

**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
<b>WARM UP</b> <i>5 MIN</i>	RAISE HEART RATE	400M run or row 20 PVC pass throughs 15 air squats
<b>STRENGTH</b> <i>10-15 MIN</i>	GO HEAVY  Strength routine focused on weight	<b>SINGLE LEG BOX SQUAT X 35 EA</b>  ■ WITH DB OR BB $\geq 25\%$ BW
<b>CONDITIONING</b> <i>10-20 MIN</i>	GO FAST  Crossfit WOD or circuit focused on time	<b>LUCKY 7'S – 7-1 LADDER (28 REPS EA)</b>  DIPS PUSH UPS (PROGRESS TO PLYO OR DECLINE IF YOU CAN)  ■ SCORE = TIME
<b>CORE</b> <i>10-15 MIN</i>	GO TO FAILURE  Core exercise focused on burn out	<b>RUSSIAN TWISTS X 100</b>  ■ WITH DB OR MED BALL ■ GOAL IS <3 MIN ■ INCREASE WEIGHT IF YOU BEAT TIME

**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.