

Bodyweight Build - WEEK 2

<p>SESSION 7 Obj: Strength/Work Capacity/Core</p> <p>Warm up: 3 Rounds</p> <ul style="list-style-type: none"> • 8x Walking Lunges • 8x Push Ups • 8x Sit Ups • Instep Stretch <p>Training: (1) 6 Rounds</p> <ul style="list-style-type: none"> • 8x Ring 1-Leg Squat • 2/4x Tarzan Pull Up or 1x Rope Climb • 4/8x Ring Dips • Hip Flexor Stretch <p>(2) 6 Rounds</p> <ul style="list-style-type: none"> • 8x 1-Leg Poor Man's Leg Curl • 4/8x Ring Push Up - elevate legs each round until 8x is hard, but doable • 8x Ring Body Saw • Pigeon Stretch <p>(3) 5 Rounds for Time</p> <ul style="list-style-type: none"> • 20x Box Jumps @ 20/24" • 10x Alligator Push Up • 5x Pull Up Bar Heel Tap <p>COMPARE FINISH TIME TO SESSION 1</p> <p>(4) 4 Rounds</p> <ul style="list-style-type: none"> • Shoulder Blaster • 20x EO's • 5x Ring Body Saw • Lat + Pec Stretch 	<p>SESSION 8 Obj: Endurance - Ruck Run</p> <p>Training: (1) 3 Rounds</p> <p>1 Mile Ruck Run at Ruck Interval Pace based on SESSION 2, finish Time</p> <p>40# Ruck Assessment Distance:</p> <p>1 Mile <input type="text"/></p> <p>Your Time:</p> <p>hh : mm : SS</p> <p>CALCULATE</p>	<p>SESSION 9 Obj: Strength/Work Capacity/Core</p> <p>Warm up: 3 Rounds</p> <ul style="list-style-type: none"> • 8x Walking Lunges • 8x Push Ups • 8x Sit Ups • Instep Stretch <p>Training: (1) 6 Rounds</p> <ul style="list-style-type: none"> • 8x Bulgarian Split Squat • 8x Ring 1-Arm Row • 30/30 Side Bridge • Pigeon Stretch <p>(2) 6 Rounds</p> <ul style="list-style-type: none"> • 4x Jumping Lunge - Be Explosive! • 4/8x Ring Dip • 8x Ankles to Bar • Lat + Pec Stretch <p>(3) 10 Minute AMRAP</p> <ul style="list-style-type: none"> • 10x Box Jumps @ 24" • 75m Shuttle Sprint (25m Lengths - down/back/down) • Walk Back to Start <p>(4) 4 Rounds</p> <ul style="list-style-type: none"> • 50x Glute Leg Lift • 20x Bodyweight Good Morning • 20x Sit Ups • 3x Floor Slide 	<p>SESSION 10 Obj: Work Capacity/Core</p> <p>Warm up: 3 Rounds</p> <ul style="list-style-type: none"> • 8x Air Squats • 8x Alligator Push Ups • Run 200m • Instep Stretch <p>Training: (1) 10 Rounds</p> <ul style="list-style-type: none"> • 5x Jumping Lunges • 50x Step Ups @ 20" • 5x Ring Dips • Rest 20 Seconds • Sprint to the rest each round. <p>(2) 6 Rounds</p> <ul style="list-style-type: none"> • 8x Ring Body Saw • 8x Pull Up Bar Heel Tap • 8x Ring Pike • 8x EO's <p>(3) 4 Rounds</p> <ul style="list-style-type: none"> • Shoulder Blaster • Hip Flexor Stretch • 5x Ring Body Saw • Lat + Pec Stretch 	<p>SESSION 11 Obj: Strength/Work Capacity/Core</p> <p>Warm up: 3 Rounds</p> <ul style="list-style-type: none"> • 8x Walking Lunges • 8x Push Ups • 8x Sit Ups • Instep Stretch <p>Training: (1) 6 Rounds</p> <ul style="list-style-type: none"> • 8x Ring 1-Leg Squat • 4/8x Chin Ups • 4x Ring Russian Twist • Pigeon Stretch <p>(2) 6 Rounds</p> <ul style="list-style-type: none"> • 8x Ring 1-Leg Hinge • 8x Single Arm Ring Chest Press - Adjust Feet as necessary so 8x is hard, but doable • 8x Ankles to Bar • Lat + Pec Stretch <p>(3) 15 Minute AMRAP</p> <ul style="list-style-type: none"> • 2x Bodyweight Rob Shauls • 1/3x Pull Ups <p>COMPARE ROUNDS COMPLETED TO SESSION 5</p> <p>(4) 4 Rounds</p> <ul style="list-style-type: none"> • 50x Glute Leg Lift • 20x Bodyweight Good Morning • 20x Sit Ups • 3x Floor Slide 	<p>SESSION 12 Obj: Endurance - Run</p> <p>Training: (1) Run 8 Miles, Easy Pace</p> <p>Easy = You can speak full sentences</p>
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