

SCALED TRAINEE WOD'S

"New Trainees"

The following is a 6 week training paradigm for those beginning a fitness program. (See 'Getting Started' for more information and training ideas.) It is scaled for those who have never participated in an exercise regimen, have been away for a while, or are in rehabilitation.

The WOD's are progressive in that they incorporate increases in intensity, duration, and skill from week to week. As you progress each WOD will introduce a new concept, exercise, resistance, or time element.

We recommend a training regimen of 3-on & 1-off exercise cycle. This means that you will train hard for 3 days and rest / recover on the 3rd. This protocol provides a variation of days off. You are not restricted to this paradigm to achieve fitness; it is one of a plethora of alternatives. Many choose to exercise in a variety of cycles; the following will be helpful.

- SO Fitness: 3-ON (M/T/W), 1-Active Recovery (TH), 2-ON (F/S), Off Sunday
- 3 Days Per Week: Monday, Wednesday, Friday; Weekends off
 - Tuesday, Thursday, Saturday; Off other days
- 4 Days Per Week: Monday, Tuesday, Thursday, Friday; Weekends and Wednesday's off.
- 5-6 Days Per Week: Choose the Rest Day or Days

HEART RATE: A standard for determining exercise intensity, rest, and recovery is the heart rate index or calculation of ones heart rate. To burn fat, increase Max VO₂ (train the anaerobic and aerobic systems), requires an individual reach a "Target Heart Rate" of 70-85% of your maximal heart rate (MHR). MHR is roughly calculated as 220 Beats per Minute (BPM), a generic estimation of the upper limit of what your cardiovascular system can produce during physical activity.

These numbers are estimates that provide only an average value; every person will

deviate somewhat from the norm. See [Tool: Target heart rate calculator](#) for the Mayo Clinic's heart rate calculator.

REST / RECOVERY: Knowing your MHR and keeping track of those numbers will enable you to better estimate how hard you are working and when sufficient recovery has been acquired. See "[Target Heart Rate](#)" to calculate your exercise heart rate and [Recovery Heart Rates](#) (RHR) to calculate your RHR.

WEEKS ONE-TWO

Day One:

Introduction of **Plank** and **Air Squat** technique.

Walk/Jog/Run/Ride/Row-10 Minutes: The protocol calls for 10 minutes of an activity of your choice. Choose one and try to maintain the activity for the entire period.

1-5 Rounds means that you will do the "**Triplet**"; 3 different exercise protocols i.e. **5-Push Ups**, **5-Sit Ups**, and **5-Air Squats** for each round. Rest 1-3 minutes or the time you need to recover normal breathing and repeat for a Second, Third etc.

NOTE: The less rest you require between bouts is an indication of the training effect of exercise. Try to push yourself *safely* through the WOD's but be aware of your HR-Heart Rate as an evaluating tool and safety valve.

Work for 20-30 Minutes

Walk/Jog/Run/Ride/Row-10 Minutes

1-5 Rounds of:

- 5 Push Ups
- 5 Sit Ups
- 5 Air Squats

Day Two:

Introduction of the **Plank Hold**, **Hollow Rock**, and **Squat Hold**

Walk/Jog-10 Minutes: The Protocol calls for an activity of your choice. Choose one and try to maintain the activity for the entire period.

1-5 Rounds means that you will do the "Triplet"; 3 different exercise protocols i.e. 15-20 Seconds **Plank Hold** either from the elbows or hands, 15-20 Seconds **Hollow Rock** Sit Up variation, and 15-20 Seconds of **Squat Holds**; Air Squats from the bottom of the squat-hold the position for the prescribed time. Rest 1-3 minutes or the time you need to recover normal breathing and repeat for a Second, Third etc.

Work for 20-30 Minutes

Walk/Jog-10 Minutes

1-5 Rounds of:

- 15-20 Sec Plank Hold
- 15-20 Sec Hollow Rock
- 15-20 Sec Squat Hold

Day Three:

Introduction of the **Chair Dip, Dumbbell Push Press, and Pull Up**

Walk/Jog-15 Minutes: The Protocol calls for an activity of your choice. Choose one and try to maintain the activity for the entire period.

1-5 Rounds means that you will do the "Triplet"; 3 different exercise protocols i.e. 5 **Chair Dips** with feet on the floor or up on a chair, 5 Standing **Push Presses** with DB's or other weight, and 5 **Pull Ups**. Abbreviated Pull Ups should be substituted if you are unable to do one. Rest 1-3 minutes or the time you need to recover normal breathing and repeat for a Second, Third etc.

Work for 20-30 Minutes

Walk/Jog-15 Minutes

1-5 Rounds of:

- 5 Chair Dips
- 5 DB Push Press
- 5 Pull Ups

Rest and Recover: Take One day to rest and recover if you are on the 3 on 1 off exercise paradigm

Day Four:

Introduction of the Burpee / Burpee Jump, 4-Count Mountain Climber, and 4-Count Flutter Kick-An abdominal variation of the AbCore block, Jump Rope, and Jumping Jacks.

Jump Rope / JJ's, Run-In-Place-10 Minutes: The Protocol calls for an activity of your choice. Jumping Rope, Running in Place, Jumping Jacks-JJ's, Choose one or all and try to maintain the activity for the entire period.

3-5 Rounds means that you will do the "Triplet" 3 different exercise protocols i.e.; 5 Burpee Jumps, 5-4 Count Mountain Climbers, and 5-4 Count Flutter Kicks. We have increased the intensity a little and hope you can complete 3 Rounds or more. Rest 1-3 minutes or the time you need to recover normal breathing and repeat for a Second, Third etc.

Work for 25-40 Minutes

Jump Rope/JJ's-10 Minutes

3-5 Rounds of:

- 5 Burpee Jumps
- 5-4 Count Mountain Climbers
- 5-4 Count Flutter Kicks

Day Five:

Introduction of the Lunge, Turkish Get Up / Sandbag Get Up, Kettlebell Swing

Walk/Jog/Run/Ride/Row-15 Minutes: The Protocol calls for an activity of your choice. Choose one and try to maintain the activity for the entire period.

Work for 25-40 Minutes

Walk/Jog/Run/Ride/Row-15 Minutes

3-5 Rounds of:

- 20 Walking Lunges-10 each leg
- 10 Turkish Get Ups-5 each side
- 10 Kettlebell Swings
 - No Kettlebells, use soup can or any object of weight that you can *safely* swing.

Day Six:

Introduction of the Dive Bomber Push Up, Leg Lever, Dumbbell Bent Row

Walk/Jog/Run/Ride/Row-15 Minutes: The Protocol calls for an activity of your choice. Choose one and try to maintain the activity for the entire period.

Work for 25-40 Minutes

Walk/Jog/Run/Ride/Row-15 to 20 Minutes

3-5 Rounds of:

- 5 Dive Bomber Push Ups
 - If you are unable to do Dive Bomber Push Ups, substitute 1 Regular Push Up for each Dive Bomber.
 - Work on the Dive Bomber skill and your strength will improve rapidly.
 - Do a Dive Bomber and 4 Regulars or a combination.
 - Note: You do not have to be able to do all 5 in a row. Do 1, rest and do another, until you have completed the prescription.
- 10 Dumbbell Bent Row
 - No Dumbbells-use soup can, water filled containers (be sure they do not leak) etc., or any object of weight.
- 5 Leg Levers
 - Use an Ab Matt if available.

At the end of **WEEK ONE**, Days 1-6, repeat the WOD's for days 7-12 increasing the number of *Rounds-Number of times you perform the prescription, Loads-the weight you used the first time through, and the Intensity-how hard you push yourself*. This will familiarize you with the protocols and prepare you for **WEEKS THREE** and **FOUR**.

WEEKS THREE-FOUR

For the next two weeks you will notice an increase in the Intensity and Duration of your work bouts. The format will begin to appear more like the WOD posted on the HOME page. We will be introducing you to several new protocols and exercises.

Day One:

Base Production: Introducing Sandbag Get Up, Skill Components, and MetCon PT (Physical Training)-10 Minutes: The protocol calls for 10 minutes of activity that includes repeated bouts of; 15 Jumping Jacks, 20 Walking Lunges, 10 Sandbag Get Ups 5 each side. Continue doing the prescription for the time call out.

- If you do not have a sandbag, use a backpack and fill it with a manageable load that you can safely lift and manipulate.

Skill Development: Air Squat

Work on the skill and flexibility. If you are having trouble with the movement place a wedge (small block of 1" wood, magazines, etc.) behind each heel and perform the movement. This will help keep you upright and balanced.

MetCon: Introducing Metabolic Conditioning

3 Rounds for time of:

- 10 Push Ups
 - If you are in need of more intensity substitute or alternate 'Dive Bomber' PU's for Regular.
- 20 Sit Ups
- 25 Air Squats

Keep track of your start and finish time for this MetCon. The objective is to do this portion of the WOD AFAP (As Fast As Possible). This will challenge your cardiovascular system, muscle development, and Stamina.

NOTE: If you are unable to do the entire prescription, do what you can. This MetCon has a 20 Minute Cap meaning that you have a 20 minute bloc of time to complete it. If you take less time that is great, you are getting in shape! If it requires more time, that is up to you.

Day Two:

Base Production: Introducing "Farmer's Carry", Walkouts, and Arm Hauler's PT (Physical Training)-15 Minute Cap: The protocol calls for 15 minutes of activity that includes repeated bouts of; 8 Burpees, 12 Arm Haulers, 16 Crunches, 50' Farmer's Carry @ 25 lbs. each hand. (Scale the Farmer's Carry load to ability, but, make it hurt. Set the weights down if you need to but pick them back up quickly and continue.) Continue doing the prescription for the time call out.

Skill Development: Plank Holds and Variations

- Work on the skill and movement from one pose to another. If you are having trouble with the movement work on one or two weaknesses.
 - Example: *Work on the Push Up from the 'Plank Knees' (Holding the Plank position on the hands while the lower extremities are supported on the knees) to the 'Plank Elbow' (Lowering the body from the hand to the elbows while sustaining the lower extremities on the knees) and knees. When you have accomplished that, move on to the Elbows / Toes alternating between the 'Plank Push Up' and the 'Plank Elbow' poses.*

MetCon: Record your time so that you will have a comparison for next week's attempt.

3 Rounds for time of:

- 5-Walk-Out's to Plank and back
 - Starting Position: Stand Upright with hands to the sides.
 - Movement: Bend at the waist, legs straight and palms to the floor in front of your toes. Begin to walk out with your hands to the Plank position. Hold for a count of 10 and walk back to the hands/ toes position. Stand upright hands to sides and repeat.

- Variation: "**Caterpillar**" After the 'Walkout' to the Plank Position, walk the feet up to the hands and stand-one rep.
- 2-Reps of: 10 Seconds of Hollow Rock, then;
 - Roll to your right side maintaining the Hollow Rock position, shoulders and toes off the floor-10 Seconds.
 - Roll back to Hollow Rock and then to the left maintaining the Hollow rock Position, shoulders and toes off the floor-10 Seconds.
 - Return to the Hollow Rock position
 - Equals one rep.
- 2-Reps of:
 - 10 Second Squat Hold, 10 Second Right Leg Lunge Hold, 10 Second Left Leg Lunge Hold

Day Three:

Base Production: Introduction of **Dumbbell Thruster, ManMakers, Box Step Ups, Squat Jacks, and Leg Levers**

PT (Physical Training)-15 Minute Cap: The protocol calls for 15 minutes of activity that includes repeated bouts of; 2 ManMakers (Sorry girls, this exercise makes sissies of everyone.), 5 Push Ups, and 5 Squat Jacks. Continue doing the prescription for the time call out.

- Squat Jacks are a variation of the Jumping Jack. From the squatting position, stay low with the legs bent at 90 Degrees and perform a Jumping Jack.

Skill Development: Leg Lever

- Work on the lower ab and skill of the movement.

MetCon: Record your time so that you will have a comparison for next week's attempt.

3 Rounds for time of:

- 10-Box Steps 5 each leg
 - Find a box, bench, chair etc. that is sturdy enough to hold your weight without wobbling or collapsing (No pun intended) and step

up on to it from the floor one leg at a time to a standing position. Lower yourself down to the floor, switch legs and repeat for the designated repetitions.

- Use something that allows your stepping leg to bend at 90 degrees or more.
 - If that is too high adjust the height to something that you can do with effort, but without injury.
- 10 Dumbbell Thrusters
- 5 Pull Ups

Day Four:

Base Production: Introduction of Squat Jump, Ab Scissors, Walkouts, and Hip Mobility

Skill Development: Single Leg Stand-Hurdle Hops

- Stand on one leg while lifting the other to the front, knee at waist level from the floor at 90 Degrees. (Standing leg and elevated leg knees and toes point forward.) Hold for a count of 10 and repeat with the other leg-one rep.
 - If you have difficulty balancing, use something to assist you while you develop that skill; a wall, chair, table etc.
- Stand on one leg while lifting the other to the side, knee at waist level from the floor at 90 Degrees. Point the toe and knee of the elevated leg out to the side while the standing leg toes and knee face forward. Hold for a count of 10 and repeat with the other leg-one rep.
- Stand on one leg while lifting the other to the front and then back to the floor and then to the side as above. Bring the knee to waist level from the floor each rep. Do not pause the knee at hip level this time return it to the floor and repeat with the other leg-one rep.

MetCon: Record your time so that you will have a comparison for next weeks attempt.

3 Rounds for time of:

- 10 Squat Jumps
- 10 Walkouts

- 10 Scissors
- Hip Mobility Drill 1 rep each side

Day Five:

Base Production: Introduction of Clock Push Up, Split Jump, and 1/2 Side to Side
Perfecting the plank and Push Up variations: Base, Wide, Close, and Diamond.

Introducing the "Named" workouts. Today, "Clocked"

PT (Physical Training)-15 Minute Cap: The protocol calls for 15 minutes of activity that includes repeated bouts of; Running in place for 1 minute, 10 Jumping Jacks, and 5-4 Count Mountain Climbers. Continue doing the prescription for the time call out.

Skill Development: Push Up

- Work to perfect the core; flat back, legs straight, on the toes, hand placement just outside the shoulder area.
 - Wide Push Up-Hands placed at the elbow line; plank remains the same.
 - Close Push Up-Hands under the shoulder at the pectoral line.
 - Diamond Push Up-Hands directly under the center of the chest, thumbs and index fingers touching forming a diamond.

MetCon: "Clocked"

3 Rounds of:

- Clock Push Ups-1 PU at 12, 3, 6, 9, 12, 9, 6, 3, and 12
 - Clockwise / Counter Clockwise
 - Note: You do not have to do all of the stations at one time. Rest when you need it, but push yourself.
- 12-15-Bent Row @ 25 lbs / 10 lbs
 - Adjust loads to skill and strength levels. The first number represents a men's recommended weight, the second a women's.
 - Dumbbells or Barbell
- 25-Air Squats

Endurance: 25 Sit Ups, 10 Leg Levers

Day Six:

Base Production: Introducing MedBall Toss, Heisman's, and Dead Lift

PT (Physical Training)-15 Minute Cap: The protocol calls for 15 minutes of activity that includes repeated bouts of; 5 MedBall Toss-8' Target, 10 Heisman's, and 10 Leg Levers. Continue doing the prescription for the time call out.

Note: No MedBall

- Use weight in place of the ball, but don't throw it, press it overhead and return it to the chest area as prescribed for the MedBall. 6-20 lbs.

Skill: Dead Lift

- See Video
 - Follow the prescription paying attention to the back, hips, and foot placements.

MetCon: Record your time so that you will have a comparison for next weeks attempt.

3 Rounds for time of:

- 8-10 Pull Ups
- 8-10 Dead Lifts
- 8-10 Chair Dips

Endurance: 12 'Turkish Get Ups-6 Each Side, 90 Seconds continuous Sit Ups

At the end of **WEEK THREE**, Days 1-6, repeat the WOD's for days 7-12 increasing the number of *Rounds-Number of times you perform the prescription*, *Loads-the weight you used the first time through*, and the *Intensity-how hard you push yourself*. This will familiarize you with the protocols and prepare you for **WEEKS FIVE** and **SIX**.

Make every effort to increase the intensity of the work bouts by decreasing the rest intervals and increasing the intensity.

WEEKS FIVE and SIX

For the next two weeks the format will be more like the WOD posted on the HOME page. We will be introducing you to several new protocols and exercises. This is where you get an opportunity to choose one, several, or all of the WOD components for your workout.

Day One:

Base Production: Introducing 'Strength' and 'Endurance' components.

PT (Physical Training)-10 Minute Cap: The protocol calls for 10 minutes of activity that includes repeated bouts of; 15 Jumping Jacks, 20 Walking Lunges, 10 **Sandbag Get Ups** 5 each side. Continue doing the prescription for the time call out.

- If you do not have a sandbag, use a backpack and fill it with a manageable load that you can safely lift and manipulate.
 - Canned foods etc. work well for weight.

Skill Development: **Air Squat** 5 Minute Cap

This move is one of the Core-Fundamental movements you must perfect in order to advance from "Trainee" to "Competitor". Work on it, it will serve you well both athletically and in everyday life.

Work on the skill and flexibility. If you are having trouble with the movement place a wedge (small block of 1" wood, magazines, etc.) behind each heel and perform the movement. This will help keep you upright and balanced.

Strength: Weighted Box Step 10 Minute Cap

With a weight in each hand (Dumbbell or Kettlebell) step up onto a box or bench one leg at a time. Stand up fully on the bench/box and step back down to the floor. Switch legs and repeat for 1 rep.

- 5 @ 5 lbs
- 5 @ 10 lbs

OR

- 5 @ 15 lbs
- 5 @ 20 lbs
 - Adjust the weight (loads) to your strength and skill.
 - Remain at a single weight if your form breaks
 - Perfect practice makes perfect (and prevents injury)

MetCon:

3 Rounds for time of:

- 10 Push Ups

- If you are in need of more intensity substitute or alternate 'Dive Bomber' PU's for Regular.
- 20 Sit Ups
- 25 Air Squats

Keep track of your start and finish time for this MetCon. The objective is to do this portion of the WOD AFAP (As Fast As Possible). This will challenge your cardiovascular system, muscle development, and Stamina.

NOTE: If you are unable to do the entire prescription, do what you can. This MetCon has a 20 Minute Cap meaning that you have a 20 minute bloc of time to complete it. If you take less time that is great, you are getting in shape!

Stamina: 25 Kettlebell / Weight Swings @ 25 / 10

Endurance: Jog 1 mile, Ride 3 Miles

Day Two:

Base Production: Introducing Bench Press / Barbell or Dumbbell

PT (Physical Training)-10 Minute Cap: The protocol calls for 10 minutes of activity that includes repeated bouts of; 8 Burpees, 12 Arm Haulers, 16 Crunches, 50' Farmer's Carry @ 25 / 10 lbs. each hand. (Scale the Farmer's Carry load to ability, but, make it hurt. Set the weights down if you need to but pick them back up quickly and continue.) Continue doing the prescription for the time call out.

Skill Development: Plank Holds and Variations 5 Minute Cap

- Work on the skill and movement from one pose to another. If you are having trouble with the movement work on one or two weaknesses.
 - Example: *Work on the Push Up from the 'Plank Knees' (Holding the Plank position on the hands while the lower extremities are supported on the knees) to the 'Plank Elbow' (Lowering the body from the hand to the elbows while sustaining the lower extremities on the knees) and knees. When you have accomplished that, move on to the Elbows / Toes alternating between the 'Plank Push Up' and the 'Plank Elbow' poses.*

Strength: Bench Press If you do not have a bench, you can substitute an Elevated Push Up for the Bench Press. This will add a little more stress to the exercise and increase strength.

NOTE: If you are benching, be sure you have a spotter before attempting the lift. Many people have been seriously injured bench pressing without a spotter. **DO NOT BENCH PRESS WITHOUT A SPOTTER!!!!!!!**

Elevated Push Up:

- Elevate your feet up on a bench or chair, hands on the floor and lower yourself down to a plank position (bottom of the push up) by bending the arms until your chest and chin touch the floor. Press back up to the plank, feet on the chair. 1 Rep
- Difficulty can be increased by elevating the hands, each on a chair (Push Up grips etc.), so that your body is elevated off the floor and onto the chairs or benches. Perform a Push Up lowering the body deeper to the floor and pressing back to the upper plank position.
 - Adjust the width of the chairs at the hands for wide and narrow grip Push Ups.

Wide Grip Bench Press or Push Ups: 10 Minute Cap

- 3-3-3-3-3-3
 - If Benching with a barbell or dumbbells, adjust the weight for maximal effort. 3's are not 4's or 2's, they are a weight you can safely do 3 times but challenges you to do it.

MetCon:

3-5 Rounds for time of:

- 8-Walk-Out's to Plank and back
 - Variation: "Caterpillar" After the 'Walkout' to the Plank Position, walk the feet up to the hands and stand-one rep.
 - Wall Walkers': Plank Position, feet next to a wall, walk the hands back toward the wall and the feet up the wall into a handstand. Walk the hands and feet back to plank. 1 Rep
 - Extended Push Ups: From the standing position Walkout to a Plank. Continue to walk the hands out from the head as far as possible while maintaining an Extended Plank. Extend the hands as far away from the head as you can and continue to support the body off the floor (Fingers and Toes). Lower the body down until

the chest and abdominals touch and press back up. Walk the hands back to a standing position. 1 Rep

- This is the Ultimate Push Up-Fully extended hands on the finger tips, toes touching the floor, lower the body down to the floor, press back to an extended plank, 1 Rep. Good Luck with this one.
- 4-Reps of: 10 Seconds of **Hollow Rock**, then;
 - Roll to your right side maintaining the Hollow Rock position, shoulders and toes off the floor-10 Seconds.
 - Roll back to Hollow Rock and then to the left maintaining the Hollow rock Position, shoulders and toes off the floor-10 Seconds.
 - Return to the Hollow Rock position
 - Equals one rep.
- 5 **Trigger Lunges**:
 - Standing, lunge forward on the right leg to 12 o'clock, back to standing. Side lunge with the right leg to 3 o'clock, back to standing. Step back with the right leg to 6 o'clock, back to standing. Repeat with the left leg to 12 o'clock, 9 o'clock, and 6 o'clock. 1 rep

Stamina: 25 4 Count Mountain Climbers'

Endurance: In Stamina