

September 2018 Training Program

Heavy (Upper Body)	Heavy (Lower Body)	Cardio/Circuit
<p>September 3rd: Superman Fans S-Move Sphinx Head nods and turns</p> <ol style="list-style-type: none"> 1. Single Arm Deadlift 5 x 5/5 2. Single or Double Clean 5 x 5 3. Single Arm Swing 5 x 10/10 4. Single Arm Press 5 x 5/5 	<p>September 5th: Brettzel Cobra to TGU Quadruped on Knees Rocking: Elbows forward/bkwrđ</p> <ol style="list-style-type: none"> 1. 1/2 Kneeling Goblet Hold 2. Goblet Squat 3 x 8 3. Front Squat 5 x 5 4. Rack Lunge 5 x 5/5 	<p>September 7th: Treadmill sprints/jog At least 2% incline, up to 10%</p> <p>:20 ON - :10 OFF x 5 min</p> <p>Get on the treadmill at a fast pace, jog/sprint 20 seconds, hop off and rest 10 seconds, repeat for 10 minutes.</p>
<p>September 10th: Sphinx Head nods and turns S-Move Cobra stretch to Pushup Plank</p> <ol style="list-style-type: none"> 1. Walkout 3 x 10 2. Pushup (elevated or on knees if needed) 5 x 5 3. BU (bottoms up) press 3x5/5 4. Kettlebell Snatch 3 x 10/10 	<p>September 12th: Brettzel Turkish Get Up x 1/1 Quadruped on knees Goblet Squat x 5</p> <ol style="list-style-type: none"> 1. Power Swing 5 x 5 2. Goblet Cleans 5 x 5 3. Walking Lunge 3 x 10/10 4. Wall Sit 3 x :15-:30 	<p>September 14th: Deck of Cards (full deck or 30 mins, whichever you hit first)</p> <p>Hearts: Swing Diamonds: L-Sit Sit Ups Spades: Walkouts Clubs: Body weight squats</p> <p>Flip a card, the number and suit are the exercise and number of reps. Face cards are 10, Aces are 1. No jokers.</p>
<p>September 17th: Superman Fans S-Move Sphinx Head nods and turns</p> <ol style="list-style-type: none"> 1. Single Arm Deadlift 5 x 5/5 2. Single or Double Clean 5 x 5 3. Single Arm Swing 5 x 10/10 4. Single Arm Press 5 x 5/5 	<p>September 19th: Brettzel Cobra to TGU Quadruped on Knees Rocking: Elbows forward/bkwrđ</p> <ol style="list-style-type: none"> 1. 1/2 Kneeling Goblet Hold 2. Goblet Squat 3 x 8 3. Front Squat 5 x 5 4. Rack Lunge 5 x 5/5 	<p>September 21st: Treadmill sprints/jog At least 2% incline, up to 10%</p> <p>:20 ON - :10 OFF x 10 min</p> <p>Get on the treadmill at a fast pace, jog/sprint 20 seconds, hop off and rest 10 seconds, repeat for 10 minutes.</p>
<p>September 24th: Sphinx Head nods and turns S-Move Cobra stretch to Pushup Plank</p> <ol style="list-style-type: none"> 1. Walkout 5 x 8 2. Pushup (elevated or on knees if needed) 5 x 5 3. BU (bottoms up) press 3x5/5 4. Kettlebell Snatch 5 x 10/10 	<p>September 26th: Brettzel Turkish Get Up x 1/1 Quadruped on knees Goblet Squat x 5</p> <ol style="list-style-type: none"> 1. Power Swing 5 x 5 2. Goblet Cleans 5 x 5 3. Walking Lunge 3 x 10/10 4. Wall Sit 3 x :30 	<p>September 28th: Deck of Cards (full deck or 30 mins, whichever you hit first)</p> <p>Hearts: Swing Diamonds: L-Sit Sit Ups Spades: Walkouts Clubs: Body weight squats</p> <p>Flip a card, the number and suit are the exercise and number of reps. Face cards are 10, Aces are 1. No jokers.</p>

