

WEEK 1

STRENGTH TESTS/FOUNDATION WEEK



DAY 1

STRENGTH TESTS #1

Today, you will be doing eight strength tests. Do these tests in order, and use the same machines, location and equipment when you do these tests every time for consistency.

1-MILE RUN

You have to travel 1 mile on foot. That means you can walk, run, jog or a combination thereof. Record your time.

MAX NUMBER OF PULL-UPS IN ONE MINUTE

Record the total number of pull-ups you can do before failing.

Note: You can do assisted pull-ups, but you use the same assistance every time for consistency.

MAX TIME ON BAR HANG

Record your time.

MAX NUMBER OF SQUAT SITS IN ONE MINUTE

Record your total number of squat sits you can complete in one minute.

MAX NUMBER OF PUSH-UPS IN ONE MINUTE

Record the total number of push-ups you can do in one minute.

Notes: You can do these on your knees or in a full push-up position, but you cannot come out of the push-up position once you start. You can rest at the top in plank, but the minute you break form, you are done.

100-METER DASH OR 300-METER ROW

Record the time it took you to complete one or the other.

MAX TIME IN PLANK HOLD

Record the total time you were able to hold in plank before failing.

MAX NUMBER OF DIPS IN ONE MINUTE

Record the total number of dips you complete in one minute.

DAY 2

CORE ACTIVATION 1

DYNAMIC WARM-UP

Jog a quarter of a mile or five to six minutes. Then repeat the below workout two times through.

Exercise	Time
High Knees	30 seconds
Butt Kicks	30 seconds
Side Shuffle	30 seconds (right)
Side Shuffle	30 seconds (left)
Zombie Walk	30 seconds
Prisoner	30 seconds
Windmill	30 seconds
Walk-Out Push-Up	30 seconds

CIRCUITS

Repeat each circuit three times through. Rest as needed.

CIRCUIT 1 – BENT-KNEE SEQUENCE

Do all the moves and reps on one leg, then repeat on the other leg.

Exercise	Time/Reps
Bent-Knee Hollow Hold	30 seconds
Bent-Knee Single-Leg Hollow Extension	10 (each leg)
Bent-Knee Single-Leg Hollow Extension With Internal Rotation	10 (each leg)
Bent-Knee Single-Leg Hollow Hip Opener	10 (each leg)

CIRCUIT 2

Exercise	Time
Single-Leg Stand	30 seconds (each side)
Plank Hold	45 seconds

CIRCUIT 3

Exercise	Time/Reps
Bar Hang	max time
Hanging Knee Raise	10

COOL-DOWN

Repeat the below exercises three times through.

Exercise	Time
Cobra Stretch	30 seconds
Downward Dog	30 seconds

DAY 3

CORE ACTIVATION 2

DYNAMIC WARM-UP

Jog a quarter of a mile or five to six minutes. Then repeat the below workout two times through.

Exercise	Time
High Knees	30 seconds
Butt Kicks	30 seconds
Side Shuffle	30 seconds (right)
Side Shuffle	30 seconds (left)
Zombie Walk	30 seconds
Prisoner	30 seconds
Windmill	30 seconds
Walk-Out Push-Up	30 seconds

CIRCUITS

Repeat each circuit three times through. Rest as needed.

CIRCUIT 1 – BENT-KNEE SEQUENCE

Do all the moves and reps on one leg, then repeat on the other leg.

Exercise	Time/Reps
Bent-Knee Hollow Hold	30 seconds
Bent-Knee Single-Leg Hollow Extension	10 (each leg)
Bent-Knee Single-Leg Hollow Extension With Internal Rotation	10 (each leg)
Bent-Knee Single-Leg Hollow Hip Opener	10 (each leg)

CIRCUIT 2

Exercise	Time
Single-Leg Stand	30 seconds (each side)
Around the World	30 seconds (each side)
Plank Hold	45 seconds

CIRCUIT 3

Exercise	Time/Reps
Bar Hang	max time
Hanging Knee Raise	10

COOL-DOWN

Repeat the below exercises three times through.

Exercise	Time
Cobra Stretch	30 seconds
Downward Dog	30 seconds

DAY 4

CORE ACTIVATION 3

DYNAMIC WARM-UP

Run half a mile or seven to eight minutes. Then repeat the below workout two times through.

Exercise	Time
High Knees	30 seconds
Butt Kicks	30 seconds
Side Shuffle	30 seconds (right)
Side Shuffle	30 seconds (left)
Zombie Walk	30 seconds
Prisoner	30 seconds
Windmill	30 seconds
Walk-Out Push-Up	30 seconds

CIRCUITS

Repeat circuits 1 and 2 three times through. Rest as needed.

CIRCUIT 1 – BENT-KNEE SEQUENCE

Do all the moves and reps on one leg, then repeat on the other leg.

Exercise	Time/Reps
Bent-Knee Hollow Hold	30 seconds
Bent-Knee Single-Leg Hollow Extension	10 (each leg)
Bent-Knee Single-Leg Hollow Extension With Internal Rotation	10 (each leg)
Bent-Knee Single-Leg Hollow Hip Opener	10 (each leg)

CIRCUIT 2

Exercise	Time
Single-Leg Stand	30 seconds (each side)
Around the World	30 seconds (each side)
Plank Hold	45 seconds

CIRCUIT 3

Do the below workout one time through.

Exercise	Time
Bar Hang	max time

Then do five rounds of the following exercises in ascending order: Do one rep of each in round one, two reps of each in round two and so on until you get to five reps.

Exercise	Reps
Hanging Knee Raise	1 → 5
V-In	1 → 5

COOL-DOWN

Repeat the below exercises three times through.

Exercise	Time
Cobra Stretch	30 seconds
Downward Dog	30 seconds

DAY 5

CORE ACTIVATION 4

DYNAMIC WARM-UP

Run half a mile or seven to eight minutes. Then repeat the below workout two times through.

Exercise	Time
High Knees	30 seconds
Butt Kicks	30 seconds
Side Shuffle	30 seconds (right)
Side Shuffle	30 seconds (left)
Zombie Walk	30 seconds
Prisoner	30 seconds
Windmill	30 seconds
Walk-Out Push-Up	30 seconds

CIRCUITS

Repeat circuits 1 and 2 three times through. Rest as needed.

CIRCUIT 1 – BENT-KNEE SEQUENCE

Do all the moves and reps on one leg, then repeat on the other leg.

Exercise	Time/Reps
Bent-Knee Hollow Hold	30 seconds
Bent-Knee Single-Leg Hollow Extension	10 (each leg)
Bent-Knee Single-Leg Hollow Extension With Internal Rotation	10 (each leg)
Bent-Knee Single-Leg Hollow Hip Opener	10 (each leg)

CIRCUIT 2

Exercise	Time
Single-Leg Stand	30 seconds (each side)
Around the World	30 seconds (each side)
Plank Hold	45 seconds

CIRCUIT 3

Do the below workout one time through.

Exercise	Time
Bar Hang	max time

Then do five rounds of the following exercises in ascending order: Do one rep of each in round one, two reps of each in round two and so on until you get to five reps.

Exercise	Reps
Hanging Knee Raise	1 → 5
V-In	1 → 5

CIRCUIT 4 — 3-MINUTE AMRAP

Perform as many rounds and reps of the below workout as you can in three minutes.

Exercise	Reps
Toe Touch	8
Leg Lower	8
Pike Sit-Up	8

COOL-DOWN

Repeat the below exercises three times through.

Exercise	Time
Plank Hold	30 seconds
Cobra Stretch	30 seconds
Downward Dog	30 seconds

DAY 6

CORE ACTIVATION 5

DYNAMIC WARM-UP

Run half a mile or seven to eight minutes. Then repeat the below workout two times through.

Exercise	Time
High Knees	30 seconds
Butt Kicks	30 seconds
Side Shuffle	30 seconds (right)
Side Shuffle	30 seconds (left)
Zombie Walk	30 seconds
Prisoner	30 seconds
Windmill	30 seconds
Walk-Out Push-Up	30 seconds

CIRCUITS

Repeat circuits 1 and 2 three times through. Rest as needed.

CIRCUIT 1 – BENT-KNEE SEQUENCE

Do all the moves and reps on one leg, then repeat on the other leg.

Exercise	Time/Reps
Bent-Knee Hollow Hold	30 seconds
Bent-Knee Single-Leg Hollow Extension	10 (each leg)
Bent-Knee Single-Leg Hollow Extension With Internal Rotation	10 (each leg)
Bent-Knee Single-Leg Hollow Hip Opener	10 (each leg)

CIRCUIT 2

Exercise	Time
Single-Leg Stand	30 seconds (each side)
Around the World	30 seconds (each side)
Plank Hold	45 seconds

CIRCUIT 3

Do the below workout one time through.

Exercise	Time
Bar Hang	max time

Then do five rounds of the following exercises in ascending order: Do one rep of each in round one, two reps of each in round two and so on until you get to five reps.

Exercise	Reps
Hanging Knee Raise	1 → 5
V-In	1 → 5

CIRCUIT 4 — 5-MINUTE AMRAP

Perform as many rounds and reps of the below workout as you can in five minutes.

Exercise	Reps
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Toe Touch	8
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Leg Lower	8
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Pike Sit-Up	8
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COOL-DOWN

Repeat the below exercises three times through.

Exercise	Time
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Plank Hold	30 seconds
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Cobra Stretch	30 seconds
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Downward Dog	30 seconds
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DAY 7

REST