

## Phase III: 4 Week Training Plan

### Monday-Wednesday-Friday

*"There is one who makes himself rich, yet [has] nothing; [And] one who makes himself poor, yet [has] great riches."*

KJV

Proverbs 13:7

**\*Base: (ROM)** Range of Motion: (10 Minute Cap) 2-3 Rounds of the following exercises. Spend 10 Minutes on this phase of the workout; this is what is meant by '10 Minute Cap'. Do these 'Range of Motion' exercises to warm up and develop flexibility. These are Navy Seal exercises called PT, or Physical Training.

- 20 Jumping Jacks
- 15 Burpee's
- 5-8 Pull Ups
- 10 Side-To-Side Push Ups; 5 to each side.
  - o "Walking Push Ups": Do a push up and move either to the right or left by moving your hands and feet to that side. If you move to the right, place your left hand next to your right hand and then move the right hand out to the right. Do the same for the feet. Do and push up and move back to where you started with each hand and foot replacing the other; do a push up.

**\*Skill:** Plank Position: Up position for a Push Up. Work on keeping the back flat and head up, this works the Core Muscle groups of the hips, back, hamstrings, gluteus (your bottom), and abdominals. (5 Minute Cap)

- This time work on lifting a hand or foot off the ground so that you are balancing on 3 points i.e. 2 feet and 1 hand; 2 hands and 1 foot etc. Next try to lift your right hand and left foot off the ground at the same time and then the other; right hand and left foot.
- This will be a challenge. Work on the 3 point plank first and advance to the 2 point.

**\*Strength:** 3 Rounds of 25 Push Ups; work hard to complete the component in the allotted time. (10 Minute Cap)

- Vary the width of your hands and add "Samson Push Ups" for the first 5-10 reps. Samson Push Ups are so named after the biblical character Samson. Begin with a regular Push Up 'Plank' position and lower to the bottom of the push up. Explode off the ground and spread the hands and feet out to the sides and do a Push Up from that position. Explode off the ground and back to the start position for another Push Up. Repeat the motion from a regular push up to a wide push up without stopping or until you have to rest. For the balance of the reps:
  - o Do some reps with the hands under the shoulders

- Some wide outside your elbows
- Some hands directly under your chest, thumbs touching

**\*MetCon:** 3 Rounds For Time 20 Minute Cap.

- 8-10 Dumbbell In-Out Curls
  - The P 90X model: Curl in front and then to the sides
  - Increase weight from the last session or add reps if you don't have weights.
  
- 8-10 Dumbbell Squat Clean Thruster
  - Stand with the DB's at your sides, pull the weights up with a shoulder shrug and curl the weight to the shoulder while dropping to a full squat position DB's at the shoulder line. Do a full squat with the weight at the shoulder level and stand up pressing the weight over the head.
    - See at <http://youtu.be/rBCkqjEDadQ>
  
- 10 Dumbbell Suitcase Rows each side.
  - See Barbell Suitcase Row at: <http://youtu.be/Nf1QdOmRBO4>.
    - Do the same movement with the dumbbell. If you have a bar that will work, but the DB's are better to start. Try not to rise up when you pull the weight. Pull to the belly button and not the shoulder.

**\*Stamina:** MedBall Toss and Air Squats

- **On-The-Minute:** Do 3-5 MedBall Toss and then do 10-15 Air Squats.
  - R&R (Rest and Recover) for the remaining time in the minute.
    - You should have 20-30 seconds rest between rounds. Cut down on the MB Toss if you have less. Do at least 3 MB Toss's and 10 Air Squats or you are not working hard enough.

## **Tuesday-Thursday-Saturday**

**\*Endurance:** Alternate Days

### **Tuesday:**

- Jog, Jump Rope, or Row for 20 Minutes.
- 100 Meter Walking Lunge
- 4 Rounds of 25-50 Sit Ups

### **Thursday:**

- 10-100 Meter Sprints with 15-20 Seconds R&R between Rounds
- Jog/Row 1600 (1Mile)
- 2 Rounds of 25-50 Sit Ups
- 2 Rounds of 25-50 Leg Levers

### **Saturday:**

- 25 MedBall Toss
- Jump Rope 10 Minutes
- 10 Minute AbCore
  - 10 Minutes On-The-Minute AbCore: Work to get to your 35-50 rep goal.