



CONDITIONING TRAINING WORKSHOP

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Disclaimer

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CONDITIONING METHODS

By now you are no stranger to “interval training”. It’s been a buzz word in the industry for years and has been used to achieve amazing results and fantastic physiques. Like any training method however, understanding WHY it works and HOW to implement it is key!

For those that may not know, intervals (metabolic circuits), are short burst of high intensity exercise followed by short recover periods before repeating another interval. They can be performed in a variety of ways, but for optimal fat burning, combining weight training circuits with very specific interval cardio days is the best way of ridding your body of unwanted fat and showing off that body you’ve worked so hard for!

If you want to shed fat FAST, then the key is using a proper Metabolic System to maximize fat loss.

The goal of the fat torching workouts is to:

- Force free fatty acids into the blood stream to be used as a source of fuel instead of using stored sugars.
- Burn calories far after your workout is done aka EPOC (Excess Post-Oxygen Consumption). This turns your body into a fat burning furnace for hours after your workout.
- Enhance post workout nutrient uptake. This will enable you to store food post workout inside your muscle and liver instead of storing fat.
- Release fat burning chemicals like growth hormone and something called “catecholamines”

Catecholamines are "fight-or-flight" hormones released by the adrenal glands in response to stress like high intensity intervals. They are part of the sympathetic nervous system and they force the release of free fatty acids into the bloodstream. In order for us to “burn off stored fat”, the stored fat needs to be converted into free fatty acids and sent into the blood stream to be used for energy. In other words, these catecholamines break apart stubborn body fat and allow us to use this fat as fuel!

An optimal program utilizes:

- 3-5 days of Metabolic conditioning weight training circuits.
 - o These high intensity workouts burn through your sugar storages. Maintain your strength and muscle, while igniting the fat burning response and getting free fatty acids into your blood stream.
- Post Exercise Old School Steady State Cardio.
 - o Performing 15-30 minutes of low intensity steady state cardio post workout is the best way of burning up all the free fatty acids floating around in the blood stream. As a rule you should be able to maintain a conversation. The intensity should NOT be so high that you're panty and having a hard time taking deep breaths.
- 2 Hybrid HIIT Conditioning workouts
 - o Hybrid HIIT Conditioning is a sneaky trick on traditional intervals. This process combines intervals followed by a short rest and then steady state cardio. Many people are unaware of something called "reesterification". This is a process by which free fatty acids that do not get used up get RE-STORED as fat back in the body! That's right....imagine busting your butt for 10-15 minutes doing high intensity intervals only to have fat re-stored in the body!

Your Hybrid HIIT Protocol

- HIGH level of intervals for 10-15 minutes
 - Follow the cardio protocol provided
- Step off the machine and rest completely for 5 minutes
 - This step is CRUCIAL for your body to collect and pooling free fatty acids into the blood stream
- Perform 30 minutes of LSD (long slow duration) cardio at a HR of 130-140BPM. This step is CRUCIAL for USING the free fatty acids in the blood

TYPES OF CONDITIONING WORKOUTS

- Tabada
 - 20 seconds on, 10 seconds off, 4 minutes straight
- **Time based/Traditional Circuit**
 - 20-45 seconds each exercise, weight will remain constant from workout 1 to workout 2, but you will try to increase the amount of reps
- **Rep Based /Matrix**
 - Each exercise in the circuit has a predetermined amount of reps to do (ie 20 push ups, 30 jump squats, 10 pullups, 15 high pulls, 500m Row)
 - Goal is to perform each circuit in less time
- Rounds of Exercises
 - You can perform “round” of exercises
 - 4-6 exercises, 30 seconds each, with a 1 minute break between rounds
 - Goal is to try to keep the work output the same (same amount of reps and weight each round)
- Muscle Specific Circuits
 - 4-6 exercises per muscle group done in a row
 - 20 bodyweight squats, 20 alternate lunges, 20 jump lunges, 20 jump squats
 - 15 push ups, 15 MB push ups, 15 “hot coals”, 15 reps on the bench
 - 15 db lateral raises, 15 upright rows, 15 military press, 50 tubing punches
 - The aim is to build the muscle specific endurance in the specific muscle group
- **German Body Composition (great for bodybuilders)**
 - Upper Lower Core Circuits
 - Goal is to do each exercise very heavy
 - Rep range of 8-12
 - Rest intervals of 90-120 seconds between sets
- **Hybrid Training (great for bodybuilders/competitors)**
 - This is more similar to a traditional “body build split
 - Added systemic and other muscle groups to work on instead of resting

CONDITIONING TRAINING OVERVIEW

Circuit Training Considerations

1. Only do movements that are pain free, if certain injuries or conditions prevent you from doing certain movements, then leave them out.
2. Do all movements with control and in a fluid manner.
3. Master the movements in a controlled fluid manner, BEFORE you introduce them into a circuit protocol. Once you are comfortable with them **perform all movements with power concentrating on power output, which means also speed. The only time this does not apply is when doing balance movements.** (e.g. Anterior reach)
4. **All circuits should have elements of the following within it:**
 - Systemic or locomotive movements
 - Movements with power changes or changes of speed
 - Pushing and/or pulling movements
 - Abs/core exercise movements
 - Movements that involve rotation (i.e. twisting)
 - Moving the centre of mass (i.e. bending)
5. Keep the circuits simple and the focus on either general exercise demands or on one of the above parameters specifically. No more than 60 percent of a circuit should be aimed at one particular parameter unless designed specifically to do so.
6. Keep the circuits simple. This doesn't mean the exercises should be simple, but keep the actual circuits simple. Most exercises are much more difficult than they look.
7. To make the circuits or movements within the circuits more demanding look to:
 - **Increase speed of movements and take less rest between movements and between circuits. The most important thing to remember and ingrain in your head when doing Conditioning Training moves for circuits is that the first "progressions" are always for 1.) maximum speed, and then 2.) range of motion. All other progression come AFTER THOSE TWO**
 - Reduce base stability, for example, where applicable, do movements on one leg instead of two
 - Manipulate the lever arm - this is a way to make movements harder by taking the resistance further away from the centre of the body
 - Add extra motion - doing each rep in different planes of motion, where applicable, can be more difficult.
 - Create training compounds and then apply all the above ways to "progress" that movement or exercise. (e.g. posterior reach lunge, to posterior reach lunge with upright row, to posterior reach lunge from a step)
 - And of course you can also add resistance. (ex. Using heavier and heavier Medicine Balls)
 - Doing "asymmetrical" movements can make a movement more difficult or often more fun. (push-ups with one hand on box)

8. Most Circuit Training Protocols are not meant to last more than 2-4 weeks. Do not attempt to do so without proper coaching instruction.
9. Consider Conditioning Circuits to be a lot like Interval Cardio. For this reason, once you are “conditioned” in to circuit training there will be days where it is fine to “coast” through the Circuits with less intensity and less speed and power. Consider this type of Circuit much like doing regular “steady state” non interval cardio.
10. Most Circuits will be done for enhancing metabolic demand, therefore, most Circuits will be and should be **designed with exercises that are predominantly systemic in demand** (meaning using lots of muscles and creating an O2 debt).
11. Remember “**speed and power**” is the name of the game here. Always try to do movements within a Circuit faster and faster. One of the definitions of **POWER** is to do more work in the same amount of time. So always look to that progression within each Circuit. This is very important.

CARDIO PROTOCOLS

Phase One:

| Workout(s) | Sets | High Intensity | Low Intensity |
|------------|------|----------------|---------------|
| 1 & 2 | 6 | 40 Sec. | 2:00 |
| 3 & 4 | 7 | 40 Sec. | 2:00 |
| 5 & 6 | 8 | 40 Sec. | 2:00 |
| 7 & 8 | 9 | 40 Sec. | 2:00 |
| 9 & 10 | 10 | 40 Sec. | 2:00 |
| 11 & 12 | 11 | 40 Sec. | 2:00 |
| 13 & 14 | 12 | 40 Sec. | 2:00 |
| 15 & 16 | 12 | 45 Sec. | 1:45 |

Phase Two:

| Workout(s) | Sets | High Intensity | Low Intensity |
|------------|------|----------------|---------------|
| 1 & 2 | 6 | 20 Sec. | 1:00 |
| 3 & 4 | 7 | 20 Sec. | 1:00 |
| 5 & 6 | 8 | 20 Sec. | 1:00 |
| 7 & 8 | 9 | 20 Sec. | 1:00 |
| 9 & 10 | 10 | 20 Sec. | 1:00 |
| 11 & 12 | 11 | 20 Sec. | 1:00 |
| 13 & 14 | 12 | 20 Sec. | 1:00 |
| 15 & 16 | 12 | 25 Sec. | :45 |

Phase Three:

| Workout(s) | Sets | High Intensity | Low Intensity |
|------------|------|----------------|---------------|
| 1 & 2 | 6 | 10 Sec. | :30 |
| 3 & 4 | 7 | 10 Sec. | :30 |
| 5 & 6 | 8 | 10 Sec. | :30 |
| 7 & 8 | 9 | 10 Sec. | :30 |
| 9 & 10 | 10 | 10 Sec. | :30 |
| 11 & 12 | 11 | 10 Sec. | :30 |
| 13 & 14 | 12 | 10 Sec. | :30 |
| 15 & 16 | 12 | 15 Sec. | :30 |

Phase Four:

| Workout(s) | Sets | High Intensity | Low Intensity |
|------------|------|----------------|---------------|
| 1 & 2 | 6 | 20 Sec. | :10 |
| 3 & 4 | 7 | 20 Sec. | :10 |
| 5 & 6 | 8 | 20 Sec. | :10 |
| 7 & 8 | 9 | 20 Sec. | :10 |
| 9 & 10 | 10 | 20 Sec. | :10 |
| 11 & 12 | 11 | 20 Sec. | :10 |
| 13 & 14 | 12 | 20 Sec. | :10 |
| 15 & 16 | 12 | 20 Sec. | :10 |

FUNCTIONAL AND CONDITIONING MOVEMENTS

Systemic

1. **Squat and all variations:**
 - with a push, MB, tubing pull, DB rotational press (*advanced*) (*also legs*)*Progressions: add asymmetrical height (i.e. from a step); decrease stability (Bosu, Air Disc)*
2. **Squat thrusts**
 - hands behind head (*also legs*); **strength/plyo**
3. **Cheerleader lunge**
 - with MB (*also legs, core*)*Progressions: increase weight of MB; increase distance of lunge*
4. **Sumo Squat with Rotations**
5. **One leg high step up with crossovers***Progressions: resistance; height*
6. **Compound rows with tubing** (*also back*)*Progressions: resistance from tubing (i.e. step back further); stability (i.e. stand on one leg; stand on Bosu or Air Disc)*
7. **Split jumps** (bodyweight) (*also legs*)*Progressions: add resistance (DB or MB or weighted bar – hold overhead)*
8. **Step ups** (bodyweight) (*also legs*)*Progressions: add resistance (DB or MB or weighted bar – hold overhead); increase height of step, add multi plane effect of other leg, (frontal)*
9. **Lateral step and shoot from stepper** (*also core, legs*)*Progressions: add resistance (MB); increase height of step*
10. **Lateral leaps over partner or bench** (*also core, legs*)*Progressions: height*
11. **Burpees** – military, add a jump, add a jump with resistance (light DB's)
12. **Mountain climbers**
 - from a Bosu, from a MB and all variations
13. **Any lateral runs or versions***Progressions: length of run*

14. **Long jump bounding from crouch position** (*also legs, core*); **strength/plyo**
Progressions: resistance (weighted vest)
15. **Four point diagonal hops**
Progressions: resistance (weighted vest)
16. **Diagonal walks with mini bands** (*also legs*)
Progressions: resistance (weighted vest); mini bands
17. **Duck walks** (*also legs, core*)
 - with bodyweight or light bar*Progressions: weight of bar, gait*
18. **Bear walks** (*also posterior legs*)
Progressions: speed, gait
19. **Heavy DB walks**
Progressions: asymmetrical, heavier dumbbells, increased speed
20. **Backward walks from L-position, hands feet**
21. **5-Dot drill** and all it's variations
 - including hopping*Progressions: distance of dots; resistance (weighted vest), speed*
22. **Lateral lunge with a push with MB** (*also legs, core*)
Progressions: weight of MB; off a step
23. **Agility ladder and all variations** - (*drills*)
24. **Rotational split jump (with MB)** (*also legs, rotational*)
25. **Lateral front lunge** – (*also legs*)
26. **Diagonal shuffle on the Bosu**
27. **T-drills 10-5-5** (*fun*). (*drill*)
28. **Lateral stride drops and touch from a stepper or Bosu**
29. **DB/KB clean and press** *Progressions: increase resistance, speed*

- 30. **Knees to chest jump from floor or rebounder** *(also core)*
Progressions: speed; weighted vest
- 31. **Walk around the clock (Upper or Lower Body)** *(also core)*
Progressions: perform off a step/elevated surface (feet on a step for upper body; hands on a step for lower body), speed of execution
- 32. **Hop around the clock (Upper or Lower Body)** *(also core)*
Progressions: perform off a step/elevated surface (feet on a step for upper body; hands on a step for lower body)
- 33. **Battle Ropes variations**
- 34. **Sledgehammer Variations**
- 35. **Judo Throws (with Tubing)** *(also rotational)*
Progressions: resistance, speed
- 36. **Skipping**

Upper Body

1. **Speed punching** *(also rotational)*
 - all punching motions with or without rotations*Progressions: resistance (DB or Tubing); stability (on one foot, Air Disc, Bosu)*
2. **Cross punching with tubing**
 - all punching motions with or without rotations*Progressions: resistance (tubing); stability (on one foot, Air Disc, Bosu)*
3. **Compound row with tubing** *(also systemic)*
Progressions: resistance (tubing); stability (on one foot, Air Disc, Bosu)
4. **Pushups and all variations** *(also core)*
 - bodyweight, stability ball, medicine ball, rings*Progressions: stability (1 arm, asymmetrical, 1 foot); width of hands/feet*
5. **One arm push off from pushup from MB**
Progressions: width of hands/feet
6. **Rowing (all kinds) with tubing**
Progressions: stability (on one foot, Air Disc, Bosu); resistance (tubing), speed
7. **Y press with light dumbbells** *(can add rotations, etc.)*
 - can add rotations etc.*Progressions: stability (on one foot, Air Disc, Bosu); resistance (DB)*
8. **Alternate chainsaw starters, staggered stance light DBs** *(also core)*
Progressions: resistance (DB), speed
9. **Alternating upright rows for speed with light DBs or tubing**
Progressions: resistance (DB/tubing); stability (on one foot, Air Disc, Bosu);
10. **Alternating Tubing Archers** *(also rotational)*
Progressions: resistance (tubing), speed
11. **Cross uppercuts with light DBs** *(also core)*
 - all punching motions with or without rotations.*Progressions: resistance (DB), speed*
12. **Upper body running with light dumbbells** *(also core and systemic)*
Progressions: resistance (DB)

13. **Compound push, bend at hips** *(also core)*
Progressions: resistance (tubing); stability (on one foot, Air Disc, Bosu);
14. **T-stabs (with push-ups) rolls** *(also rotations)*
Progressions: hands = staggered; feet = unstable – Air Disc; add resistance
15. **Box step ups with arms (Upper Body Step Ups)**
Progressions: height of box; stability (feet on Air Disc; one foot up)
16. **Upper Body Walks Offs from Step**
Progressions: speed
17. **One arm pushups** *(also core); strength/plyo*
 - wide legs, better base of support*Progressions: stability (feet close together; feet on Air Disc; one foot up)*
18. **Pike push-ups** *(also core and glute hams stretch)*
Progressions: from ball or bench
19. **Vertical push-ups** *(shoulder) ; strength/plyo*
Progressions: stability (Bosu); staggered hands
20. **Horizontal Pull-ups** *(back)*
Progressions: straighten legs; height of bar; stability (legs on bench or SB)
21. **Crossover push-ups on MB; strength/plyo**
Progressions: positioning of MB
22. **Upper body depth jumps (from boxes/step); strength/plyo**
Progressions: feet close together; height of boxes/step, speed
23. **Explosive push-ups; strength/plyo**
 - changing asymmetrical hand position*Progressions: feet close together; hand position, speed and air time*
24. **MB Hot Coals (from Plank Position)**
Progressions: width of feet, speed, minimum time on each surface
25. **Crocodile walks** *(also systemic)*
26. **Grappler Press Variations** *(also core and lower body)*

Core (Primarily)

1. **Cheerleader lunge with MB or plyoball**
Progressions: resistance (MB); stability (Air Disc)
2. **ABC extensions with tubing or cables**
Progressions: resistance (tubing/cables); stability (standing on Air Discs), speed
3. **Chops (and rotational versions)**
 - reverse, vertical etc. with cables, tubing or MB diagonal etc.*Progressions: resistance, speed*
4. **MB slams**
 - all types: diagonal, 3 pt., ABC option, etc.
 - standing or seated*Progressions: resistance/weight*
5. **Hyperextensions, Reverse hyperextensions**
 - with body weight, with machines, with SBs etc*Progressions: resistance/weight*
6. **Knee tucks**
 - on SB, skiers, etc.
7. **Crunches, sit-ups and all variations**
 - with SB, MB, BW, BB.*Progressions: resistance*
8. **Exchanges with SB or MB etc.**
Progressions: resistance
9. **Straight leg supine rotations**
 - with or without SB between legs
 - can also be done with bent legs, and feet off the ground
 - also known as windshield wipers*Progressions: resistance*
10. **Bridges on SB or any kind**

11. **Alternating swimmers kicks** (*also legs*), from Bosu in plank
12. **Pike ups**
 - and variations
13. **Supermans**, alternating Supermans and variations
Progressions: stability (SB, Bosu)
14. **Supine lying side oblique crunches**
15. **Supine lying side oblique leg raises**
16. **Russian twists** (*also rotational*)
 - with balls, or weights*Progressions: resistance; stability (no feet on floor; sitting on Bosu)*
17. **Halos and figure 8s**
 - with a converta ball
18. **Good mornings**
Progressions: resistance; stability (stand on Air Disc, Bosu)
19. **Push-up position contra-lateral knee to elbow touch** (*also rotational*); **strength**
20. **Alternate DB Pull-Ins from Plank Position** (*also rotational*)
Progressions: resistance; foot position (wide vs. narrow)
21. **Side and regular planks**
Progressions: foot position, and range of motion, off MB etc
22. **Roll outs with abs roller or barbell**
23. **Compound push or press with tubing**
 - bend at hips or staggered stance*Progressions: resistance*
24. **SB crunch**
 - with MB, DB or plate etc.*Progressions: resistance*
25. **Knee balance and Kayak row on Bosu Ball with body bar**
Progressions: resistance (body bar)

26. **Overhead standing alternate oblique crunches with resistance**
 - Body Bar, MB*Progressions: resistance; stability (Bosu, Air Disc)*
27. **Side hip thrusts**
 - from side plank position
28. **Palloff Presses**
Progressions: kneeling
29. **Downward cross punching with tubing**
 - rotation for core*Progressions: resistance;*
30. **Overhead slams, rotational slams MB that bounces**
Progressions: resistance
31. **Push-up with lateral crunch (knee to elbow)**
32. **Groiners - wide legs**
33. **Rotational leg throughs from push up position**
34. **Lying scissors and crossovers scissors for lower abs**
Progressions: stability (lying on Bosu)
35. **Rocky abs** (weight on shoulders)
Progressions: kick legs
36. **Walkouts from pushup position (in and out)**
37. **T-Stab pushups** (*also upper body*); **strength**
Progressions: foot position
38. **Alternate side to side touch reaches from Bosu (bubble side down)** (*also lower body*)
Progressions: varying stances

Rotational

1. **Twisters and skiers (SB)**
Progressions: speed, range of motion
2. **Chops, diagonal upward or downward**
Progressions: resistance (tubing), range of motion, speed
3. **Rotational slams, sitting or standing**
Progressions: resistance (MB)
4. **Any punching motions with rotations**
Progressions: resistance (tubing, DB)
5. **Any rowing motions with rotations or pulls with rotations**
Progressions: resistance (tubing, DB)
6. **Lying straight leg or bent leg rotations**
 - (ball between legs optional) (aka windshield wipers)*Progressions: resistance*
7. **Halo's and figure 8s with converta ball**
Progressions:
8. **Alternating archers**
Progressions: resistance (tubing, DB)
9. **Squats with rotations**
Progressions: resistance
10. **Push-up position contra-lateral knee to elbow touch**
11. **Upper Russian Twist on SB**
Progressions: resistance
12. **Lower Russian Twist**
13. **Plank with Lower Body Rotations**
14. **Judo Throws (with Tubing) (also systemic)**

Lower Body

1. **Squats, speed squats, thrusts (all types)**
Progressions: asymmetrical foot position; speed; resistance
2. **Rotational split jump (also systemic).**
Progressions: speed; Bosu or step
3. **Skaters = lateral bounding (also systemic).**
Progressions: range of motion
4. **Split jumps (also systemic)**
Progressions: speed, range of motion, air time
5. **Lunges and it's variations**
 - also with MB, light DB etc.*Progressions: height (step/box); stability (Bosu; Air Disc); resistance*
6. **Squat jumps (also systemic)**
Progressions: height (off step/box); stability, speed, air time, reaction time
7. **SB leg curls**
Progressions: 1 leg
8. **Bulgarians Split Squats (on step)**
Progressions: height (step/box); resistance (weighted vest, DB)
9. **Step ups (also systemic)**
Progressions: height (step/box); resistance
10. **Duck walks (also systemic)**
Progressions: resistance (weighted vest)
11. **Lateral lunge (with a push etc.)**
Progressions: height (step/box); resistance (MB, DB)
12. **Rotational split jump (also systemic, rotational).**
Progressions: resistance (weighted vest)
13. **Reverse lunges and all variations (BW, MB) etc.**
14. **Standing broad jumps (also systemic).**

15. **Kicking Variations**
16. **One legged squat SB**
Progressions: resistance (DB)
17. **One legged lateral squat SB**
Progressions: resistance (DB)
18. **Reaching lunges**
 - front, lateral and posterior (aka reaching lunges (Posterior is not a reverse lunge.)*Progressions: resistance (DB, MB); height (from step/box)*
19. **Duck unders (also core)**
Progressions: resistance (weighted vest)
20. **Single leg squat (foot in front)**
Progressions: resistance; stability (Bosu, Air Disc)
21. **Crouch position repeated broad jumps**
Progressions: resistance (weighted vest)
22. **Alternate side to side touch reaches from Bosu (bubble side down) (also core)**
Progressions: varying stances
23. **Crossover Step Ups**
Progressions: height of bench, speed
24. **Hip Swings – Side to Side (Frontal) or Front to Back (Sagittal)**
Progressions: Air Disc
25. **DB frontal plane deadlifts**

HYBRID EXAMPLE ONE

DAY 1

| | |
|--------------------------|----------|
| Leg Press | 4 X's 12 |
| DB side laterals, seated | 4 X's 12 |
| SB Knee Tucks | 4 X's 20 |
| Push ups | 4 X's 15 |

Rest for 90 Seconds then Repeat

| | |
|---------------------------------|------------------|
| Reverse Lunges w DB | 4 X's 12 per leg |
| SB leg curls with a high bridge | 4 X's 15 |
| TRX Inverted Rows | 4 X's 12 |
| Tubing Alternate Rows | 4 X's 50 FAST |

Rest for 90 Seconds then Repeat

| | |
|--------------------------------|------------|
| DB Step ups | 4 X's 8-10 |
| Alternating DB clean and press | 4 X's 8-10 |
| Tubing Rotations | 4 X's 15 |
| SB abs crunches | 4 X's 20 |

Rest for 90 Seconds then Repeat

DAY 2

| | |
|---------------------|----------------|
| DB Flat Bench press | 4 X's 6-8 |
| MB Slams | 4 X's 10 |
| Mountain Climbers | 4 X's 30 total |
| Skips | 4 X's 75 |

Rest for 90 Seconds then Repeat

| | |
|-------------------|----------|
| Cable Cross Overs | 4 X's 10 |
| DB Incline Bench | 4 X's 8 |
| Side Bends | 4 X's 15 |
| Line Hops | 4 X's 40 |

Rest for 90 Seconds then Repeat

| | |
|-----------------------------|-------------|
| DB flat flies | 4 X's 10-12 |
| Push-ups on BOSU | 4 X's max |
| Tubing Choppers low to high | 4 X's 15 |
| BW Calf Raises | 4 X's 30 |

Rest for 90 Seconds then Repeat

DAY 3

| | |
|---------------------|---------------|
| BB Bent rows | 4 X's 8-10 |
| EZ Bar upright rows | 4 X's 10-12 |
| Rope Rows to Neck | 4 X's 12 |
| DB Shrugs | 4 X's 20 each |

Rest for 90 Seconds then Repeat

| | |
|---------------------------------|-------------|
| Cable lat pulldowns, wide grip | 4 X's 10-12 |
| SB Push up position toe touches | 4 X's 20 |
| Hyperextensions | 4 X's 10 |
| Burpies | 4 X's 6 |

Rest for 90 Seconds then Repeat

| | |
|--------------------------|---------------|
| Seated cable rows | 4 X's 8-10 |
| Gravitron Pull ups | 4 X's 12 |
| Plank on sB | 4 X's 15 each |
| One Legged Glute bridges | 4 X's 15 each |

Rest for 90 Seconds then Repeat

DAY 4

| | |
|--|------------|
| Seated DB shoulder press | 4 X's 8-10 |
| DB Front Raises | 4 X's 8-10 |
| Kickbacks | 4 X's 10-M |
| BW pushups, one leg raised and to the side | 4 X's 15 |

Rest for 90 Seconds then Repeat

| | |
|-------------------------------|------------------|
| Military Press | 4 X's 8-10 |
| Prone Incline T Raises | 4 X's 15 |
| Plank | 4 X's 30s-45s |
| SB alternating DB chest press | 4 X's 12-15 each |

Rest for 90 Seconds then Repeat

| | |
|-----------------------------------|-------------|
| Incline DB Curls | 4 X's 12 |
| Overhead DB Extensions | 4 X's 12 |
| Barbell 21's | 4 X's 7/7/7 |
| Skull Crushers with press burnout | 4 X's 12 |

Rest for 90 Seconds then Repeat

HYBRID EXAMPLE TWO

DAY 1

| | |
|--|--------------|
| One Arm DB Press | 4 X's 8-10EA |
| Vertical Choppers with weight plate | 4 X's 10-12 |
| SB skiers | 4 X's 20 |
| Plyo push ups for speed | 4 X's 15 |
| <i>Rest for 90 Seconds then Repeat</i> | |

| | |
|--|-------------|
| Hack Squat | 4 X's 10 |
| Jumping Bulgarians | 4 X's 10-15 |
| BW Recline Pull Ups (TRX) | 4 X's 10-15 |
| Grappler press with rotation | 4 X's 10-15 |
| <i>Rest for 90 Seconds then Repeat</i> | |

| | |
|--|-------------|
| Leg Press | 4 X's 15 |
| DB high pulls from floor | 4 X's 8-10 |
| Long jumps from crouch position | 4 X's max |
| Pec Dec | 4 X's 10-15 |
| <i>Rest for 90 Seconds then Repeat</i> | |

DAY 2

| | |
|--|-------------|
| DB Flat Bench press | 4 X's 8-10 |
| Upper Body Depth Drops | 4 X's max |
| SB crunch | 4 X's 10-M |
| DB lateral reaching lunges (alternate) | 4 X's 10-12 |
| <i>Rest for 90 Seconds then Repeat</i> | |

| | |
|--|-------------|
| BB Incline Bench | 4 X's 8-10 |
| DB flat flyes | 4 X's 8-10 |
| Heavy MB Slam | 4 X's 10 |
| DB Reverse Lunges (alternate) | 4 X's 10-12 |
| <i>Rest for 90 Seconds then Repeat</i> | |

| | |
|---------------------------------------|--------------------|
| Alternate DB cross rotational punches | 4 X's 10-12 |
| BW dips | 4 X's 10-12 |
| Cable rotations, low to high | 4 X's 10-12 |
| BB Lunges (alternate) | 4 X's 12 each side |

DAY 3

| | |
|--|-------------|
| BB Bent rows | 4 X's 12 |
| BB upright rows | 4 X's 10-12 |
| Hyperextensions | 4 X's 15 |
| One legged Squat (one leg at a time) | 4 X's 10-12 |
| <i>Rest for 90 Seconds then Repeat</i> | |

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|--|-------------|
| Cable lat pulldowns | 4 X's 10-12 |
| Side Crunch | 4 X's 20 |
| Cable Pullover | 4 X's 10-12 |
| Single Arm DB rows | 4 X's 10-12 |
| <i>Rest for 90 Seconds then Repeat</i> | |

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|--|-----------------------|
| Seated cable rows | 4 X's 8-10 |
| Standing One Arm Cable Row | 4 X's 8-M |
| Cable Horizontal Rotations | 4 X's 10-15 each side |
| Hip Raises foot on MB | 3-4 X's 10-M |
| <i>Rest for 90 Seconds then Repeat</i> | |

DAY 4

| | |
|--|------------|
| Seated DB shoulder press | 4 X's 8-10 |
| DB front alternate raises | 4 X's 8-10 |
| Contralateral knee to elbow crunch | 4 X's 10-M |
| BW pushups, one leg raised and to the side | 4 X's 10-M |
| <i>Rest for 90 Seconds then Repeat</i> | |

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|--|----------------------|
| Any shoulder press machine | 4 X's 8-10 |
| One Arm DB Lateral Throws from knee | 4 X's 8-10 each side |
| Russian Twists | 4 X's 8-10 each side |
| BW pushups between 2 MB | 4 X's 8-10 |
| <i>Rest for 90 Seconds then Repeat</i> | |

| | |
|--|-------------|
| Seated alternate DB press | 4 X's 10-12 |
| DB bent laterals | 4 X's 10-12 |
| SB bridges" | 4 X's M |
| SB leg curls" "the triple threat" | 4 X's M |
| SB Hip Lifts" | 4 X's M |
| <i>Rest for 90 Seconds then Repeat</i> | |

DAY 5

| | |
|-------------------------------|------------|
| Overhead Rope Extension | 4 X's 8-10 |
| Incline DB Curls | 4 X's 8-10 |
| Bench Dips | 4 X's max |
| Preacher DB Curls | 4 X's 8-10 |
| W Bar Tricep Extensions | 4 X's 8-10 |
| Underhand W Bar Tri Extension | 4 X's 8-10 |
| Cable W Bar Bicep Curls | 4 X's 8-10 |
| Cable Rope Hammer Curls | 4 X's 8-10 |
| Barbell 21's | 3 sets |
| Skull Crusher 21's | 3 sets |