 6km (Up + Down)

Running: 7km [45mins]

PairShadow: 3Rounds

HeavyBag: 6Rounds

**Day ThreeOne**

**23th September 2023**

WokeUp: 06:34am

Cycling: 36km [48mins + 59mins] (Up + Down)

**Day ThreeTwo**

**24th September 2023**

WokeUp: 12:15pm

Skipping: 22mins (+Rest & PushUps)

PushUp Variants

Archery PushUp: 10

Military PushUp: 20

Explosive PushUp: 10

ReverseGrip PushUp: 15

PsuedoPlanche PushUp: 10

TotalReps: 65Reps

**Day ThreeThree**

**25th September 2023**

WokeUp: 05:40am

Running: 4.5km [37mins]

HeavyBag: 3Rounds

**Day ThreeFour**

**26th September 2023**

WokeUp: 05:50am

Weight: 86.100 kg

Cycling: 6km (Up + Down)

Running: 2.5km [19mins]

MildSparring: 6Rounds

**Day ThreeFive**

**27th September 2023**

WokeUp: 05:50am

Skipping: 16mins (+Rest & PushUps)

PushUp Variants

Archery PushUp: 10

Military PushUp: 20

Explosive PushUp: 10

ReverseGrip PushUp: 15

PsuedoPlanche PushUp: 10

TotalReps: 65Reps

HeavyBag: 5Rounds

**Day ThreeSix**

**28th September 2023**

WokeUp: 10:52am

Skipping: 19mins (+Rest & PushUps)

PushUp Variants

Archery PushUp: 10

Military PushUp: 20

Explosive PushUp: 10

ReverseGrip PushUp: 15

PsuedoPlanche PushUp: 10

TotalReps: 65Reps

**Day ThreeSeven**

**29th September 2023**

WokeUp: 07:25am

Skipping: 16mins (+Rest & PushUps)

PushUp Variants

Archery PushUp: 10

Military PushUp: 20

Explosive PushUp: 10

ReverseGrip PushUp: 15

PsuedoPlanche PushUp: 10

TotalReps: 65Reps

**Day ThreeEight**

**30th September 2023**

WokeUp: 05:25am

Weight: 85.550 kg

Cycling: 6km (Up + Down)

Running: 23.5km [27mins]

**Day ThreeNine**

**01st October 2023**

WokeUp: 07:50am

Cycling: 32km [56mins + 64mins] (Up + Down)

**Day FourZero**

**02th October 2023**

WokeUp: 11:25am

Skipping: 21mins (+Rest & PushUps)

PushUp Variants

Knuckle PushUp: 5

Archery PushUp: 10

Military PushUp: 20

Explosive PushUp: 10

ReverseGrip PushUp: 15

PsuedoPlanche PushUp: 15

TotalReps: 75Reps

**Day FourOne**

**03rd October 2023**

WokeUp: 07:25am

Skipping: 13mins (+Rest & PushUps)

PushUp Variants

Knuckle PushUp: 5

Archery PushUp: 10

Military PushUp: 20

Explosive PushUp: 10

ReverseGrip PushUp: 15

PsuedoPlanche PushUp: 15

TotalReps: 75Reps

**Day FourTwo**

**04th October 2023**

WokeUp: 07:15am

Skipping: 15mins (+Rest & PushUps)

PushUp Variants

Knuckle PushUp: 5

Archery PushUp: 10

Military PushUp: 20

Explosive PushUp: 10

ReverseGrip PushUp: 15

PsuedoPlanche PushUp: 15

TotalReps: 75Reps

**Day FourThree**

**05th October 2023**

WokeUp: 07:25am

Skipping: 13mins (+Rest & PushUps)

PushUp Variants

Knuckle PushUp: 5

Archery PushUp: 10

Military PushUp: 20

Explosive PushUp: 10

ReverseGrip PushUp: 15

PsuedoPlanche PushUp: 15

TotalReps: 75Reps

**Day FourFour**

**06th October 2023**

WokeUp: 10:50am

Running: 2km [12mins]

**Day FourFive**

**07th October 2023**

WokeUp: 7:15am

Cycling: 36km [51mins + 64mins] (Up + Down)

**Day FourSix**

**08th October 2023**

WokeUp: 6:40am

Skipping: 14mins (+Rest & PushUps)

PushUp Variants

Knuckle PushUp: 5

Archery PushUp: 10

Military PushUp: 20

Explosive PushUp: 10

ReverseGrip PushUp: 20

PsuedoPlanche PushUp: 15

TotalReps: 80Reps

**Day FourSeven**

**09th October 2023**

WokeUp: 7:10am

Skipping: 17mins (+Rest & PushUps)

PushUp Variants

Knuckle PushUp: 5

Archery PushUp: 10

Military PushUp: 20

Explosive PushUp: 10

ReverseGrip PushUp: 20

PsuedoPlanche PushUp: 15

TotalReps: 80Reps

**Day FourEight**

**10th October 2023**

WokeUp: 7:15am

Skipping: 15mins (+Rest & PushUps)

PushUp Variants

Knuckle PushUp: 5

Archery PushUp: 10

Military PushUp: 20

Explosive PushUp: 10

ReverseGrip PushUp: 20

PsuedoPlanche PushUp: 15

TotalReps: 80Reps

**Day FourNine**

**11th October 2023**

WokeUp: 7:15am

Skipping: 16mins (+Rest & PushUps)

PushUp Variants

Knuckle PushUp: 5

Archery PushUp: 10

Military PushUp: 20

Explosive PushUp: 10

ReverseGrip PushUp: 20

PsuedoPlanche PushUp: 15

TotalReps: 80Reps

**Day FiveZero**

**12th October 2023**

WokeUp: 9:35am

Skipping: 18mins (+Rest & PushUps)

PushUp Variants

Knuckle PushUp: 5

Archery PushUp: 10

Military PushUp: 20

Explosive PushUp: 10

ReverseGrip PushUp: 20

PsuedoPlanche PushUp: 15

TotalReps: 80Reps

**Day FiveOne**

**13th October 2023**

WokeUp: 10:30am

Skipping: 16mins (+Rest & PushUps)

PushUp Variants

Knuckle PushUp: 5

Archery PushUp: 10

Military PushUp: 20

Explosive PushUp: 10

ReverseGrip PushUp: 20

PsuedoPlanche PushUp: 15

TotalReps: 80Reps

**Day FiveTwo**

**14th October 2023**

WokeUp: 07:45am

Cycling: 36km [50mins + 67mins] (Up + Down)

**Day FiveThree**

**15th October 2023**

WokeUp: 10:50am

Skipping: 13mins (+Rest & PushUps)

PushUp Variants

Knuckle PushUp: 10

Archery PushUp: 10

Military PushUp: 20

Explosive PushUp: 10

ReverseGrip PushUp: 20

PsuedoPlanche PushUp: 15

TotalReps: 85Reps

**Day FiveFour**

**16th October 2023**

WokeUp: 07:44am

Skipping: 17mins (+Rest & PushUps)

PushUp Variants

Knuckle PushUp: 10

Archery PushUp: 10

Military PushUp: 20

Explosive PushUp: 10

ReverseGrip PushUp: 20

PsuedoPlanche PushUp: 15

TotalReps: 85Reps