

Sun.	Mon.	Tues	Wed	Thurs	Fri.	Sat.
Strength Pull-Ups & Squats	Strength Push-Ups & Leg Raisers	High Intensity Workout #1	Strength Handstand Push-ups & Bridges	Strength Pull-Ups & Squats	High Intensity Workout #2	Strength Push-Ups & Leg Raisers
Strength Handstand Push-ups & Bridges	High Intensity Workout #3	Strength Pull-Ups & Squats	Strength Push-Ups & Leg Raisers	High Intensity Workout #4	Strength Handstand Push-ups & Bridges	Strength Pull-Ups & Squats
High Intensity Workout #5	Strength Push-Ups & Leg Raisers	Strength Handstand Push-ups & Bridges	High Intensity Workout #6	Strength Pull-Ups & Squats	Strength Push-Ups & Leg Raisers	High Intensity Workout#7
Strength Handstand Push-ups & Bridges	Strength Pull-Ups & Squats	High Intensity Workout #8	Strength Push-Ups & Leg Raisers	Strength Handstand Push-ups & Bridges	High Intensity Workout #9	Strength Pull-Ups & Squats
Strength Push-Ups & Leg Raisers	Strength Handstand Push-ups & Bridges	High Intensity Final Workout	Rest	Rest	Test Progression Standards	---

Day 1 is a chance to test your strength in all of the big 6 moves(push-ups, pull-ups, squats, leg raises, handstands, and bridges) prior to the challenge

Strength (Pull-ups & Squats)

<u>Movement</u>	<u>Reps</u>	<u>Sets</u>
Pull-ups	*See Progression Std.	3-5
Squats	*See Progression Std.	3-5
Windshield Wipers	x6 per side	3
Supermans	x45 Seconds	3

Strength (Push-ups & Leg Raisers)

<u>Movement</u>	<u>Reps</u>	<u>Sets</u>
Push-ups	*See Progression Std.	3-5
Leg Raises	*See Progression Std.	3-5
Calf Raises	x15	3
Plank	x45 Seconds	3

Strength (Handstand Push-ups & Bridges)

<u>Movement</u>	<u>Reps</u>	<u>Sets</u>
Handstand Push-Ups	*See Progression Std	3-5
Bridges	*See Progression Std.	3-5

Neck Work** See Alternate Workouts
Grip Work ** See Alternate Workouts

Workout #1

Round 1

<u>Movement</u>	<u>Reps</u>	<u>Sets</u>
Squat Thrust/Burpee	x1 Minute	1
Push-ups	x1 Minute	1
Abdominal Bicycles	x1 Minute	1

Round 2 Do each move for x30 sec. Resting x10 sec. Between moves and x1 min. between rounds.

Squat Jumps

Push-Ups

Knee To Elbows

Ab Bicycles

Round 3

Mountain Climbers

Double Crunches

Mountain Climbers

Feet Down Crunch

Alternate Heel Touchers

Mountain Climbers

Leg Raisers

Russian Twist

Double Tap Twist Crunch(ea.)

Side Bridge(Side Plank)

Workout #2

Round 1 - x4

Bodyweight Rows x12

Push-Ups x10

Windshield Wipers x6 ea.

Prisoner Squats x20

Rest x15 sec between movements and 1 minute between rounds.

Round 2 - x3

Single Leg Bridges x15 ea.

(elevated for a challenge)

Pistol Squat(progression) x10 (x5 ea.)

Squat Thrusts x10

(burpees for a challenge)

Plank x45 sec.

Floor Fire Push-ups x60 sec.

(clapping push-ups for a challenge)

Side Plank x20 sec. ea.

Rest x15 sec between movements(except between squat thrusts and plank),

Rest x45 sec between rounds.

Round 3 - x1

Mountain Climbers

Double Crunch

Mountain Climbers

Feet Down Crunch

Mountain Climbers

Feet Up Crunch

Mountain Climbers

DBL Tap Twist Crunch-L

Mountain Climbers

DBL Tap Twist Crunch-R

Mountain Climbers

Leg Raises(x15)

Ab Scissors(x100)

Russian Twist

V-Sit Hold

Each Movement is done for x30 sec with 10 sec break in between(except noted)

Cool Down

Stretch/Mobility Work as needed (stay active for at least 10-15 min)

Workout #3

Round 1 - x4

Close Grip(Diamond) Push-ups x20

(no rest)

Standard Push-ups x12

Bar Dips x15

(If no bar available only go to 90 deg.)

Spartan Push-Ups x16

Wide Grip Push Ups x15

Rest 15 seconds between exercises, Rest x60 seconds between sets

Round 2 - x3

Single Leg Elevated Bridges x12 ea

(2:1:2)

Double Leg Bridge x10

(4:1:4)

Bird Pickers x30 sec ea.

Towel Deadlift x15 sec

(you can also use a yoga strap or belt)

Rest x15 sec between movements, no rest between sets.

Round 3 - x3

Leg Raisers x12

Windshield Wipers x6 ea side

Russian Twist x30 sec.

V-Sit Hold x30 sec.

No Rest Between Movements(if possible) Rest x60 sec between sets

Workout #4

Round 1 - x4

Squats x20

Lunges x15 ea

Side Lunges x12 ea

Squat Jumps x15

(if these are difficult perform fast squats instead)

Wall Sit x1 min

Rest x15 sec between movements, Rest 2 min between sets

Round 2 - x3

Windshield Wipers x6 ea

Russian Twist x30 sec

Crunch & Punch x30 sec

Side Plank x20 sec ea.

Workout #5

Tabata Rounds - For each movement Work = x20 sec, Rest = x10 sec, repeat until you have done the round the required amount of time(4 min), rest 1-2 min between Rounds.

Round 1 - x2 (approx. 4 min total)

Forward Lunge (L)

Forward Lunge (R)

Side Lunge (L)

Side Lunge (R)

Round 2 - x4

Mountain Climbers
Groiners

Round 3 - x4

Double Crunch
Russian Twist

Workout #6

Round 1 - x3

Uchi Mata Push-Up x10
(one leg raises as you lower)
Bird Pickers x20 ea.
Crunch & Punch x15
Double Leg Raisers x10
Double Leg Bridge x15
Rest x15 sec between movements, No Rest between sets

Round 2 - x2

Single Leg Deadlift x3 ea.
(Balance Tempo: 1:4:1)
Twisting Push-Up x10
Flutter Kicks x40
Squat Jumps x10
Plank x30 sec

Round 3 - x2

Single Leg Bridge x10 ea.
Alternating Lunges x20
Push-ups x10
Superman Hold x30 sec
Alt Grip Push-ups x5 ea
Crunch Hold x30 sec

Workout #7

Round 1 - x2

Assisted Pistol Squats x5 ea
(use a box, chair, or suspension trainer)
Leg Raises x10
Triangle Push-up x8
Elevated Single Leg Bridges x8 ea
No Rest between movements, Rest x60 sec between sets

Round 2 - x5

Push-ups

Prisoner Squats
Double Crunch
Bird Pickers (ea)
Plank

Work = x30 sec, Rest = x10 sec

Rest x60 sec between sets

Round 3 - x1

Mountain Climbers
Feet Down Crunch*
Mountain Climbers
Double Tap Twist Crunch*
Mountain Climbers
Double Tap Twist Crunch*
Mountain Climbers
3 Position Knee Tucks*
Flutter Kicks*
V-Sit Hold

Work = x30 sec, No Rest

*See YouTube Links that will be sent out containing “How To” videos on the movements, Pinterest will also contain some of these exercises.

Workout #8

Round 1 - x5

Knee To Elbow*
Squats
Knee Grab Sit-ups
Plank

Work = x30 sec, Rest = x10 sec

Rest x60 sec between sets

Round 2 - x3

Alternating Lunge/Squat
Push-up Plank
Double Crunch
Alternating Bird Pickers

Work = x45 sec, Rest = x10 sec

Rest x60 sec between sets

Workout #9

Round 1 - x15 min

Deck of Cards!!!

Set a timer for 15 minutes and perform as many quality reps of each movement as possible, resting as needed.

Spades = Pull-ups

Diamonds = Squat Thrusts*(or burpees)

Clubs = Lunges(or Split Squats*)

Hearts = Push-ups

(Whatever number you pick is how many reps of each you do. A=1 and so on)

Face Cards:

Spades = Bridges (J=8, Q=10, K=12)

Diamonds = Bicycle Crunch(J=6 ea, Q=8 ea, K=10 ea)

Clubs = Squats (J=8, Q=12, K=15)

Hearts = Leg Raisers (J=8, Q=12, K=15)

Final Workout:

If you have made it this far... there will be an email sent out with a link to the YouTube video of how to perform the final workout, it will be very fun, well, my kind of fun anyway... so keep an eye on that inbox the final week!(check it out here <https://www.youtube.com/watch?v=9YPZYBtT82s>)

How to Work The Plan:

Working out every day is no easy feat, that being said there are a few things to keep in mind to prevent injury while training. There's going to be days when you will still be sore and need to train that body part, my recommendation is to train anyway, but back it off a bit. *It's important to make a distinction between sore and pain*, painful is never a good thing., and if you are experiencing pain, take a day off, you've pushed yourself too hard. If it doesn't improve see your doctor.

Strength Days - Always warm up with mobility work or an easier version of what you will be working that day. Perform 3-5 work sets, how many sets you choose to do depends on your goals. More sets = more calories but also increases muscle size, so there is a trade off to each(remember - building muscle also burns fat if weight loss or toning is a goal. The chances of you looking like Arnold from Calisthenics training are very slim... so ladies, don't fret)

The progression standards are be listed below and there will be an album on Facebook and Pinterest with the progressions listed out with the movement and reps for each(courtesy of allthingsgym.com)

“Cardio” or H.I.I.T.(High Intensity Interval Training) days will consist of easier versions of the movements and a few variations on them. Still warm up like strength days or with a Dynamic warm up. These are “variety” days. Variety shouldn't find it's way into your training often, especially if your goal is to continue training for a long time. The moves will be done at a higher intensity than the previous “strength days” to tax the cardiovascular(hence “cardio”) in a manner that aids in burning fat, increases performance, and improves muscle tone. *Take it at your level*, you are not out to impress anyone(yet ;)) and if you push yourself too hard, the only person you'll be impressing is your doctor with your grand story of how you crashed through the entertainment center doing clapping handstand push-ups(or some nonsense).

I cannot stress this enough, the important thing is to take everything at your own level and not push too hard because of the frequency of the training. Listen to your body. If there is anything that you feel you cannot do, or find a low enough progression standard for, feel free to shoot me an email justin@post35.net and we can figure out a safe variation. Also, any difficulties that come up during the course of the challenge can be taken care of in the same fashion.

#	PUSH-UPS	BEGINNER	INTERMEDIATE	PROGRESSION
1	Wall	1x10	2x25	3x50
2	Incline	1x10	2x20	3x40
3	Kneeling	1x10	2x15	3x30
4	Half	1x8	2x12	2x25
5	Full	1x5	2x10	2x20
6	Close	1x5	2x10	2x20
7	Uneven	1x5	2x10	2x20
8	½ One-Arm	1x5	2x10	2x20
9	Lever	1x5	2x10	2x20
10	One-Arm Push-Up	1x5	2x10	1x100

#	PULL-UPS	BEGINNER	INTERMEDIATE	PROGRESSION
1	Vertical Pulls	1x10	2x20	3x40
2	Horizontal Pulls	1x10	2x20	3x30
3	Jackknife Pulls	1x10	2x15	3x20
4	Half	1x8	2x11	2x15
5	Full	1x5	2x8	2x10
6	Close	1x5	2x8	2x10
7	Uneven	1x5	2x7	2x9
8	½ One-Arm	1x4	2x6	2x8
9	Assisted	1x3	2x5	2x7
10	One-Arm Pull-Up	1x1	2x3	2x6

#	BRIDGES	BEGINNER	INTERMEDIATE	PROGRESSION
1	Short	1x10	2x25	3x50
2	Straight	1x10	2x20	3x40
3	Angled	1x8	2x15	3x30
4	Head	1x8	2x15	2x25
5	Half	1x8	2x15	2x20
6	Full	1x6	2x10	2x15
7	Wall Walking (Down)	1x3	2x6	2x10
8	Wall Walking (Up)	1x2	2x4	2x8
9	Closing	1x1	2x3	2x6
10	Stand-To-Stand Bridge	1x1	2x3	2x10-30

#	HANDSTAND PUSH-UPS	BEGINNER	INTERMEDIATE	PROGRESSION
1	Wall Headstands	30 sec.	1 min.	2 min.
2	Crow Stands	10 sec.	30 sec.	1 min.
3	Wall Handstands	30 sec.	1 min.	2 min.
4	Half Handstand Push-Ups	1x5	2x10	2x20
5	Handstand Pushups	1x5	2x10	2x15
6	Close	1x5	2x9	2x12
7	Uneven	1x5	2x8	2x10
8	½ One-Arm	1x4	2x6	2x8
9	Lever	1x3	2x4	2x6
10	One-Arm Handstand Push-Up	1x1	2x2	1x5

#	LEG RAISES	BEGINNER	INTERMEDIATE	PROGRESSION
1	Knee Tucks	1x10	2x25	3x40
2	Flat Knee Raises	1x10	2x20	3x35
3	Flat Bent Leg Raises	1x10	2x15	3x30
4	Flat Frog Raises	1x8	2x15	3x25
5	Flat Straight Leg Raises	1x5	2x10	2x20
6	Hanging Knee Raises	1x5	2x10	2x15
7	Hanging Bent Leg Raises	1x5	2x10	2x15
8	Hanging Frog Raises	1x5	2x10	2x15
9	Partial Straight Leg Raises	1x5	2x10	2x15
10	Hanging Straight Leg Raises	1x5	2x10	2x30

#	SQUATS	BEGINNER	INTERMEDIATE	PROGRESSION
1	Shoulderstand	1x10	2x25	3x50
2	Jackknife	1x10	2x20	3x40
3	Supported	1x10	2x15	3x30
4	Half	1x8	2x35	2x50
5	Full	1x5	2x10	2x30
6	Close	1x5	2x10	2x20
7	Uneven	1x5	2x10	2x20
8	1/2 One-Leg	1x5	2x10	2x20
9	Assisted One-Leg	1x5	2x10	2x20
10	One-Leg Squat	1x5	2x10	2x50

Alternative Workouts

Neck Work

Use towel, if unsure of how much pressure to apply, err on the side of caution - less is better

<i>Resisted Extension</i>	<i>x10</i>	<i>3</i>
<i>Resisted Flexion</i>	<i>x10</i>	<i>3</i>
<i>Isometric Hold High</i>	<i>x1@10 sec</i>	<i>3</i>
<i>Isometric Hold Low</i>	<i>x1@10 sec</i>	<i>3</i>
<i>Wrestlers Bridge **Advanced**</i>	<i>x1@ Max</i>	<i>1</i>

Perform all movements unbroken(do 1st through last without rest)

Grip Work

Pull-up Bar Hang *x30 sec**

Finger Tip Push-up(hold) *x30 sec**

Towel Hangs *x30 sec**

(I use my grappling uniform for doing pull-ups/rows - adds a nice variation)

Rock Climbing!! - one of my favorite activities :)

*These are starting numbers to go with, work your way up to more time(or less fingers) as you feel these become too easy.

Recommendations:

Apps

- Round Timer(available on android and iPhone)
- My Fitness Pal (meal and activity tracking)

Books(for continued training)

- Convict Conditioning by Paul Wade
- Nuero-Mass by Jon Bruney
- Warrior Cardio by Martin Rooney
- Anything by Pavel Tsatsouline

Nutrition

- Advocare 24 day challenge(weight loss, meal plan, increased performance) I can help you out with getting started
- Slow Carb Diet(this is *not* a paleo diet, and is designed to be used without supplements - but those help aid in the process. I recommend at least a multivitamin and fish oil. I can help you out with any of these)
- Use common sense(stay away from processed foods, eat lots of veggies in the afternoon, fruits in the morning, avoid juice and soda, eat 30 grams of protein within 30 min of waking)