

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	LEG DAY – 3 CIRCUITS WALKING LUNGE X 20 EA (BW, +SANDBAG, DB) SQUAT X 20 (+SANDBAG OR DB) BACK EXTENSIONS X 10 (SWISS BALL, FLOOR, REV. EXT. ON BENCH, OR GHD)
CONDITIONING <i>10-20 MIN</i>	GO FAST Crossfit WOD or circuit focused on time	NMF ARMBLASTER – 8 MIN AMRAP 12 DIPS (PARALETTES, BAR, TRX, OR BENCH) 10 HAMMER CURL TO PRESS 25/20 DB 8 PUSH PRESS 40/30 BAR 6 BICEP CURLS 60/50 BAR 4 DECLINE PUSH UPS <ul style="list-style-type: none"> ■ GO LIGHTER ON OVERHEADS THAN YOU THINK ■ SCORE = REPS
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.