

Phase II: 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:** Range of Motion: Do 3 Rounds of (10 Minute Cap) the following exercises 3 times for a total of 30 repetitions each. Do no more than 10 minutes on this phase of the workout even if you do not finish all the reps.

- 10-Jumping Jacks
- 10-4 Count Mountain Climbers
- 10-Split Jumps
- 3-5 Pull Ups

***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; left hand and right foot.
- This will be a challenge. Work on the 3 point plank first and advance to the 2 point.

***Strength:** 3 Rounds of 20 Push Ups; work hard to complete the component in the allotted time. (6 Minute Cap)

- Now vary the width of your hands
 - 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 Dumbbell Hammer Curls
 - Curls with the hands facing in and the thumbs up
- 8 Dumbbell Press
 - With the DB's at your shoulders, press the weights over your head keeping the weights outside the shoulder line.
- 8 Dumbbell Renegade Row
 - With the DB's in your hand get into a push up plank position. Lift the right hand off the ground and pull the DB to your right shoulder. Lower the DB

back to the ground. Repeat the same with the left hand. Repeat this 8 times for each arm for a total of 16 reps.

***Stamina:** Pull Ups and Squats

- On-The-Minute:** Do 1-3 Pull Ups and then do 20 Air Squats.
 - R&R (Rest and Recover) for the remaining time in the minute.
 - You should have 20-30 Rest between rounds. Cut down on the Pull Ups if you have less.

Tuesday-Thursday-Saturday

***Endurance:** Alternate Days

Tuesday:

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

Thursday:

- 10-100 Meter Sprints with 15-20 Seconds R&R between Rounds
- Jog/Row 1600 (1Mile)
- 2 Rounds of 25 Crunches
- 2 Rounds of 25 4 Count Flutter Kicks

Saturday:

- 25 MedBall Toss
- Jump Rope 10 Minutes
- 10 Minute Abs
 - On-The-Minute for 10 Minutes any AbCore exercise. You are working as hard as possible to complete at least 15-20 reps in each minute. Your goal is to get to 35-50 without stopping.