

NAME			

WEEK 1 DAY 1 LEVEL 1

DATE

RECOVERY TARGET RPE

GREEN

WORKOUT GOALS	WORKOUT NOTES
	AMRAP means As Many Reps As Possible (with good technique)

CIRCUIT	EXERCISE		REPS	TIME	HR	WEIGHT
	Jog/bike/row			5 min	Middle blue	
	Ankle rolls	2-3	8-10			
	Windshield wipers	2-3	8-10			
	Goblet squat	2-3	8-10			

CONDITIONING

CIRC	UIT	METHOD EXERCISE		HR ZONE	RPE	TIME	SETS	REPS	WEIGHT	REST
		Aerobic plyos	Low hops - with or w/o hurdles			2-3 min				
		SS1	Primary conditioning exercise	Middle blue		15-20 min				

STRENGTH

CIRCI	UIT	METHOD	MOVEMENT	EXERCISE	SETS	REPS	WEIGHT	ТЕМРО	REST
		Tempo lifting	Push/Press	Barbell bench press or dumbbell floor press	2-3	8-10		4040	60s
		Tempo lifting	Pull	Lat pulldowns	2-3	8-10		4040	60s
		Repetition	Rotation	Cable exercise or 90:90 trunk rotation	2-3	8-10			60s
		Repetition	Push/Press	Push ups	1	AMRAP			

COOLDOWN

EXERCISE #1	EXERCISE #2
2-3 minute slow jog/bike/walk	Box breathing (4s inhale, 4s hold, 4s exhale, 4s hold)

WORKOUT REVIEW



NAME	DATE

WEEK 1 DAY 2 LEVEL 1

RECOVERY	TARGET RPE
	BLUE

WORKOUT GOALS	WORKOUT NOTES

NAMIC WARM-UP											
CIRCUIT	EXERCISE	SETS	REPS	TIME	HR	WEIGHT					
	Bear breathing	2	4-6								
	Low CNS Warm up										

CONDITIONING

CIRC	UIT	METHOD	EXERCISE	HR ZONE	RPE	TIME	SETS	REPS	WEIGHT	REST
		Tempo intervals	Run/bike/row/other			8-10				60s

STRENGTH

CIRC	UIT	METHOD	MOVEMENT	EXERCISE	SETS	REPS	WEIGHT	ТЕМРО	REST
А	1	Repetition	Core	Front plank hold (up to 2 min)	1-2				60s
А	2	Repetition	Core	Side plank hold (up to 2 min)	1-2				60s

COOLDOWN

EXERCISE #1	EXERCISE #2
2-3 minute slow jog/bike/walk	Bear breathing

WORKOUT REVIEW		



NAME	DATE

WEEK 1 DAY 3 LEVEL 1

RECOVERY TARGET RPE

GREEN

WORKOUT GOALS	WORKOUT NOTES

DYNAM	IC WA	RM-UP					
CIRCUIT		EXERCISE		REPS	TIME	HR	WEIGHT
		Jog/bike/row			5 min	Middle blue	
		Ankle rolls	2-3	8-10			
		Windshield wipers	2-3	8-10			
		Goblet squat	2-3	8-10			

CONDITIONING

CIRC	UIT	METHOD	EXERCISE	HR ZONE	RPE	TIME	SETS	REPS	WEIGHT	REST
		SS1	Primary conditioning exercise	Middle blue		20-25 min				

STRENGTH

CIRC	UIT	METHOD	MOVEMENT	EXERCISE	SETS	REPS	WEIGHT	ТЕМРО	REST
		Tempo lifting	Squat	Barbell squats	3-4	8-10		4040	60s
		Repetition	Lunge	Walking lunges or box step ups	3-4	8-10			60s
		Repetition	Core	Cable exercise or 90:90 trunk rotation	2-3	8-10			60s

COOLDOWN

EXERCISE #1	EXERCISE #2
2-3 minute slow jog/bike/walk	Box breathing (4s inhale, 4s hold, 4s exhale, 4s hold)

WORKOUT REV	/IEW
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NAME		DATE
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WEEK 1 DAY 4 LEVEL 1

RECOVERY	TARGET RPE
	BLUE

WORKOUT GOALS	WORKOUT NOTES

NAMIC WARM-UP							
CIRCUIT	EXERCISE	SETS	REPS	TIME	HR	WEIGHT	
	Bear breathing	2	4-6				
	Low CNS Warm up						

CONDITIONING

CIRC	CIRCUIT METHOD E		EXERCISE	HR ZONE	RPE	TIME	SETS	REPS	WEIGHT	REST
		Tempo intervals	Run/bike/row/other			8-10				60s

STRENGTH

CIR	CUIT	METHOD	MOVEMENT	EXERCISE	SETS	REPS	WEIGHT	ТЕМРО	REST
А	1	Repetition	Core	Front plank hold (up to 2 min)	1-2				60s
А	2	Repetition	Core	Side plank hold (up to 2 min)	1-2				60s

COOLDOWN

EXERCISE #1	EXERCISE #2
2-3 minute slow jog/bike/walk	Bear breathing

WORKOUT REVIEW		



NAME			

WEEK 1 DAY 5 LEVEL 1

DATE

RECOVERY TAR

TARGET RPE GREEN

W	OR.	KO	IIT	GO	ALS	

WORKOUT NOTES

AMRAP means As Many Reps As Possible (with good technique)

DYNAM	DYNAMIC WARM-UP								
CIRC	CIRCUIT EXERCISE		SETS	REPS	TIME	HR	WEIGHT		
		Jog/bike/row			5 min	Middle blue			
		Ankle rolls	2-3	8-10					
		Windshield wipers	2-3	8-10					
		Goblet squat	2-3	8-10					

CONDITIONING

CIRC	CIRCUIT METHOD EXERCISE		HR ZONE	RPE	TIME	SETS	REPS	WEIGHT	REST	
		SS1	Primary conditioning exercise	Middle blue		15-20 min				
		Aerobic plyos	Low hops - with or w/o hurdles			2-3 min				

STRENGTH

CIRCL	UIT	METHOD	MOVEMENT	EXERCISE	SETS	REPS	WEIGHT	ТЕМРО	REST
		Tempo lifting	Hinge	Dumbbell RDL	2-3	8-10		4040	60s
		Tempo lifting	Push/Press	Barbell bench press or dumbbell floor press	2-3	8-10		4040	60s
		Tempo lifting	Pull	Barbell seated or bent-over row	2-3	8-10		4040	60s
		Repetition	Push/Press	Push ups	1	AMRAP			90s

COOLDOWN

EXERCISE #1	EXERCISE #2
2-3 minute slow jog/bike/walk	Box breathing (4s inhale, 4s hold, 4s exhale, 4s hold)

RECOVERY +/-



NAME			

WEEK 2 DAY 1

LEVEL 1

DATE

RECOVERY TARGET RPE

GREEN

WORKOUT GOALS	WORKOUT NOTES
	AMRAP means As Many Reps As Possible (with good technique)

DYNAMIC WARM-UP								
CIRCI	UIT	EXERCISE	SETS	REPS	TIME	HR	WEIGHT	
		Jog/bike/row			5 min	Middle blue		
		Ankle rolls	2-3	10-12				
		Windshield wipers	2-3	10-12				
		Goblet squat	2-3	10-12				

CONDITIONING

CIRC	UIT	METHOD	EXERCISE	HR ZONE	RPE	TIME	SETS	REPS	WEIGHT	REST
		Aerobic plyos	Low hops - with or w/o hurdles			3-5 min				
		SS1	Primary conditioning exercise	Middle blue		15-20 min				

STRENGTH

CIRCUIT	METHOD	MOVEMENT	EXERCISE	SETS	REPS	WEIGHT	ТЕМРО	REST
	Tempo lifting	Push/Press	Barbell bench press or dumbbell floor press	2-3	10-12		4040	60s
	Tempo lifting	Pull	Lat pulldowns	2-3	10-12		4040	60s
	Repetition	Rotation	Cable exercise or 90:90 trunk rotation	2-3	10-12			60s
	Repetition	Push/Press	Push ups	1	AMRAP			

COOLDOWN

EXERCISE #1	EXERCISE #2
2-3 minute slow jog/bike/walk	Box breathing (4s inhale, 4s hold, 4s exhale, 4s hold)

WORKOUT REVIEW	W	0	RK	0	U	Τ	R	E١	٧I	E	W
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NAME	DATE

WEEK 2 DAY 2

LEVEL 1

RECOVERY

TARGET RPE BLUE

WORKOUT GOALS	WORKOUT NOTES

DYNAMIC WARM-UP CIRCUIT EXERCISE SETS REPS TIME HR WEIGHT Bear breathing 2 4-6 Low CNS Warm up

CONDITIONING

CIRC	UIT	METHOD	EXERCISE	HR ZONE	RPE	TIME	SETS	REPS	WEIGHT	REST
		Tempo intervals	Run/bike/row/other			8-10				60s

STRENGTH

CIRC	CUIT	METHOD	MOVEMENT	EXERCISE	SETS	REPS	WEIGHT	ТЕМРО	REST
Α	1	Repetition	Core	Front plank hold (up to 2 min)	1-2				60s
А	2	Repetition	Core	Side plank hold (up to 2 min)	1-2				60s

COOLDOWN

EXERCISE #1	EXERCISE #2
2-3 minute slow jog/bike/walk	Bear breathing

WORKOUT	REVIEW			



NAME			

WEEK 2 DAY 3 LEVEL 1

DATE

RECOVERY TARGET RPE
GREEN

WORKOUT NOTES	DRKOUT GOALS

DYNAM	DYNAMIC WARM-UP										
CIRC	CUIT	EXERCISE	SETS	REPS	TIME	HR	WEIGHT				
		Jog/bike/row			5 min	Middle blue					
		Ankle rolls	2-3	10-12							
		Windshield wipers	2-3	10-12							
		Goblet squat	2-3	10-12							

CONDITIONING

CIR	CUIT	METHOD	EXERCISE	HR ZONE	RPE	TIME	SETS	REPS	WEIGHT	REST
		SS1	Primary conditioning exercise	Middle blue		20-25 min				

STRENGTH

CIRCUIT	METHOD	MOVEMENT	EXERCISE	SETS	REPS	WEIGHT	ТЕМРО	REST
	Tempo lifting	Squat	Barbell squats	3-4	10-12		4040	60s
	Repetition	Lunge	Walking lunges or box step ups	3-4	10-12			60s
	Repetition	Core	Cable exercise or 90:90 trunk rotation	2-3	10-12			60s

COOLDOWN

EXERCISE #1	EXERCISE #2
2-3 minute slow jog/bike/walk	Box breathing (4s inhale, 4s hold, 4s exhale, 4s hold)

WORKOUT REVIEW			



NAME	DATE

LEVEL 1

WEEK 2 DAY 4

RECOVERY

TARGET RPE BLUE

WORKOUT GOALS	WORKOUT NOTES

YNAMIC WARM-UP											
UIT	EXERCISE	SETS	REPS	TIME	HR	WEIGHT					
	Bear breathing	2	4-6								
	Low CNS Warm up										
		Bear breathing EXERCISE	Bear breathing EXERCISE SETS	Bear breathing EXERCISE SETS REPS 2 4-6	EXERCISE SETS REPS TIME Bear breathing 2 4-6	Bear breathing EXERCISE SETS REPS TIME HR 2 4-6					

CONDITIONING

CIRCI	UIT	METHOD	EXERCISE	HR ZONE	RPE	TIME	SETS	REPS	WEIGHT	REST
		Tempo intervals	Run/bike/row/other			10-12				60s

STRENGTH

CIR	CIRCUIT METHOD MOVEMENT EXERCISE		SETS	REPS	WEIGHT	ТЕМРО	REST		
Α	1	Repetition	Core	Front plank hold (up to 2 min)					60s
А	2 Repetition Core Side plank hold (up to 2 min)		2				60s		

COOLDOWN

EXERCISE #1	EXERCISE #2
2-3 minute slow jog/bike/walk	Bear breathing

WORKOUT DEVIEW	
WORKOUT REVIEW	



NAME			
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WEEK 2 DAY 5 LEVEL 1

DATE			

RECOVERY TARGET RPE
GREEN

WORKOUT GO	ALS
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WORKOUT NOTES

AMRAP means As Many Reps As Possible (with good technique)

DYNAMIC WARM-UP							
CIRCUIT		EXERCISE		REPS	TIME	HR	WEIGHT
		Jog/bike/row			5 min	Middle blue	
		Ankle rolls	2-3	10-12			
		Windshield wipers	2-3	10-12			
		Goblet squat	2-3	10-12			

CONDITIONING

CIRC	CIRCUIT METHOD EXERCISE		HR ZONE	RPE	TIME	SETS	REPS	WEIGHT	REST	
	SS1 Primary conditioning exercise		Middle blue		15-20 min					
	Aerobic plyos Low hops - with or w/o hurdles				3-5 min					

STRENGTH

CIRCUIT METHOD MOVEMENT EXER		EXERCISE	SETS	REPS	WEIGHT	ТЕМРО	REST		
		Tempo lifting	Hinge	Dumbbell RDL		10-12		4040	60s
		Tempo lifting	Push/Press	Barbell bench press or dumbbell floor press		10-12		4040	60s
		Tempo lifting	Pull	Barbell seated or bent-over row		10-12		4040	60s
		Repetition	Push/Press	Push ups		AMRAP			90s

COOLDOWN

EXERCISE #1	EXERCISE #2
2-3 minute slow jog/bike/walk	Box breathing (4s inhale, 4s hold, 4s exhale, 4s hold)

RECOVERY +/-



NAME			

WEEK 3 DAY 1 LEVEL 1

RECOVERY

DATE

TARGET RPE GREEN

WORKOUT GOALS	
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WORKOUT NOTES

AMRAP means As Many Reps As Possible (with good technique)

DYNAM	YNAMIC WARM-UP											
CIRCUIT		EXERCISE	SETS REPS		TIME	HR	WEIGHT					
		Jog/bike/row			5 min	Middle blue						
		Ankle rolls	2-3	10-12								
		Leg swings	2-3	10-12								
		Backwards lunges	2-3	10-12								

CONDITIONING

CIRCUIT METHOD EXERCISE		HR ZONE	RPE	TIME	SETS	REPS	WEIGHT	REST		
		Tempo intervals	Run/bike/row/other				1	8-10		
		SS1	Primary conditioning exercise	Middle blue		18-20 min				

STRENGTH

CIRCUIT		METHOD	MOVEMENT	EXERCISE	SETS	REPS	WEIGHT	TEMPO	REST
		Tempo lifting	Pull	Lat pulldown or seated rows	2-3	10-12		4040	60s
		Tempo lifting	Push/Press	Barbell bench press or dumbbell floor press	2-3	10-12		4040	60s
А	1	Repetition	Rotation	Stable scap 90:90	2	6-8			60s
А	2	Repetition	Push/Press	Push ups	2	AMRAP			60s

COOLDOWN

EXERCISE #1	EXERCISE #2
2-3 minute slow jog/bike/walk	Box breathing (4s inhale, 4s hold, 4s exhale, 4s hold)

RECOVERY +/-



NAME	DATE

WEEK 3 DAY 2 LEVEL 1

RECOVERY	TARGET RPE
	BLUE

WORKOUT GOALS	WORKOUT NOTES	

NAMIC WA	IAMIC WARM-UP												
CIRCUIT	EXERCISE	SETS	REPS	TIME	HR	WEIGHT							
	Bear breathing	2	4-6										
	Low CNS Warm up												

CONDITIONING

CIR	CUIT	METHOD	EXERCISE	HR ZONE	RPE	TIME	SETS	REPS	WEIGHT	REST
		SS1	Run/bike/row/other	Middle blue		15-20				

STRENGTH

CIRC	CUIT	METHOD	MOVEMENT	EXERCISE	SETS	REPS	WEIGHT	ТЕМРО	REST
А	1	Repetition	Core	Front plank hold (up to 2 min)	2-3				60s
А	2	Repetition	Core	Side plank hold (up to 2 min)	2-3				60s
А	3	Repetition	Core	Cable exercise or 90:90 trunk rotations	2-3	8-10			

COOLDOWN

EXERCISE #1	EXERCISE #2
2-3 minute slow jog/bike/walk	90:90 breathing

WORKOUT REVIEW													



NAME			

WEEK 3 DAY 3 LEVEL 1

RECOVERY

DATE

TARGET RPE GREEN

WORKOUT GOALS	WORKOUT NOTES

YNAN	YNAMIC WARM-UP									
CIRCUIT		EXERCISE		REPS	TIME	HR	WEIGHT			
		Jog/bike/row			5 min	Middle blue				
Α	1	Ankle rolls	2-3	10-12						
Α	2	Windshield wipers	2-3	10-12						
Α	3	Lateral lunges	2-3	10-12						

CONDITIONING

CIRC	CUIT	METHOD	EXERCISE	HR ZONE	RPE	TIME	SETS	REPS	WEIGHT	REST
		Blue repeats	Primary conditioning exercise	Middle / Top blue		20-22 min				

STRENGTH

CIRCUIT	METHOD	MOVEMENT	EXERCISE	SETS	REPS	WEIGHT	ТЕМРО	REST
	Tempo	Squat	Rear-foot elevated split squat	3-4	8-10		4040	60s
	Repetition	Lunge	Weighted walking lunges	3-4	8-10			60s
	Repetition	Core	Med ball loaded hip rotations	2-3	10-12			60s

COOLDOWN

EXERCISE #1	EXERCISE #2					
2-3 minute slow jog/bike/walk	Exercise ball hip extension stretch					



NAME	DATE

WEEK 3 DAY 4 LEVEL 1

RECOVERY	TARGET RPE
	BLUE

WORKOUT GOALS	WORKOUT NOTES	

NAMIC WARM-UP										
CIRCUIT	EXERCISE	SETS	REPS	TIME	HR	WEIGHT				
	Bear breathing	2	4-6							
	Low CNS Warm up									

CONDITIONING

CIRC	CUIT	METHOD	EXERCISE	HR ZONE	RPE	TIME	SETS	REPS	WEIGHT	REST
		SS1	Run/bike/row/other	Middle blue		15-20 min				

STRENGTH

CIR	CUIT	METHOD	MOVEMENT	EXERCISE		REPS	WEIGHT	ТЕМРО	REST
Α	1	Repetition	Core	Front plank hold (up to 2 min)					60s
А	2	Repetition	Core	Side plank hold (up to 2 min)					60s
		Repetition	Push/Press	Push ups		AMRAP			
		Repetition	Pull	Pull ups	1-2	AMRAP			

COOLDOWN

EXERCISE #1	EXERCISE #2
2-3 minute slow jog/bike/walk	90:90 breathing

WORKOUT REVIEW			



NAME			

LEVEL 1

WEEK 3 DAY 5

DATE

RECOVERY TARGET RPE
GREEN

WORKOUT GOALS	WORKOUT NOTES

CIRCUIT	EXERCISE	SETS	REPS	TIME	HR	WEIGHT
	Jog/bike/row			5 min	Middle blue	
	Ankle rolls	2-3	10-12			
	Leg swings	2-3	10-12			
	Backwards lunges	2-3	10-12			

CONDITIONING

CIRC	UIT	METHOD EXERCISE		HR ZONE	RPE	TIME	SETS	REPS	WEIGHT	REST
		Aerobic plyos	Low hops - with or w/o hurdles			4-5 min				
		Blue repeats	Run/bike/row/other			20-25 min				

STRENGTH

CIRCL	JIT METHOD MOVEMENT EXERCISE		SETS	REPS	WEIGHT	ТЕМРО	REST	
	Repetition	Hinge	Trap bar or dumbbell deadlift		10-12			60s
	Repetition	Push/Press	Dumbbell bench press or dumbbell floor press		10-12			60s
	Repetition	Pull	Pull ups or lat pulldowns	2-3	10-12			60s
	Repetition	Core	Stable scap 90:90	2-3	6-8			45s

COOLDOWN

EXERCISE #1	EXERCISE #2
2-3 minute slow jog/bike/walk	Box breathing (4s inhale, 4s hold, 4s exhale, 4s hold)

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NAME			

DATE

WEEK 4 DAY 1 LEVEL 1

RECOVERY

TARGET RPE GREEN

WORKOUT	GOALS	
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WORKOUT NOTES

AMRAP means As Many Reps As Possible (with good technique)

DYNAM	DYNAMIC WARM-UP										
CIRC	UIT	EXERCISE	SETS	REPS	TIME	HR	WEIGHT				
		Jog/bike/row			5 min	Middle blue					
		Ankle rolls	2-3	10-12							
		Leg swings	2-3	10-12							
		Backwards lunges	2-3	10-12							

CONDITIONING

CIRC	CIRCUIT METHOD EXERCISE		HR ZONE	RPE	TIME	SETS	REPS	WEIGHT	REST	
		Tempo intervals	Run/bike/row/other				1	8-10		
		SS1	Primary conditioning exercise	Middle blue		20-25 min				

STRENGTH

CIR	CUIT	METHOD	MOVEMENT	EXERCISE	SETS	REPS	WEIGHT	ТЕМРО	REST
		Tempo lifting	Pull	Lat pulldown or seated rows	3-4	10-12		4040	50s
		Tempo lifting	Push/Press	Barbell bench press or dumbbell floor press	3-4	10-12		4040	50s
Α	1	Repetition	Rotation	Stable scap 90:90	2-3	6-8			60s
Α	2	Repetition	Push/Press	Push ups	2-3	AMRAP			60s

COOLDOWN

EXERCISE #1	EXERCISE #2
2-3 minute slow jog/bike/walk	Box breathing (4s inhale, 4s hold, 4s exhale, 4s hold)

RECOVERY +/-



NAME	DATE

WEEK 4 DAY 2 LEVEL 1

RECOVERY	TARGET RPE
	BLUE

WORKOUT GOALS	WORKOUT NOTES

DYNAMIC WARM-UP										
CIRCUIT		EXERCISE	SETS	REPS	TIME	HR	WEIGHT			
		Bear breathing	2	4-6						
		Low CNS Warm up								

CONDITIONING

CIR	CUIT	METHOD	EXERCISE	HR ZONE	RPE	TIME	SETS	REPS	WEIGHT	REST
		SS1	Run/bike/row/other	Middle blue		15-20 min				

STRENGTH

CIRC	UIT	METHOD	MOVEMENT	EXERCISE	SETS	REPS	WEIGHT	ТЕМРО	REST
А	1	Repetition	Core	Front plank hold (up to 2 min)	2-3				60s
А	2	Repetition	Core	Side plank hold (up to 2 min)	2-3				60s
А	3	Repetition	Core	Cable exercise or lateral med ball throws	2-3	8-10			

COOLDOWN

EXERCISE #1	EXERCISE #2
2-3 minute slow jog/bike/walk	90:90 breathing

WORKOUT REVIEW	



NAME	DATE

WEEK 4 DAY 3 LEVEL 1

RECOVERY

TARGET RPE GREEN

WORKOUT GOALS	WORKOUT NOTES

YNAMIC WARM-UP									
CIRCUIT		EXERCISE		REPS	TIME	HR	WEIGHT		
		Jog/bike/row			5 min	Middle blue			
Α	1	Ankle rolls	2-3	10-12					
Α	2	Windshield wipers	2-3	10-12					
Α	3	Lateral lunges	2-3	10-12					

CONDITIONING

CIRC	CUIT	METHOD	EXERCISE	HR ZONE	RPE	TIME	SETS	REPS	WEIGHT	REST
		Blue repeats	Primary conditioning exercise	Middle / Top blue		22-25 min				

STRENGTH

CIRCUIT	METHOD	MOVEMENT	EXERCISE	SETS	REPS	WEIGHT	ТЕМРО	REST
	Tempo	Squat	Rear-foot elevated split squat	3-4	10-12		4040	60s
	Repetition	Lunge	Weighted walking lunges	3-4	10-12			60s
	Repetition	Core	Med ball loaded hip rotations	2-3	10-12			60s

COOLDOWN

EXERCISE #1	EXERCISE #2
2-3 minute slow jog/bike/walk	Exercise ball hip extension stretch

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NAME	DATE

WEEK 4 DAY 4 LEVEL 1

RECOVERY	TARGET RPE
	BLUE

WORKOUT GOALS	WORKOUT NOTES	

NAMIC WARM-UP										
CIRCUIT	EXERCISE	SETS	REPS	TIME	HR	WEIGHT				
	Bear breathing	2	4-6							
	Low CNS Warm up									

CONDITIONING

CIRC	CUIT	METHOD	EXERCISE	HR ZONE	RPE	TIME	SETS	REPS	WEIGHT	REST
		SS1	Run/bike/row/other	Middle blue		15-20 min				

STRENGTH

CIR	CUIT	METHOD	MOVEMENT	EXERCISE	SETS	REPS	WEIGHT	ТЕМРО	REST
Α	1	Repetition	Core	Front plank hold (up to 2 min)	2				60s
Α	2	Repetition	Core	Side plank hold (up to 2 min)	2				60s
		Repetition	Push/Press	Push ups	2	AMRAP			
		Repetition	Pull	Pull ups	2	AMRAP			

COOLDOWN

EXERCISE #1	EXERCISE #2
2-3 minute slow jog/bike/walk	90:90 breathing

WORKOUT REVIEW			



NAME			

WEEK 4 DAY 5 LEVEL 1

DATE

RECOVERY TARGET RPE
GREEN

WORKOUT GOALS	WORKOUT NOTES

CIRCUIT	EXERCISE	SETS	REPS	TIME	HR	WEIGHT
	Jog/bike/row			5 min	Middle blue	
	Ankle rolls	2-3	10-12			
	Leg swings	2-3	10-12			
	Backwards lunges	2-3	10-12			

CONDITIONING

CIRC	UIT	METHOD	EXERCISE	HR ZONE	RPE	TIME	SETS	REPS	WEIGHT	REST
		Aerobic plyos	Low hops - with or w/o hurdles			4-5 min				
		Blue repeats	Run/bike/row/other			22-25 min				

STRENGTH

CIRCU	JIT METHOD	MOVEMENT	EXERCISE	SETS	REPS	WEIGHT	ТЕМРО	REST
	Repetition	Hinge	Trap bar or dumbbell deadlift	3-4	10-12			60s
	Repetition	Push/Press	Dumbbell bench press or dumbbell floor press	3-4	10-12			60s
	Repetition	Pull	Pull ups or lat pulldowns	3-4	10-12			60s
	Repetition	Core	Stable scap 90:90	2-3	6-8			45s

COOLDOWN

EXERCISE #1	EXERCISE #2
2-3 minute slow jog/bike/walk	Box breathing (4s inhale, 4s hold, 4s exhale, 4s hold)

WORKOUT REVIE	W
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