

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 pass throughs 15 air squats |
| STRENGTH <i>10-15 MIN</i> | GO HEAVY Strength routine focused on weight | EXTRA WARM UP 5 REPS OF EACH MOVEMENT AT ½ WT |
| CONDITIONING <i>10-20 MIN</i> | GO FAST Crossfit WOD or circuit focused on time | THE BASICS – 10-6 LADDER (40 REPS EA) DEADLIFT >=75% 5RM CHEST PRESS >=75% 5RM POWER CLEAN >=75% 5RM ■ SCORE = PERCENTS ADDED UP |
| CORE <i>10-15 MIN</i> | GO TO FAILURE Core exercise focused on burn out | BUTTERFLY SIT UPS X 100 |

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.