Day 1 Week 1

Warm up:

Strength:

* Test: Pull ups – As many as possible in 2 minutes

Workout of the Day:

* Can you even recover, bro?:
* 4 x 500 meters on the rower, timed
  + 1:00 min rest between sets
* Score is fastest time

Cool down:

Day 2 Week 1

Warm up:

Strength:

* Make sure to warm-up properly with lighter reps. It will protect you from injury.
* Test: Bench Press – 3 Rep Max.
* Work up to your 3 RM. You have 5-minutes to work your way up to your 3 RM.

Workout of the Day:

* Seeing triple:
  + 4 min As-many-reps-as-possible (AMRAP)
  + 7 reps of each exercise:
    - Sit ups
    - Step ups on a 16” box
    - V ups
    - Box jumps on a 16” box
    - Toes to bar
    - Burpee box jumps

Cool down:

Day 3 Week 1

Warm up:

Strength:

* Make sure to warm-up properly with lighter reps. It will protect you from injury.
* Test: Deadlift – 3 RM. 5-minute cap.

Workout of the Day:

Cool down:

Day 4 Week 1

Warm up:

Strength:

* Make sure to warm-up properly with lighter reps. It will protect you from injury.
* Test: Back Squats – 3 RM. 5-minute cap.

Workout of the Day:

Cool down:

Day 5 Week 1

Warm up:

Strength:

* Make sure to warm-up properly with lighter reps. It will protect you from injury.
* Test: Front Squats – 3 RM. 5-minute cap.

Workout of the Day:

* 3 Rounds for time:
  + 500 meters on the rower
  + 12 deadlifts (105 lbs – so 45 lbs bar, 30 lbs on each end)
  + 21 box jumps – 16” box

Cool down: