



DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
<p>WARM UP</p> <p>4 Rounds 200 m Run 30 Sec. Rest</p> <p>—</p> <p>WORKOUT</p> <p>FOR TIME 3000 m Run*</p> <p>*every 3 Min. perform 5 Burpees</p> <p>—</p> <p>CORE</p> <p>1 Round 25 Sit Ups 25 Superman 25 Flutter Kicks</p>		<p>WARM UP</p> <p>1000 m Row</p> <p>—</p> <p>WORKOUT</p> <p>FOR TIME</p> <p>a) 5 Rounds 250 m Row 30 Sec. Rest</p> <p>b) 4 Rounds 15 Wall Balls 30 Sec. Rest</p> <p>c) 4 Rounds 30 Sec. Farmers Carry 30 Sec. Rest</p>		<p>WARM UP</p> <p>5 Min. Easy Jog</p> <p>—</p> <p>WORKOUT</p> <p>FOR TIME 250 m Run, then</p> <p>1 Round 20 Squats 20 Burpees 20 Sit Ups 20 Push Ups, then</p> <p>250 m Run</p> <p>—</p> <p>CORE</p> <p>3 Rounds 45 Sec. Plank hold 30 Sec. Rest</p>

During week 1-7 you can select weekdays as you like as long as you follow the sessions in order.
For week 8 you should stick to our recommendation.



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WARM UP

- 1 Round
- 5 Min. Run
- 1 Min. Rest
- 5 Min. Row or Run
- 1 Min. Rest
- 5 Min. Ski Erg or Run

WORKOUT

- a) 10 Rounds
 - 30 Sec. Sprint
 - 30 Sec. Rest
- b) FOR TIME
 - 3 Rounds
 - 10 Mountain Climber (total)
 - 10 Lunges (total)
 - 10 Sit Ups

WARM UP

- 1 Round
- 25 Jumping Jacks
- 20 Sit Ups
- 15 Squats
- 10 Push Ups

WORKOUT

- a) 2 Rounds
 - 25 m Sled Push
 - 1 Min. Rest
 - 2 Rounds
 - 25 m Sled Pull
 - 1 Min. Rest
- b) FOR TIME
 - 30-20-10
 - Row for cal
 - Burpees
 - Lunges (total)

WARM UP

- 3 Min. Run

WORKOUT

- a) 3 Rounds
 - 10 Bench Press
 - 10 Deadlift
 - 10 Back Squat
 - 2 Min. Rest
- b) 3 Rounds
 - 1 Min. Row for Calories
 - 1 Min. 25 m Shuttle Run
 - 1 Min. Burpees
 - 1 Min. Sit Ups
 - 1 Min. Rest

CORE

- 3 Rounds
- 15 V-Ups
- 15 Superman

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WARM UP

2 Rounds
200 m Run
10 Squats
5 Burpees
10 Sit Ups
5 Burpees

WORKOUT

"ZEPPELIN" (SCALED)

FOR TIME
500 m Run, then

50 Wall Balls
40 Lunges (total)
30 Burpees
20 Sit Ups
10 Push Ups, then

500 m Run

CORE

3 Rounds
1 Min. Stability Ball Bridges
30 Sec. Rest

WARM UP

500 m Row / 10 Inch Worm
2 Rounds
5 Push Ups
5 Squats
10 Sit Ups

WORKOUT

a) 2 Rounds
50 m Sled Push
1 Min. Rest
2 Rounds
50 m Sled Pull
1 Min. Rest

b) FOR TIME
1500 m Row

c) 4 Rounds
30 Sec. Farmers Carry
30 Sec. Rest

WARM UP

4 Rounds
150 m Run
20 Sec. Rest
2 Rounds
250 m Run
30 Sec. Rest

WORKOUT

a) 4 Rounds
15 Push Ups*

b) 4 Rounds
25 Back Squats*

*Rest as needed

c) 10 Rounds
200 m Run
2 Min. Rest

CORE

3 Rounds
30 Sec. Toe Touches
30 Sec. Flutter Kicks
30 Sec. Russian Twist
30 Sec. Side Plank right
30 Sec. Side Plank left
1 Min. Rest

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WARM UP

4 Rounds
150 m Run
20 Sec. Rest

2 Rounds
250 m Run
30 Sec. Rest

WORKOUT

FOR TIME
3 Rounds
20 Box jumps
20 Lunges (total)
20 Row for Calories
20 Sit Ups
20 Wall Balls

CORE

1 Round
25 Sit Ups
25 Superman
25 Flutter Kicks

WARM UP

1 Round
2 Min. Jump Rope
25 m High Knees
25 m Buttkicks
25 m Lunges
25 m Side Lunges

WORKOUT

"BIGGIE" (SCALED)
3 Rounds
1 Min. Wall Balls
30 Sec. Rest
1 Min. Burpee Broad Jump
30 Sec. Rest
1 Min. Row for Calories
30 Sec. Rest
1 Min. 10 m Shuttle Run
30 Sec. Rest

WARM UP

1 Round
50 Jumping Jacks
10 Tuck Jumps
20 Lunges

WORKOUT

a) 4 Rounds
10 Bench Press
10 Deadlift
10 Back Squat
2 Min. Rest

b) **"MITCHELL"**
FOR TIME
400 m Run
50 Squats
400 m Run
50 Sit Ups
400 m Run
50 Lunges (total)

CORE

3 Rounds
10 Bird Dogs r/l
30 Sec. Plank

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WARM UP

4 Rounds
200 m Run
30 Sec. Rest

WORKOUT

5000 m* Run

*every 3 Min. perform
5 Burpees and
10 Squats

CORE

1 Round
50 Sit Ups
50 Supermen
1 Min. Plank hold

WARM UP

1 Round
25 m Lunges
25 m Side Lunges
25 m Broad Jumps
25 m Inch Worm

WORKOUT

"STARR" (SCALED)
FOR TIME
800 m Run
30 Mountain Climber
600 m Ski Erg
30 Weighted Lunges (total)
@ 2 x KB
400 m Run
30 Goblet Squats @ KB
200 m Ski Erg
30 Wall Balls

WARM UP

1 Round
50 Jumping Jacks
200 m Run
50 Jumping Jacks

WORKOUT

a) 4 Rounds
10 weighted Step Ups on Box*

b) 4 Rounds
Max Rep Push Ups

*Rest as needed

c) 20 Min. AMRAP
10 Shuttle Run
10 Wallballs
10 Sit Ups

CORE

3 Rounds
10 Glute Bridges



DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
<p>WARM UP</p> <p>4 Rounds 150 m Run 20 Sec. Rest, then</p> <p>2 Rounds 250 m Run 30 Sec. Rest</p> <p>—</p> <p>WORKOUT</p> <p>FOR TIME 1000 m Run, then</p> <p>60-40-20 Sandbag Lunges (total) Single Leg Deadlift (total) Mountain Climbers, then</p> <p>1000 m Run</p> <p>—</p> <p>CORE</p> <p>3 Rounds 30 Sec. Plank 30 Sec. Side Plank right 30 Sec. Side Plank left</p>		<p>WARM UP</p> <p>1000 m Row</p> <p>—</p> <p>WORKOUT</p> <p>a) 5 Rounds 100 m Farmers Carry 90 Sec. Rest</p> <p>b) 4 Rounds 50 m Sled Push 2 Min. Rest</p> <p>c) 4 Rounds 50 m Sled Pull 2 Min. Rest</p> <p>—</p> <p>CORE</p> <p>3 Rounds 15 Hanging Knee Raises 20 Sit Ups 15 Hyperextensions</p>		<p>WARM UP</p> <p>1 Round 5 Min. Easy Jog 10 Burpees 10 Box Jumps 10 V-Ups</p> <p>—</p> <p>WORKOUT</p> <p>a) 5 Rounds 10 Bench Press 10 Deadlift 10 Back Squat 2 Min. Rest</p> <p>b) FOR TIME 3 Rounds 600 m Run or Row 50 Weighted Step over Box 25 Push Ups</p>

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WARM UP

25 m Bear Crawl
25 m Crab Walk
25 m Inch Worm

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WORKOUT

FOR TIME
3 Rounds
400 m Run
5 Min. SkiErg for Calories
5 Min. Row for Calories
3 Min. Rest

—

CORE

1 Round
50 V-Ups
50 Supermen

WARM UP

1 Round
2 Min. Jump Rope
25 m High Knees
25 m Buttkicks
25 m Lunges
25 m Side Lunges

—

WORKOUT

FOR TIME
4 Rounds
400 m Row
25 m Sled Push
25 m Sled Pull

WARM UP

1 Round
50 Jumping Jacks
10 Tuck Jumps
20 Lunges

—

WORKOUT

a) 4 Rounds
10 Bench Press
10 Deadlift
10 Back Squat
2 Min. Rest

b) **"SHAKUR"**
(1) 5 Min. AMRAP
10 Burpees
10 Push Ups
3 Min. Rest

b) (2) 5 Min. AMRAP
10 Air Squats
10 Kettle Bell Swings
3 Min. Rest

b) (3) 5 Min. AMRAP
10 Weighted Lunges
10 Wall Balls

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CORE

3 Rounds
10 Bird Dogs r/l
45 Sec. Plank
45 Sec. Side Plank r
45 Sec. Side Plank l
15 Glute Bridges

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WARM UP

5 Min. Jump Rope
5 Min. Stretching

WORKOUT

—
"FRANKLIN"
 FOR TIME
 1 Round
 10 Min. Run
 50 Jumping Squats
 10 Min. Run
 50 Wall Balls
 10 Min. Run

CORE

3 Rounds
20 Russian Twist

WARM UP

1 Round
25 m High Knees
25 m Buttkicks
25 m Lunges
25 m Side Lunges

WORKOUT

—
"KRAVITZ"
 FOR TIME
 8 Rounds
 1000 m Run
 20 Wallballs
 20 Sit Ups
 20 Lunges

ACTIVE RECOVERY

20 Min. Easy Row
20 Min. Mobility / Stretching

TOTAL REST

During week 1-7 you can select weekdays as you like as long as you follow the sessions in order. For week 8 you should stick to our recommendation.