

SELF REPORT READINESS – MODIFY YOUR WORK OUT TODAY BASED ON HOW YOU FEEL

HIGH 7-10 LOAD HIGH
 MODERATE 4-7 REDUCE 20-30%
 LOW 1-4 NO TRAINING/LT RECOVERY

BLOCK	TEMPLATE	DETAILS
WARM UP <i>5 MIN</i>	RAISE HEART RATE	400M run or row 20 PVC passthroughs 15 air squats
STRENGTH <i>10-15 MIN</i>	GO HEAVY Strength routine focused on weight	BARBELL COMPLEX – 3 ROUNDS 6 HANG POWER CLEANS 6 PUSH PRESS 6 BENT ROW ■ USE THE SAME BAR
CONDITIONING <i>10-20 MIN</i>	GO FAST Crossfit WOD or circuit focused on time	CHARLOTTE – 21-15-9 OH SQUATS 95/65 OB SDHP 95/65 OB ■ SCORE = TIME
CORE <i>10-15 MIN</i>	GO TO FAILURE Core exercise focused on burn out	SUPINE MARCH ON ROLLER X 50 EA KNEE TUCKS X 50 ■ TRX, SWISS BALL, OF FLOOR V SIT

SESSION CHECKLIST

- TRAINING TIME:
- SCORES:
-
- RPE:

NOTES FOR NEXT WEEK:



BEFORE YOU BEGIN: As with any nutrition or exercise program, always review them with your doctor to ensure that they don't interact with or are contraindicated by any medications or medical issues you may have. If you haven't trained for a while, start out slow and go easy. If at any time you feel you are exercising beyond your current fitness abilities, or you feel discomfort, pain, dizziness, or nausea, you should discontinue exercising immediately. You are responsible for exercising within your limits.