

## Bodyweight Build - WEEK 1

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