

# January 2019 Training Program

| Heavy Resistance  | Endurance   | Circuit Day  |
|---|---|--|
| <p><b>Day 1:</b></p> <ol style="list-style-type: none"> <li>1. Deadlift x 4,3,2,1</li> <li>2. Goblet Squat 3 x 10</li> <li>3. Deadbug 5 x 10/10</li> <li>4. Walkout with Pushup 3 x 10</li> <li>5. Swing 10 x 10 OTM</li> </ol> <p><i>On the minute</i></p> | <p><b>Day 2:</b></p> <ol style="list-style-type: none"> <li>1. Turkish Get Up 3 x 2/2</li> <li>2. Single Arm Press 5 x 10/10</li> <li>3. Push Up 5 x 5</li> <li>4. Hardstyle Plank 5 x :30</li> <li>5. 1 mile run/walk</li> </ol> | <p><b>Day 3:</b></p> <ol style="list-style-type: none"> <li>1. Swing 10 x 10</li> <li>2. Deadbugs 5 x 10/10</li> <li>3. 5 Rounds</li> </ol> <p>Hand 2 Hand swing x 20<br/>Body Weight Squat x 20<br/>Crawl x 1 min</p> |
| <p><b>Day 4:</b></p> <ol style="list-style-type: none"> <li>1. Bent Over Row 5 x 10</li> <li>2. SeeSaw Press 5 x 5/5</li> <li>3. Thruster 3 x 10</li> <li>4. Bicep Curl 3 x 12</li> <li>5. Lateral Shoulder Raises 3x10</li> </ol>                          | <p><b>Day 5:</b></p> <ol style="list-style-type: none"> <li>1. Goblet Squat 3 x 10</li> <li>2. Wall Sit 3 x 1 min</li> <li>3. Swing 5 x 20</li> <li>4. Hill Sprint x 10</li> </ol>  | <p><b>Day 6:</b></p> <p>Pushup x 5<br/>Every minute<br/>On the minute<br/>x 20 mins</p>  |
| <p><b>Day 7:</b></p> <ol style="list-style-type: none"> <li>1. Deadlift 5 x 5</li> <li>2. Goblet Squat 5 x 10</li> <li>3. Deadbug 5 x 10/10</li> <li>4. Walkout with Pushup 3 x 10</li> <li>5. Swing 10 x 10 OTM</li> </ol> <p><i>On the minute</i></p>     | <p><b>Day 8:</b></p> <ol style="list-style-type: none"> <li>1. Turkish Get Up 3 x 2/2</li> <li>2. Single Arm Press 5 x 10/10</li> <li>3. Push Up 5 x 5</li> <li>4. Hardstyle Plank 5 x :30</li> <li>5. 1 mile run/walk</li> </ol> | <p><b>Day 9:</b></p> <ol style="list-style-type: none"> <li>1. Swing 10 x 10</li> <li>2. Deadbugs 5 x 10/10</li> <li>3. 5 Rounds</li> </ol> <p>Hand 2 Hand swing x 20<br/>Body Weight Squat x 20<br/>Crawl x 1 min</p> |
| <p><b>Day 10:</b></p> <ol style="list-style-type: none"> <li>1. Bent Over Row 5 x 10</li> <li>2. SeeSaw Press 5 x 5/5</li> <li>3. Thruster 3 x 12</li> <li>4. Bicep Curl 3 x 15</li> <li>5. Lateral Shoulder Raises 3x12</li> </ol>                         | <p><b>Day 11:</b></p> <ol style="list-style-type: none"> <li>1. Goblet Squat 3 x 12</li> <li>2. Wall Sit 3 x 1 min</li> <li>3. Swing 5 x 20</li> <li>4. Hill Sprint x 10</li> </ol>   | <p><b>Day 12:</b></p> <p>Swing x 300 reps for time</p> <p><i>Goal: 300 swings in 15 mins or less.</i></p>  |

