

OPDfit - Phase II

Workout #1

	Week 1	Week 2	Week 3	Week 4
Dynamic Warm-up				
Strength A1 Dead-lift A2 Ninja Jump A3 Side Plank	5 x 3 @ 5 x 2 5 x 20s es	5 x 4 @ 5 x 2 5 x 25s es	(Increase Weight) 5 x 3 @ 5 x 2 5 x 30s es	(Increase Weight) 8 x 2 @ 8 x 2 8 x 20s es
Test Specific B1 Half Turkish Get-up B2 Pause push-up (pause at bottom) B3 MB Double Bounce Russian Twist B4 Band Pull-apart	5 x 4es @ 5 x 5 (5s pause) 5 x 10 @ 5 x 20 @	(Increase Weight) 5 x 4es @ 5 x 6 (5s pause) 5 x 10 @ 5 x 20 @	5 x 4es @ 5 x 5 (5s pause) 5 x 16 @ 5 x 25 @	(Increase Weight) 5 x 4es @ 5 x 5 (5s pause) 5 x 16 @ 5 x 25 @
Task Specific C1 Leg Crank Circuit 24 Squats 24 Lunges 24 Split Squat Jumps 24 Lunge Jumps (As little rest as possible)	1 Round Time:	(Beat Week 1 Time) 1 Round Time:	2 Rounds Time:	(Beat Week 3 Time) 2 Rounds Time:
Foam Roll/Stretch				

Workout #2

	Week 1	Week 2	Week 3	Week 4
Dynamic Warm-up				
Strength A1 1-arm DB Row A2 Savickas Press (Z Press) A3 KB/DB Suitcase Stair Climb (Weight in 1 hand, don't lean)	4 x 8es @ 4 x 8 @ 4 x 2es @	(Increase Weight) 4 x 8es @ 4 x 8 @ 4 x 2es @	4 x 10es @ 4 x 10 @ 4 x 2es @	(Increase Weight) 4 x 8es @ 4 x 8 @ 4 x 2es @
Test Specific B1 1.5-mile Run C1 Sit-up D1 5 minute Stair Push-ups (1 minutes max push-ups with hands on 1st stair. Rest 1 minute. Repeat on 2nd stair. Rest 1 minute. Repeat on 3rd stair.)	Time: Max: 1st Stair Max: 2nd Stair Max: 3rd Stair Max:	(Beat Week 1) Time: Max: 1st Stair Max: 2nd Stair Max: 3rd Stair Max:	Time: Max: 1st Stair Max: 2nd Stair Max: 3rd Stair Max:	(Beat Week 2) Time: Max: 1st Stair Max: 2nd Stair Max: 3rd Stair Max:
Task Specific E1 Superband Row/Cable Face Pull/ Band Pull-apart (Switch exercises anytime)	200 Reps	250 Reps	250 Reps	300 Reps
Foam Roll/Stretch				

Workout #3

	Week 1	Week 2	Week 3	Week 4
Dynamic Warm-up				
Strength A1 18" DB Step-up A2 Lateral Hop A3 Bent-over Row A4 Bench Press (or DB Bench)	4 x 10es @ 4 x 12s 4 x 10 @ 4 x 10	(Increase Weight) 4 x 8es @ 4 x 12s 4 x 8 @ 4 x 8 @	(Increase Weight) 4 x 6es @ 4 x 15s 4 x 6 @ 4 x 6 @	4 x 8es @ 4 x 15s 4 x 8 @ 4 x 8 @
Test Specific B1 DB Roll and Catch B2 Plank-up B3 Shuttle Run (Rest 1 minute between sets)	5 x 8 @ 5 x 12 5 x 1	6 x 8 @ 6 x 12 6 x 1	7 x 8 @ 7 x 12 7 x 1	8 x 8 @ 8 x 12 8 x 1
Task Specific C1 Plate Halo	3 minutes @ 25	4 minutes @ 25	5 minutes @ 25	(Increase weight) 5 minutes @ 35
Foam Roll/Stretch				