

# October 2018 Training Program

Strength	Endurance	Strength
<p><b>Day 1:</b> Cobra Flow x 5 Brettzel 1.0 and 2.0 “S” Move &amp; Arm Fans</p> <p>1. ABS: 5 Rounds Deadbug x 10/10 L Sit Situp x 10 Leg Drops x 10</p> <p>2. Pushup 5x5 3. Circuit: 3-5 Rounds Walkout x 5 Lunge x 10/10 Wall Sit with Arms up x :30</p>	<p><b>Day 2:</b> Ankle Mobility with Stick Swing 3 x 20 Squat 1 x 5</p> <p>1. Circuit: 30 mins AMRAP TGU x 1/1 Crawl forward 10, back 10 Hard Roll x 3/3 Hindu Pushup x 1 Scale Hold x :30/leg</p>	<p><b>Day 3:</b> Rib Pulls Breathing on back, knees to chest and arms overhead Lizard + ER</p> <p>1. Czech Get Up x 5/5 2. Kettlebell Arm Bars x 3/3 3. Walkout into Walkout walk x 10 paces fwd, 10 back. Repeat 3 x 4. Marching 3 x 1:00 min 5. Scale Flow x 10 per leg</p>
<p><b>Day 4:</b> Deck of Pain</p> <p>52 cards: Spades: Push Up Hearts: Air Squat Clubs: Pull-up or Walkouts Diamonds: Knees to elbows or Jack knives</p> <p>Enjoy</p>	<p><b>Day 5:</b> Cobra Flow x 5 Frog Stretch Lego Rock x 5/5 Sphinx Head nods and turns</p> <p>Hill Sprints x 10 (:15-:30 effort) *You can increase sets if you can handle up to 30 mins.</p> <p>1 Mile Walk</p>	<p><b>Day 6:</b> Double Ladder</p> <p>Pick an body weight exercise: Push up, Squat, Lunge, Sit Up</p> <p>Set 1: 20 reps Set 2: 1 rep Set 3: 19 reps Set 4: 2 reps Set 5: 18 reps Set 6: 3 reps Set 7: 17 reps Set 8: 4 reps Set 9: 16 reps Set 10: 5 reps Set 11: 15 reps Set 12: 6 reps Set 13: 14 reps Set 14: 7 reps Set 15: 13 reps Set 16: 8 reps Set 17: 12 reps Set 18: 9 reps Set 19: 11 reps Set 20: 10 reps</p> <p>Between sets walk 5-10 steps for rest then get back into it. Goal is to finish as quick as possible.</p>



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<p><b>Day 7:</b> Cobra Flow x 5 Brettzel 1.0 and 2.0 “S” Move &amp; Arm Fans</p> <p>1. ABS: 5 Rounds Deadbug x 10/10 L Sit Situp x 10 Leg Drops x 10</p> <p>2. Pushup 5x5 3. Circuit: 3-5 Rounds Walkout x 5 Lunge x 10/10 Wall Sit with Arms up x :30</p>	<p><b>Day 8:</b> Ankle Mobility with Stick Swing 3 x 20 Squat 1 x 5</p> <p>1. Circuit: 30 mins AMRAP TGU x 1/1 Crawl forward 10, back 10 Hard Roll x 3/3 Hindu Pushup x 1 Scale Hold x :30/leg</p>	<p><b>Day 9:</b> Rib Pulls Breathing on back, knees to chest and arms overhead Lizard + ER</p> <p>1. Czech Get Up x 5/5 2. Kettlebell Arm Bars x 3/3 3. Walkout into Walkout walk x 10 paces fwd, 10 back. Repeat 3 x 4. Marching 3 x 1:00 min 5. Scale Flow x 10 per leg</p>
<p><b>Day 10:</b> Deck of Pain</p> <p>52 cards: Spades: Push Up Hearts: Air Squat Clubs: Pull-up or Walkouts Diamonds: Knees to elbows or Jack knives</p> <p>Try to finish faster than previous attempt.</p>	<p><b>Day 11:</b> Cobra Flow x 5 Frog Stretch Lego Rock x 5/5 Sphinx Head nods and turns</p> <p>Hill Sprints x 10 (:15-:30 effort) *You can increase sets if you can handle up to 30 mins.</p> <p>1 Mile Walk</p>	<p><b>Day 12:</b> Double Ladder</p> <p>Pick a new body weight exercise: Push up, Squat, Lunge, Sit Up</p> <p>Set 1: 20 reps Set 2: 1 rep Set 3: 19 reps Set 4: 2 reps Set 5: 18 reps Set 6: 3 reps Set 7: 17 reps Set 8: 4 reps Set 9: 16 reps Set 10: 5 reps Set 11: 15 reps Set 12: 6 reps Set 13: 14 reps Set 14: 7 reps Set 15: 13 reps Set 16: 8 reps Set 17: 12 reps Set 18: 9 reps Set 19: 11 reps Set 20: 10 reps</p> <p>Between sets walk 5-10 steps for rest then get back into it. Goal is to finish as quick as possible.</p>