

Week 10 - 13 - Taking It To The Next Level

4 weeks

The third phase of your training program is a rocket ship phase! It will be use to chisel the body and foster deep rooted strength. Perform the workouts as stated below. On your rest days, I would recommend doing Yin Yoga, LIGHT cycling or movement to balance out the strength training with softer more restorative movement. Your weeks will follow this format: Day 1: Gym workout A3 Day 2: Movement and play (your choice) Day 3: Gym workout B3 Day 4: Gym workout C3 Day 5: Movement and play (your choice) Day 6: Viking workout D3 Day 7: Rest day For your "movement and play" days, feel free to do the things you love most! Hike in your weight vest, swim in the sea, fo what makes you feel ALIVE! Take your "rest day" easy. If you fill them with mountain biking and going "full send" you are going to burn out. So make sure they are restorative. The mix of gym workouts with your movement practice will help you get much stronger and give you the testing grounds to truly feel just how well it is working. DO NOT PUSH this first phase. We want you to stay fresh and healthy as the program evolves. Injuries: Low back

FLT GYM NINJA EXP C3

- Use the mace with some nose breathing to get you into the body and into the zone
- If you do not have a sandbag use your weight vest
- Try not to put the kettlebell down during the leg circuit
- Hit the goblet thrusters HARD AF and then hammer the sprints

FLT GYM NINJA EXP C3

Regular workout	Created by Cam MacDougall on 29 Oct 2020, last updated on 30 Oct 2020.
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Instructions

- Use the mace with some nose breathing to get you into the body and into the zone
- If you do not have a sandbag use your weight vest
- Try not to put the kettlebell down during the leg circuit
- Hit the goblet thrusters HARD AF and then hammer the sprints

Superset of 3 sets			
▶	360 Overhead Swing (Mase)	15 reps LEFT	
▶	360 Overhead Swing (Mase)	15 reps RIGHT	
Rest for 60 sec			
Repeat new set			
Superset of 3 sets			
▶	Kettlebell Single Arm Extended Range Floor Press	6-8 reps @ moderate weight	
Rest for 30 sec			
▶	Kettlebell Single Arm Extended Range Floor Press	6-8 reps @ moderate weight	
Rest for 60 sec			
Repeat new set			
▶	Sandbag Bent Over Row	3 sets x 10 reps @ heavy weight	🔥 Rest 60 sec between sets
Superset of 3 sets			
▶	Dumbbell Forward Lunge	6 reps @ heavy weight	
▶	Goblet Cossack Squat	6 reps LEFT @ heavy weight	
▶	Goblet Cossack Squat	6 reps RIGHT @ heavy weight	
▶	Dumbbell Reverse Lunge	6 reps @ heavy weight	
Rest for 90 sec			

Repeat new set

Superset of 10 sets

▶ Goblet Thruster	6 reps @ heavy weight
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Sprint	30 seconds
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Rest for 60 sec

Repeat new set

360 Overhead Swing (Mase)**Kettlebell Single Arm Extended Range Floor Press**

1) Lie on the floor, holding a kettlebell in one hand with palm facing up, the other hand placed on the floor for stability.

2) Press the kettlebell by extending the elbow and adducting the arm, with your trap getting off the floor, pressing it above your body.

3) Lower the kettlebell down returning to starting position.

4) Repeat.

Sandbag Bent Over Row

1) When performing this exercise, you'll want to maintain a nice set Deadlift position so your back is an extension bent forward from the hips.

2) From there, when you row, squeeze between the shoulder blades while you're performing the row itself.

Dumbbell Forward Lunge

1. Stand upright with dumbbells in each hand down your sides.

2. Lunge forward with your left leg, landing on your heel first. Lower your body by bending at your knee and left hip, while lowering the right knee until it almost touches the floor.

3. Return to the starting position by pushing on the left leg.

4. Repeat with right leg and alternate between your left and right legs.

Goblet Cossack Squat

1. Start with the kettlebell in goblet squat hold

2. Place your feet nice and wide apart

3. Bend your knee on one side

4. Push your hips back

5. Sit into the squat

6. Press away from the floor through the bent knee

7. Return to the starting position

8. Repeat all reps on one side before changing to the other

Dumbbell Reverse Lunge

1) Stand with dumbbells in both hands hanging down your sides.

2) Extend one leg back and lower your body on the other leg until knee of rear leg is almost in contact with floor.

3) Return to original standing position.

4) Make sure your torso is straight during the whole exercise.

Goblet Thruster

1. Keep knees out

2. Keep elbows up

3. Keep the bell close to your chest

4. Weight in the heels

Sprint

Tracking Sheet (Print and track your progress here. Don't forget to enter them online.)

Exercise Name	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8	Set 9	Set 10
360 Overhead Swing (Mase)	reps x kg	reps x kg	reps x kg							
360 Overhead Swing (Mase)	reps x kg	reps x kg	reps x kg							
Kettlebell Single Arm Extended Range Floor Press	reps x kg	reps x kg	reps x kg							
Kettlebell Single Arm Extended Range Floor Press	reps x kg	reps x kg	reps x kg							
Sandbag Bent Over Row	reps x kg	reps x kg	reps x kg							
Dumbbell Forward Lunge	reps x kg	reps x kg	reps x kg							
Goblet Cossack Squat	reps x kg	reps x kg	reps x kg							
Goblet Cossack Squat	reps x kg	reps x kg	reps x kg							
Dumbbell Reverse Lunge	reps x kg	reps x kg	reps x kg							
Goblet Thruster	reps x kg	reps x kg	reps x kg	reps x kg	reps x kg	reps x kg	reps x kg	reps x kg	reps x kg	reps x kg
Sprint	sec	sec	sec	sec	sec	sec	sec	sec	sec	sec
Rest										

Previous Stats

EXERCISE

IFLT EXP TESTING (GYMNASTY)

- This is your first workout my friend
- It is a testing sequence for me to see where you are at and to learn a bit about your body and it's balances
- Hit it this week

Few tips:

1. Make sure you are NICE AND WARM (Do not hit any of this cold)
2. Give me MAX numbers here (within reason, always stay safe and listen to the body)
3. Make sure you get good rest in between each movement
4. Keep track of all of these numbers for your records
5. Take a nice recovery walk when you are done

IFLT EXP TESTING (GYMNASTY)

Regular workout

Created by Cam MacDougall on 30 Oct 2020, last updated on 30 Oct 2020.

Instructions

- This is your first workout my friend
- It is a testing sequence for me to see where you are at and to learn a bit about your body and it's balances
- Hit it this week

Few tips:

1. Make sure you are NICE AND WARM (Do not hit any of this cold)

1. ~~Make sure you are NICE AND WARMED UP before any of this work~~
2. Give me MAX numbers here (within reason, always stay safe and listen to the body)
3. Make sure you get good rest in between each movement
4. Keep track of all of these numbers for your records
5. Take a nice recovery walk when you are done

▶ Push Up	1 set x MAX effort reps in 3 minutes 🖐️ Rest 2 min between sets
▶ Elbow Plank	1 set x MAX effort hold 🖐️ Rest 2 min between sets
▶ Side Plank	1 set x MAX effort hold (LEFT) 🖐️ Rest 60 sec between sets
▶ Side Plank	1 set x MAX effort hold (RIGHT) 🖐️ Rest 2 min between sets
▶ Close Grip Pull Up	1 set x MAX effort reps in 1 set 🖐️ Rest 2 min between sets
▶ Dead Hang	1 set x MAX effort hold 🖐️ Rest 90 sec between sets
▶ One Arm Passive Hang	1 set x MAX effort hold (LEFT) 🖐️ Rest 60 sec between sets
▶ One Arm Passive Hang	1 set x MAX effort hold (RIGHT) 🖐️ Rest 60 sec between sets
▶ Kettlebell Goblet Squat	1 set x MAX reps with 30 kg KB 🖐️ Rest 2 min between sets
▶ Walking	1 set x 10 min

Push Up

1.Lie with your chest facing down, palms flat on the floor and slightly more than shoulder-width apart, your feet should be together and your legs straight.

2.Push your body upwards and straighten your arms.

3.Lower your body returning to starting position.

4.Repeat.

Elbow Plank

1.Lie face down on a mat with elbows resting on the floor next to your chest, palms facing forward or in a fist position, feet together.

2.Push your body off the floor in a pushup position with your body resting on elbows or hands.

3.Contract the abs and keep the body in a straight line from head to toes. Hold for 30-60 seconds, then lower body returning to starting position.

4.Repeat.

Side Plank

1) When performing the side plank, ensure that your body is in a straight line and your elbow underneath your shoulder.

2) Squeeze your glutes to keep your hips forward in line with your body.

3) Once in position and you have a nice straight line down your body, hold.

Close Grip Pull Up

1.Using close grip, grab a pull up bar. Palms facing away from you, arms and legs straightened making your body hang.

2.Pull your body upwards until your chin is just over the bar.

3.Lower your body returning to starting position.

4.Repeat.

Dead Hang

1. Place hands on the bar

2. Lift feet off the ground

3. Activate shoulders to maintain tension

4. Hold for designated amount of time

One Arm Passive Hang

1. Start by hanging with both hands on the bar

2. Slowly shift your weight to one side

3. Nice and controlled remove one hand

4. Bring the arm down to your side

- ### Kettlebell Goblet Squat

- 1) When performing the squat, ensure that your feet are set shoulder-width apart.
- 2) As you descend into the squat, make sure your toes, knees, and hips maintain alignment.
- 3) As you sit back, make sure your body weight shifts into your heels.
- 4) Keep your chest and upper body held in a neutral position or with a slight arch.

Tracking Sheet

(Print and track your progress here. Don't forget to enter them online.)

Exercise Name	Set 1		
Push Up			reps
Elbow Plank			sec
Side Plank			sec
Side Plank			sec
Close Grip Pull Up		reps x	kg
Dead Hang			sec
One Arm Passive Hang			sec
One Arm Passive Hang			sec
Kettlebell Goblet Squat		reps x	kg
Walking	Distance	km	
	Time	m:	s
	Speed		
	Levels/Incline		
	Calories burnt		

Previous Stats

EXERCISE	
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IFLT EXP VIKING WORKOUT D3

- Circuit 1 - Really start engaging the core
- Circuit 2 - Wear the weight vest for the whole circuit (even the sprints)
- Circuit 3 - Don't put the mace down until the rest period
- For the farmer carries walk nice and slow and go single arm

IFLT EXP VIKING WORKOUT D3

Interval workout Created by Cam MacDougall on 29 Oct 2020, last updated on 29 Oct 2020.

Duration: 52 minutes

Instructions

- Circuit 1 - Really start engaging the core
- Circuit 2 - Wear the weight vest for the whole circuit (even the sprints)
- Circuit 3 - Don't put the mace down until the rest period
- For the farmer carries walk nice and slow and go single arm

Circuit of 3 rounds		
▶ Crouching Tiger	30 sec	
▶ Elbow Plank	30 sec	
▶ Bear Crawl	30 sec	
Rest for 30 sec		

Repeat new round		
Circuit of 6 rounds		
▶ Push Up	30 sec	
Burpee - No Push-up	30 sec	
▶ Body Weight Squat	30 sec	
Sprint	30 sec	
▶ Sledge Hammer Tire Throws	30 sec	LEFT
▶ Sledge Hammer Tire Throws	30 sec	RIGHT
Rest for 2 min		
Repeat new round		
Circuit of 3 rounds		
▶ 360 Overhead Swing (Mase)	30 sec	LEFT
▶ 360 Overhead Swing (Mase)	30 sec	RIGHT
▶ Side Load Upper Cut Pull Over (Mace)	30 sec	Alternating
▶ Battle Lunge Steel Mace Exercise	30 sec	LEFT
▶ Battle Lunge Steel Mace Exercise	30 sec	RIGHT
Rest for 60 sec		
Repeat new round		
Circuit of 3 rounds		
▶ Farmer Walk	30 sec	LEFT
▶ Farmer Walk	30 sec	RIGHT
Rest for 60 sec		
Repeat new round		

▶	Crouching Tiger 1) Start in a position similar to a plank, but with one side of your body's arm and leg far apart from one another (both extended), and one side of your body's arm and leg close together (touching knee to elbow on that side if possible). 2) From here, lower your body to the ground staying as square to the ground with your hips and shoulders as possible. 3) Next, while keeping your body close to the ground, simultaneously reach forward as far as you can with the hand that is furthest back (the one touching your knee), and step forward with the foot furthest back (the one stretched out). 4) Repeat alternating sides until provided reps or distance are completed.
▶	Elbow Plank 1.Lie face down on a mat with elbows resting on the floor next to your chest, palms facing forward or in a fist position, feet together. 2.Push your body off the floor in a pushup position with your body resting on elbows or hands. 3.Contract the abs and keep the body in a straight line from head to toes. Hold for 30-60 seconds, then lower body returning to starting position. 4.Repeat.
	Bear Crawl (4) Start in a position similar to a plank, but with one side of your body's arm and leg far apart from one another

(1) Start in a position similar to a plank, but with one side of your body's arm and leg far apart from one another (both extended), and one side of your body's arm and leg close together (touching knee to elbow on that side if possible).

(2) From here, keep your body high while staying as square to the ground with your hips and shoulders as possible.

(3) Next, simultaneously reach as far forward as you can with the hand that is furthest back (the one touching your knee), and step forward with the foot furthest back (the one stretched out). Keep your core engaged.

(4) Repeat alternating sides until provided reps or distances are completed.

Push Up

1.Lie with your chest facing down, palms flat on the floor and slightly more than shoulder-width apart, your feet should be together and your legs straight.

2.Push your body upwards and straighten your arms.

3.Lower your body returning to starting position.

4.Repeat.

Burpee - No Push-up

Complete a burpee but keep your arms extended (do not touch your chest to the floor)

Body Weight Squat

1) When performing the squat, let your body weight shift back into your heels as you sit your hips back.

2) Keep your knees as far back behind your toes as possible.

3) Keep your chest up and back held in neutral position or with a slight arch.

4) Prevent yourself collapsing forward as you perform a squat.

5) Make sure your toes, knees, and hips are all in line as you squat back.

Sprint

Sledge Hammer Tire Throws

360 Overhead Swing (Mase)

Side Load Upper Cut Pull Over (Mace)

Battle Lunge Steel Mace Exercise

Farmer Walk

1.Stand upright holding dumbbells with your arms straight by your sides.

2.Walk forward as far as you can while holding the dumbbells

Tracking Sheet

(Print and track your progress here. Don't forget to enter them online.)

Exercise Name	Set 1		Set 2		Set 3		Set 4		Set 5		Set 6	
Crouching Tiger	reps		reps		reps							
Elbow Plank	sec		sec		sec							
Bear Crawl	reps		reps		reps							
Rest												
Push Up	reps		reps		reps		reps		reps		reps	
Burpee - No Push-up	Distance	km	Distance	km	Distance	km	Distance	km	Distance	km	Distance	km
	Time	m: s	Time	m: s	Time	m: s	Time	m: s	Time	m: s	Time	m: s
	Speed		Speed		Speed		Speed		Speed		Speed	
	Levels/Incline		Levels/Incline		Levels/Incline		Levels/Incline		Levels/Incline		Levels/Incline	
	Calories burnt		Calories burnt		Calories burnt		Calories burnt		Calories burnt		Calories burnt	
Body Weight Squat	reps		reps		reps		reps		reps		reps	
Sprint	sec		sec		sec		sec		sec		sec	
Sledge Hammer Tire Throws	reps x	kg	reps x	kg	reps x	kg	reps x	kg	reps x	kg	reps x	kg
Sledge Hammer Tire Throws	reps x	kg	reps x	kg	reps x	kg	reps x	kg	reps x	kg	reps x	kg
Rest												
360 Overhead Swing (Mace)	reps x	kg	reps x	kg	reps x	kg						
360 Overhead Swing (Mace)	reps x	kg	reps x	kg	reps x	kg						
Side Load Upper Cut Pull Over (Mace)	reps x	kg	reps x	kg	reps x	kg						
Battle Lunge Steel Mace Exercise	reps x	kg	reps x	kg	reps x	kg						
Battle Lunge Steel Mace Exercise	reps x	kg	reps x	kg	reps x	kg						
Rest												
Farmer Walk	reps x	kg	reps x	kg	reps x	kg						
Farmer Walk	reps x	kg	reps x	kg	reps x	kg						
Rest												

Previous Stats

EXERCISE	
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IFLT GYM NINJA EXP A3

- Hold a KB like a goblet squat for the split squat if you do not have 2 of the same
- Hold a kettlebell or mace like a goblet squat for the pancake good morning START LIGHT
- Go nice and heavy on the bent over row and floor press

IFLT GYM NINJA EXP A3

Regular workout

Created by Cam MacDougall on 29 Oct 2020, last updated on 29 Oct 2020.

Instructions

- for the shoulder taps stay nice and calm (use the wall walks to get up into position)
- Hold a KB like a goblet squat for the split squat if you do not have 2 of the same
- Hold a kettlebell or mace like a goblet squat for the pancake good morning START LIGHT
- Go nice and heavy on the bent over row and floor press

▶ Shoulder Taps (Wall facing)	3 sets x 8 reps lternating 🖐 Rest 60 sec between sets
Superset of 3 sets	
▶ Dumbbell Split Squat	6-8 reps @ moderate weight LEFT
▶ Dumbbell Split Squat	6-8 reps @ moderate weight RIGHT
Rest for 60 sec	
Repeat new set	
▶ Standing Pancake Good Morning	4 sets x 8-10 reps holding a KB 🖐 Rest 60 sec between sets
Superset of 3 sets	
▶ Dumbbell Single Arm Bent Over Row	6-8 reps LEFT @ heavy weight
Rest for 30 sec	
▶ Dumbbell Single Arm Bent Over Row	6-8 reps RIGHT @ heavy weight
Rest for 60 sec	
Repeat new set	
Superset of 3 sets	
▶ Kettlebell Single Arm Floor Press	6-8 reps LEFT @ heavy weight
Rest for 30 sec	
▶ Kettlebell Single Arm Floor Press	6-8 reps RIGHT @ heavy weight
Rest for 60 sec	
Repeat new set	
Superset of 3 sets	
▶ Planche Plank	30 seconds
▶ Reverse Crunch	10 reps
▶ Superman	8 reps
Rest for 30 sec	
Repeat new set	

Shoulder Taps (Wall facing)

1. Kick up onto the wall

Dumbbell Split Squat

-
- 1) When performing this exercise, ensure that your knee, feet and hip are in line.

2) With your feet hip-width apart, place the instep of your rear foot on a bench. Your feet should be approximately three feet apart.

3) Lower your hips toward the floor so that your rear knee comes close to the floor.

4) Pause and drive through your front heel to return to the starting position.

5) Repeat

Standing Pancake Good Morning

Dumbbell Single Arm Bent Over Row

-
- 1) Place one knee on a bench, one hand in a push-up position. Body parallel to the floor with back straight, one hand holding the dumbbell onto your side.

2) Pull the dumbbell up to the side of your chest, keeping arm close to the body.

3) Lower the dumbbell returning to starting position.

4) Complete all reps on one side before switching to the other side.

Kettlebell Single Arm Floor Press

-
- 1) Lie on the floor with one hand holding the kettlebell, at shoulder level, palm facing up.

2) Push the kettlebell straight up toward the ceiling.

3) Lower the kettlebell returning to starting position.

4) Complete all reps on one side before switching to the other side.

Planche Plank

-
1. Make sure the weight is in the hands

2. Make sure the shoulders are beyond the wrists

3. Keep the body in a hollow position

4. Toes pointed

Reverse Crunch

-
- 1) Lie on the floor and bend your knees so they are at 90 degrees.

2) Start by curling your hips off the floor and reach your legs up toward the ceiling.

3) Pause, and slowly return to starting position.

Superman

-
- 1.Lie face down, legs straight, feet together, arms out straight above your head on a mat.

2.Squeeze your glutes to slowly raise your legs and arms, as well as slowly arching your back.

3.Return to starting position.

4.Repeat.

Tracking Sheet (Print and track your progress here. Don't forget to enter them online.)

Exercise Name	Set 1		Set 2		Set 3		Set 4	
Shoulder Taps (Wall facing)	reps		reps		reps			
Dumbbell Split Squat	reps x	kg	reps x	kg	reps x	kg		
Dumbbell Split Squat	reps x	kg	reps x	kg	reps x	kg		
Standing Pancake Good Morning	reps x	kg	reps x	kg	reps x	kg	reps x	kg
Dumbbell Single Arm Bent Over Row	reps x	kg	reps x	kg	reps x	kg		

Dumbbell Single Arm Bent Over Row	reps x	kg	reps x	kg	reps x	kg
Kettlebell Single Arm Floor Press	reps x	kg	reps x	kg	reps x	kg
Kettlebell Single Arm Floor Press	reps x	kg	reps x	kg	reps x	kg
Planche Plank		sec		sec		sec
Reverse Crunch		reps		reps		reps
Superman		reps		reps		reps

Previous Stats

EXERCISE	
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IFLT GYM NINJA EXP B3

- For the laying med ball throws and clapping push-ups focus on SPEED and POWER
- Focus on keeping the catch in the KB clean nice and stable (Almost isometric) and then stand up with SPEED
- Go light to start with on the RDL
- Hit the circuit hard! If you do not have a sandbag, use your weight vest or a heavy stone
- Hit the wall walks like I know you can
- Enjoy the mace workout - This is more challenging so it might take you some time to get - Send me videos!

IFLT GYM NINJA EXP B3

Regular workout	Created by Cam MacDougall on 29 Oct 2020, last updated on 30 Oct 2020.
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Instructions

- For the laying med ball throws and clapping push-ups focus on SPEED and POWER
- Focus on keeping the catch in the KB clean nice and stable (Almost isometric) and then stand up with SPEED
- Go light to start with on the RDL
- Hit the circuit hard! If you do not have a sandbag, use your weight vest or a heavy stone
- Hit the wall walks like I know you can
- Enjoy the mace workout - This is more challenging so it might take you some time to get - Send me videos!

Superset of 5 sets			
▶	Laying Med Ball Throws	5 reps FAST & HEAVY	
▶	Clapping Push Up	5 reps FAST	
Rest for 60 sec			
Repeat new set			
▶	Kettlebell Goblet Squat Clean	5 sets x 6-8 reps @ heavy weight	🔥 Rest 60 sec between sets
Superset of 4 sets			
▶	Single Arm RDL (Kettlebell)	6-8 reps LEFT @ moderate weight	
Rest for 30 sec			
▶	Single Arm RDL (Kettlebell)	6-8 reps RIGHT @ moderate weight	
Rest for 60 sec			
Repeat new set			
Superset of 5 sets			
▶	Bear Crawl	10 reps	
▶	Sandbag Throw (Over Shoulder)	20 reps	
▶	Crouching Tiger	10 reps	
▶	Elbow Plank	30 seconds	

Rest for 60 sec	
Repeat new set	
▶ Wall Walks	4 sets x 3 reps 🖐 Rest 60 sec between sets
▶ Steel Mace Viking Power Flow (Mace)	5 sets x 60 seconds 🖐 Rest 30 sec between sets

Laying Med Ball Throws

- ▶
1. Lay on your back
 2. Feet on the floor and knees up
 3. Hold the med ball at your chest
 4. Explosively push it away from your body
 5. Throw it as high as you can
 6. Cradle it as it falls back towards you
 7. Press and launch it again

Clapping Push Up

- ▶
- 1.Support your body on your toes and hands with your elbows bent and your chest nearly touching the floor.
 - 2.Explosively push up and off the floor, clapping your hands as you come up.
 - 3.Drop your hands back down and lower your body back to starting position.
 - 4.Repeat.

Kettlebell Goblet Squat Clean

- ▶
- Go all the way into the squat

Single Arm RDL (Kettlebell)



Bear Crawl

- ▶
- (1) Start in a position similar to a plank, but with one side of your body's arm and leg far apart from one another (both extended), and one side of your body's arm and leg close together (touching knee to elbow on that side if possible).
 - (2) From here, keep your body high while staying as square to the ground with your hips and shoulders as possible.
 - (3) Next, simultaneously reach as far forward as you can with the hand that is furthest back (the one touching your knee), and step forward with the foot furthest back (the one stretched out). Keep your core engaged.
 - (4) Repeat alternating sides until provided reps or distances are completed.

Sandbag Throw (Over Shoulder)



Crouching Tiger

- ▶
- 1) Start in a position similar to a plank, but with one side of your body's arm and leg far apart from one another (both extended), and one side of your body's arm and leg close together (touching knee to elbow on that side if possible).
 - 2) From here, lower your body to the ground staying as square to the ground with your hips and shoulders as possible.
 - 3) Next, while keeping your body close to the ground, simultaneously reach forward as far as you can with the hand that is furthest back (the one touching your knee), and step forward with the foot furthest back (the one stretched out).
 - 4) Repeat alternating sides until provided reps or distance are completed.

Elbow Plank

- 1.Lie face down on a mat with elbows resting on the floor next to your chest, palms facing forward or in a fist

- ▶
- position, feet together.
- 2.Push your body off the floor in a pushup position with your body resting on elbows or hands.
- 3.Contract the abs and keep the body in a straight line from head to toes. Hold for 30-60 seconds, then lower body returning to starting position.
- 4.Repeat.

- ▶
- Wall Walks**

1. Start prone on the floor

2. Do a push-up and walk your feet up the wall

3. Continue walking your feet up the wall as you walk your hands to the wall

4. Walk all the way until you are in a perfect handstand

5. Reverse and walk back down the wall

6. Return to the prone position

7. Repeat

▶

Steel Mace Viking Power Flow (Mace)

Tracking Sheet (Print and track your progress here. Don't forget to enter them online.)

Exercise Name	Set 1	Set 2	Set 3	Set 4	Set 5
Laying Med Ball Throws	reps x kg	reps x kg	reps x kg	reps x kg	reps x kg
Clapping Push Up	reps	reps	reps	reps	reps
Kettlebell Goblet Squat Clean	reps x kg	reps x kg	reps x kg	reps x kg	reps x kg
Single Arm RDL (Kettlebell)	reps x kg	reps x kg	reps x kg	reps x kg	
Single Arm RDL (Kettlebell)	reps x kg	reps x kg	reps x kg	reps x kg	
Bear Crawl	reps	reps	reps	reps	reps
Sandbag Throw (Over Shoulder)	reps x kg	reps x kg	reps x kg	reps x kg	reps x kg
Crouching Tiger	reps	reps	reps	reps	reps
Elbow Plank	sec	sec	sec	sec	sec
Wall Walks	reps	reps	reps	reps	
Steel Mace Viking Power Flow (Mace)	reps x kg	reps x kg	reps x kg	reps x kg	reps x kg

Previous Stats

EXERCISE

IFLT MOB E

Cycle through them and feel the goodness of stretching your beautiful body!!!

IFLT MOB E

Interval workout

Created by Cam MacDougall on 29 Oct 2020, last updated on 29 Oct 2020.

Duration: 6 minutes

Instructions

Cycle through them and feel the goodness of stretching your beautiful body!!!

Circuit of 3 rounds

▶	Cobra	30 sec	
▶	Downward Dog	30 sec	
▶	Static Pigeon Stretch	30 sec	
▶	Static Pigeon Stretch	30 sec	
Repeat new round			

▶

Cobra

1. Lie face down on your chest on a mat with your hands palms down next to your armpits.

2. Press your hands into the floor and raise your upper body up away from the mat while keeping your hips on the mat.

3. Relax and breathe in this position for desired amount of time.

▶

Downward Dog

1) When performing this mobility exercise, you'll want to ensure that your knees stay straight.

2) From there, you'll tip your hips up towards the ceiling.

3) Make a nice long line throughout your torso.

4) Stretch down the back of your thighs and your hamstrings.

5) If that's a little intense, you can alternate between the left and right side being locked out and straightened while the opposite leg is bent.

▶

Static Pigeon Stretch

1. When performing this exercise, ensure to lower yourself down into position as to not strain anything.

2. Get down on the floor, roll your right leg underneath you, stretch your left leg back.

3. Use your elbows to support the upper body. Hold.

4. When you've completed one side, do the other.

Tracking Sheet (Print and track your progress here. Don't forget to enter them online.)

Exercise Name	Set 1	Set 2	Set 3
Cobra			
Downward Dog	sec	sec	sec
Static Pigeon Stretch			
Static Pigeon Stretch			

Previous Stats

EXERCISE	
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IFLT MOB F

Really allow yourself to feel these stretches and DON'T skip them :P

IFLT MOB F

Interval workout

Created by Cam MacDougall on 29 Oct 2020, last updated on 29 Oct 2020.

Duration: 6 minutes

Instructions

Really allow yourself to feel these stretches and DON'T skip them :P

Circuit of 3 rounds		
▶ Static Quadricep Stretch	30 sec	
▶ Static Quadricep Stretch	30 sec	
▶ Static Oblique and Lat Stretch	30 sec	
▶ Static Oblique and Lat Stretch	30 sec	
Repeat new round		

▶

Static Quadricep Stretch

1) Have one hand placed on something for stability if possible.

2) With the other hand, grab your foot and bring your hip, knee, and foot all in line with one another vertically (perpendicular to the ground).

3) Hold.

4) Repeat on the other side.

▶

Static Oblique and Lat Stretch

1) While standing cross your legs. Keep both legs straight.

2) Reach with your arm and torso upward on the side with the leg crossed in front.

3) Side bend from foot to hand laterally, without twisting.

4) Hold without bouncing.

5) Repeat on the other side.

Tracking Sheet (Print and track your progress here. Don't forget to enter them online.)

Exercise Name	Set 1	Set 2	Set 3
Static Quadricep Stretch	sec	sec	sec
Static Quadricep Stretch	sec	sec	sec
Static Oblique and Lat Stretch			
Static Oblique and Lat Stretch			

Previous Stats

EXERCISE

IFLT MOB G

Love the stretch fam!

IFLT MOB G

Interval workout

Created by Cam MacDougall on 29 Oct 2020, last updated on 29 Oct 2020.

Duration: 6 minutes

Instructions

Love the stretch fam!

Circuit of 3 rounds		
▶ Side-Lying IT Band Stretch	30 sec	
▶ Side-Lying IT Band Stretch	30 sec	

▶	Static Rear Delt Stretch	30 sec	
▶	Static Rear Delt Stretch	30 sec	
Repeat new round			

▶

Side-Lying IT Band Stretch

1. Start by lying on your side on the mat, with your head supported by the elbow.

2. Bring the foot of your top leg up towards your back, and grab your foot with top side hand.

3. Cross your bottom foot across the top thigh.

4. Breathe and relax in this position, and hold until you achieve a gentle stretch.

▶

Static Rear Delt Stretch

1. Start standing with one arm fully extended, across your body.

2. Gently draw the arm in towards your body until you feel a light stretch in the back of your shoulder.

3. Breathe and hold this stretch position.

4. Repeat on the other side.

Tracking Sheet

(Print and track your progress here. Don't forget to enter them online.)

Exercise Name	Set 1	Set 2	Set 3
Side-Lying IT Band Stretch			
Side-Lying IT Band Stretch			
Static Rear Delt Stretch			
Static Rear Delt Stretch			

Previous Stats

EXERCISE	
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IFLT MOB H

If you don't have time to stretch you don't have time to train! :P

IFLT MOB H

Interval workout	Created by Cam MacDougall on 29 Oct 2020, last updated on 29 Oct 2020.
Duration: 6 minutes	

Instructions

If you don't have time to stretch you don't have time to train! :P

Circuit of 3 rounds			
▶	Single Leg Frog Stretch	30 sec	Left
▶	Single Leg Frog Stretch	30 sec	Right
▶	Cobra	30 sec	
▶	Static Wrist Extension and Bicep Stretch	15 sec	
▶	Static Wrist Extension and Bicep Stretch	15 sec	
Repeat new round			

▶

Single Leg Frog Stretch

1. Start on your hands and knees on the mat.
2. Fully extend one leg out to the side, and drop down to your elbows on the mat.
3. Sit your hips back towards your foot until you get a gentle stretch in the groin and hips.
4. Breathe and relax in this position.
5. Repeat on the other side.

▶

Cobra

1. Lie face down on your chest on a mat with your hands palms down next to your armpits.
2. Press your hands into the floor and raise your upper body up away from the mat while keeping your hips on the mat.
3. Relax and breathe in this position for desired amount of time.

▶

Static Wrist Extension and Bicep Stretch

- 1) Maintain your upper arm in a static position with elbow locked out.
- 2) Let your wrist drop backward, palm up and away form the body.
- 3) Apply light pressure in the direction that the wrist has dropped forward. Then bring the arm in an outstretched position beside the body.
- 4) Hold.
- 5) Repeat on the other side.

Tracking Sheet (Print and track your progress here. Don't forget to enter them online.)

Exercise Name	Set 1	Set 2	Set 3
Single Leg Frog Stretch			
Single Leg Frog Stretch			
Cobra			
Static Wrist Extension and Bicep Stretch	sec	sec	sec
Static Wrist Extension and Bicep Stretch	sec	sec	sec

Previous Stats

EXERCISE	
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IFLT WARM UP B

This is programmed using an interval timer, but it is not an interval-style workout. Just use the time allocated to get into your body, move through the exercises and WARM UP.

IFLT WARM UP B

Interval workout

Created by Cam MacDougall on 29 Oct 2020, last updated on 29 Oct 2020.

Duration: 9 minutes

Instructions

This is programmed using an interval timer, but it is not an interval-style workout. Just use the time allocated to get into your body, move through the exercises and WARM UP.

▶

Neck Circles

60 sec

Switch directions half way through

▶

Arm Circle

60 sec

Switch directions half way through

▶	Suspension Chest Stretch	60 sec	Pulse in the stretch (keep it dynamic)
▶	Trunk Rotation	60 sec	Keep this nice and controlled
▶	Body Weight Alternating Forward Lunge	30 sec	Alternating each rep
▶	Body Weight Reverse Lunge	30 sec	Alternating each rep
▶	Seated Hip Twist	60 sec	Pause at the end of each movement
▶	Mountain Climber	30 sec	Move nice and slow. Stay connected
	Dynamic Calf Stretch	60 sec	Feel each heel drive
▶	Jumping Jack	60 sec	Get nice and warm to finish

Neck Circles

- ▶
1. Roll your neck in a clockwise fashion, really reaching the limits touching your chin to your chest, ears to shoulders, and head ALL the way back.
 2. Keep your eyes open during this exercise
 3. Once you have done the rotations one way, always do them the other.

Arm Circle

- ▶
- 1) When performing this warm-up, start with a small range motion.
 - 2) Slowly build your way to a larger circle.
 - 3) Go back the other direction.

Suspension Chest Stretch

- ▶
1. When performing the stretch, you'll be stretching your pec muscle and your interior delt. Ensure to keep a tall thoracic spine or open rib cage as you slowly lean forward and increase your stretch.
 2. With your back at the equipment, grab the straps with your arms spread to the sides. One foot in front of the other.
 3. Slowly lean forward and increase your stretch. Hold for approximately 20 – 30 seconds.

Trunk Rotation

- ▶
1. Stand upright.
 2. Rotate your torso through the spine and the trunk without allowing the hips to rotate too much from one side to another.

Body Weight Alternating Forward Lunge

- ▶
- 1) When performing this exercise, step out far enough so you can drop out to 90 degrees throughout your lower body segments. Keeping your upper body over top of the back knee.
 - 2) Return to standing position and step out.
 - 3) Be sure that your front knee doesn't lunge forward over top of your foot.
 - 4) Alternate and repeat.

Body Weight Reverse Lunge

- ▶
- 1) As you step back, plant your foot and put your body weight over top of your back knee.
 - 2) Keep your body position tall. All lower body segments in 90 degrees.
 - 3) Return to start position.
 - 4) Repeat.

Seated Hip Twist

- ▶
- 1) Start from a seated position feet together, knees bent, hands on the floor behind you.
 - 2) Rotate the hip by bringing your knees to the floor on one side.
 - 3) Then rotate to the other side.
 - 4) Repeat and alternate.

Mountain Climber

- 1) Begin in a pushup position, with your weight supported by your hands and toes

- ### Dynamic Calf Stretch

- ### Jumping Jack

- 1) Keep your arms extended.
- 2) Jump from your legs.

Tracking Sheet (Print and track your progress here. Don't forget to enter them online.)

Exercise Name	Set 1
Neck Circles	
Arm Circle	
Suspension Chest Stretch	
Trunk Rotation	
Body Weight Alternating Forward Lunge	reps
Body Weight Reverse Lunge	reps
Seated Hip Twist	reps
Mountain Climber	reps
Dynamic Calf Stretch	
Jumping Jack	reps

Previous Stats

EXERCISE	
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IFLT WARM UP D

- If you do not have a rower, use a skipping rope, do jumping jacks, spin bike, elliptical etc... Do all of them if you like
- Feel free to switch it up every week as well - Play with it
- Do 1 - 2 rounds of this

IFLT WARM UP D

Interval workout Created by Cam MacDougall on 29 Oct 2020, last updated on 29 Oct 2020.

Duration: 6 minutes

Instructions

- If you do not have a rower, use a skipping rope, do jumping jacks, spin bike, elliptical etc... Do all of them if you like
- Feel free to switch it up every week as well - Play with it
- Do 1 - 2 rounds of this

Rower	30 sec	
▶ Arm Circle	60 sec	30 seconds forward 30 seconds backwards

▶	Trunk Rotation	30 sec	Alternating
	Rower	30 sec	
▶	Forward Leg Swing	30 sec	Left
▶	Forward Leg Swing	30 sec	Right
▶	Body Weight Squat	30 sec	
	Rower	30 sec	
▶	Cat to Cow	30 sec	
▶	Dynamic Hip Flexor Stretch	30 sec	Left - Pulsing
▶	Dynamic Hip Flexor Stretch	30 sec	Right - Pulsing

Arm Circle

- ▶
- 1) When performing this warm-up, start with a small range motion.
 - 2) Slowly build your way to a larger circle.
 - 3) Go back the other direction.

Trunk Rotation

- ▶
1. Stand upright.
 2. Rotate your torso through the spine and the trunk without allowing the hips to rotate too much from one side to another.

Forward Leg Swing

- ▶
1. Try to keep the knees straight with the leg that you are swinging.
 2. Hold on to something for balance.
 3. To start, stand upright and kick through in a forward motion allowing the leg to naturally swing back
 4. Once you're done with one side, do the other.

Body Weight Squat

- ▶
- 1) When performing the squat, let your body weight shift back into your heels as you sit your hips back.
 - 2) Keep your knees as far back behind your toes as possible.
 - 3) Keep your chest up and back held in neutral position or with a slight arch.
 - 4) Prevent yourself collapsing forward as you perform a squat.
 - 5) Make sure your toes, knees, and hips are all in line as you squat back.

Cat to Cow

- ▶
1. When performing this mobility exercise, try to round out your lower back in one position and extend and open up your thoracic spine or the top part of your back in the other position.
 2. Position yourself on the floor on your hands and knees.
 3. Pull your belly in and round your spine, lower back, shoulders, and neck, letting your head drop.

Dynamic Hip Flexor Stretch

- ▶
1. When you're doing this mobility exercise, you'll want to ease into and then back out of it and repeat slowly as to not over stretched or have the muscles contract.
 2. Kneel on a mat and bring your right knee up so the bottom of your foot is on the floor and extend your left leg out behind you so the top of your foot is on the floor.
 3. Shift your weight forward until you feel a stretch in your hip. Hold for 15 seconds.
 4. Once you're done one side, repeat it on the other.

Exercise Name	Set 1
Rower	Distance km Time m: s Speed Levels/Incline Calories burnt
Arm Circle	
Trunk Rotation	
Rower	Distance km Time m: s Speed Levels/Incline Calories burnt
Forward Leg Swing	
Forward Leg Swing	
Body Weight Squat	reps
Rower	Distance km Time m: s Speed Levels/Incline Calories burnt
Cat to Cow	reps
Dynamic Hip Flexor Stretch	
Dynamic Hip Flexor Stretch	

Previous Stats

EXERCISE	
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