

OPDfit - Phase I

Workout #1

	Week 1	Week 2	Week 3	Week 4
Dynamic Warm-up				
Strength A1 Barbell Squat (5s pause at bottom) A2 Inverted Row (5s pause at top) A3 Dead Bug	4 x 5 @ 4 x 5 @ 4 x 15s each side	4 x 6 @ 4 x 6 @ 4 x 20s each side	(Increase Weight) 5 x 5 @ 5 x 5 @ 5 x 20s each side	4 x 8 @ 4 x 8 @ 4 x 25s each side
Test Specific B1 Push-up B2 Sit-up B3 Stair Run	AMAP in 15 minutes x 5 x 5 x 1 (Rest as little as possible)	AMAP in 15 minutes x 6 x 6 x 2 (Rest as little as possible)	AMAP in 15 minutes x 6 x 6 x 1 (Rest as little as possible)	AMAP in 15 minutes x 8 x 8 x 2 (Rest as little as possible)
Task Specific C1 Dumbbell Destruction: <i>(Grab 2 dumbbells. For 10 minutes, do whatever exercises you can think of without stopping. Any dumbbell exercise is fair game. Squats, lunges, RDLs, rows, overhead presses, bench press, floor presses, curls, triceps extensions, you name it.)</i>	10 minutes @	12 minutes @	(Increase Weight) 10 minutes @	12 minutes @
Foam Roll/Stretch				

Workout #2

	Week 1	Week 2	Week 3	Week 4
Dynamic Warm-up				
Strength A1 Bulgarian Split Squat Iso-Hold A2 Kneeling DB Shoulder Press A3 Side Plank Resistance Band Row	4 x 20s each side @ 4 x 8 @ 4 x 8es @	4 x 20s each side @ 4 x 8 @ 4 x 8es @	4 x 20s each side @ 4 x 8 @ 4 x 8es @	4 x 20s each side @ 4 x 8 @ 4 x 8es @
Test Specific B1 Stability Ball Hip Drop B2 Stability Ball Sit-up B3 Plank-up	4 x 15 4 x 15 4 x 12	4 x 20 4 x 20 4 x 12	4 x 25 4 x 25 4 x 15	4 x 30 4 x 30 4 x 15
Task Specific 1-mile Kettlebell (or Dumbbell) Carry	1 mile @	(Increase Weight) 1 mile @	1 mile @	(Increase Weight) 1 mile @
Foam Roll/Stretch				

Workout #3

	Week 1	Week 2	Week 3	Week 4
Dynamic Warm-up				
Strength A1 Hex Bar Dead-lift A2 DB Floor Press A3 1-arm DB Row A4 Medicine Ball Slam (If the ball bounces, watch your face!)	4 x 4 @ 4 x 8 @ 4 x 8es @ 4 x 8 @	4 x 5 @ 4 x 10 @ 4 x 10es @ 4 x 10 @	(Increase Weight) 4 x 4 @ 4 x 8 @ 4 x 8es @ 4 x 8 @	4 x 5 @ 4 x 10 @ 4 x 10es @ 4 x 10 @
Test Specific B1 1.5-mile Run	Time:	(Beat Week 1) Time:	Time:	(Beat Week 2) Time:
Task Specific C1 Plank/Side Plank/Boat Pose (Switch exercises as needed)	4 minutes	5 minutes	6 minutes	6 minutes
Foam Roll/Stretch				