

Jeff – Training Programming – 3-6-23

Each element is listed in order of their significance towards our end goals – give attention to each element to ensure their incorporation into your weekly schedule in the order provided

Workout Warm Up

- Use this quick warm up at the beginning of our BIG workout and your CF workouts to help improve mobility

Brutal Iron Gym Workout

- Perform once a week – substitute for a CF workout per week that you believe has the least direct relation towards your current weaknesses

Post CF Workout Additional Workouts

- For 2 CF workouts per week add these “post-workout additional workouts” to help increase muscular development for our targeted weaknesses

Strength Substitute for CF Workout

- This Strength Substitute can be used to replace a strength protocol in your CF programming if you don’t believe a scheduled strength protocol for the week best suits your individual needs

METCON Substitute for CF Workout

- This METCON Substitute can be used to replace a METCON in your CF programming if you don’t believe a scheduled METCON for the week best suits your individual needs
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Per Workout Warm Up

*Perform these before the workout begins or paired with the first 3 warm up sets of the main exercise

Circuit: minimal rests

- Deep Squat into Reptile Push Up
 - *Video - <https://www.youtube.com/watch?v=zsTQzYWU-Ok>
 - All Weeks – per side – 2 sets of 5 reps
- Spiderman Lunge with Elbow to Instep
 - *Video – 0:00 mark - <https://www.youtube.com/watch?v=hAjtWiBpAto>
 - All Weeks – per side – 2 sets of 5 reps
- Spiderman Lunge with Reach
 - *Video – 0:24 mark - <https://www.youtube.com/watch?v=hAjtWiBpAto>
 - All Weeks – per side – 2 sets of 5 reps
- Spiderman Lunge with Hip Lift
 - *Video – 0:50 mark - <https://www.youtube.com/watch?v=hAjtWiBpAto>
 - All Weeks – per side – 2 sets of 5 reps

Brutal Iron Gym Workout

Circuit: minimal rests

- **Deep Squat into Reptile Push Up**
 - *Video - <https://www.youtube.com/watch?v=zsTQzYWU-Ok>
 - All Weeks – per side – 2 sets of 5 reps
- **Spiderman Lunge with Elbow to Instep**
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 - All Weeks – per side – 2 sets of 5 reps
- **Spiderman Lunge with Hip Lift**
 - *Video – 0:50 mark - <https://www.youtube.com/watch?v=hAjtWiBpAto>
 - All Weeks – per side – 2 sets of 5 reps

Circuit: ~minimal rests during warm ups; ~3-5 minute rests during working sets

- *Use regular flat shoes this day – not the heel elevated Olympic lifting shoes
- **BB Conventional Deadlift**
 - *Video - <https://www.youtube.com/watch?v=-dz18fiQWYs>
 - *Bracing Concept - <https://youtu.be/58XrN5u1F6U>
 - *Dead Stop Reps
 - *Warm Ups – 135lb x 3 reps, 185lb x 3 reps, 225lb x 1 rep
 - Week 1
 - 240lb – 2 reps
 - 260lb – 2 reps
 - 280lb – 1 rep
 - 300lb – 1 rep
 - Weeks 2-4 – Add 5lb to each weight listed in Week 1
- **BB Bench Press**
 - *Video - <https://youtu.be/gQkdEg-G1Vc>
 - *Warm Ups – Bar x 3 reps, 95lb x 3 reps, 115lb x 1 rep
 - Week 1 – 145lb – 4 sets of 1 rep
 - Week 2 – 145lb – 4 sets of 2 reps (or achieve 8 total reps however possible)
 - Week 3 – 155lb – 4 sets of 1 rep
 - Week 4 – 155lb – 4 sets of 2 reps (or achieve 8 total reps however possible)

Circuit: ~3-5 min rests

- *Can perform as a circuit or if gym is busy perform them separately
- **Power Squat Bulgarian Split Squats**
 - *Video - <https://youtu.be/ka4F0I3HJvI>
 - Week 1 – per side – 3 sets of 6-10 reps
 - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range
- **CB Lat Pulldown – To Chin with Pause**
 - *Video - https://www.youtube.com/watch?v=Z_3xHwuO8Tk
 - Perform each rep with a “1-2-3” count pause at the bottom
 - Week 1 – 3 sets of 6-10 reps
 - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range
- **Hurricane Standing Strict Press – Neutral Grip**
 - *Video – 6:47 mark - <https://www.youtube.com/watch?v=v6mSlxsWIDY&t=246s>
 - Week 1 – 3 sets of 6-10 reps
 - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range

Post CF Workout Additional Workouts

*We're only adding 2 of these Post CF Workout Additional Workouts per week so I can push the intensity of each for greater adaptation stimulus without overtaxing your recovery capacity

Lower Body – Perform this workout once a week after a Lower Body dominant workout

Workout – 8 Minute Challenge

- Set a timer and perform as many reps of each exercise as possible within the time limit. Each rep performed, regardless of which exercise, counts as a “rep” towards your Total Reps score. The challenge is to perform as many total reps as possible within the time limit and, each week, try to progress in total reps performed.
- DB Step Ups
 - *For Glute/Ham - *Video - 0:00 mark - <https://youtu.be/-P2Rre62cHw>
 - *Same positioning information as in the video, hold the dumbbells hanging by your sides
 - *Can use Wrist Straps to alleviate grip stress - <https://youtu.be/dToKV8HpXQI>
 - Per side – Sets of 5-10 reps
- Body Weight Step Ups – Explosive with Alternating Feet
 - *Video - <https://www.youtube.com/watch?v=JwDTrL1oS4g>
 - Per side – Sets of 5 reps
- Burpee – Plank into Bottom Squat Stretch
 - *Video - <https://www.youtube.com/watch?v=rkHy1speomM>
 - Sets of 5 reps

Upper Body – Perform this workout once a week after an Upper Body dominant workout

Workout – 8 Minute Challenge

- Same format as above
- *Perform all exercises on one arm and then switch arms
- Sprinter Pull Up – Underhand
 - *Video - <https://www.youtube.com/shorts/aec9Dy3lvZ0>
 - Per side – Sets of 5 reps
- Pike Push Ups
 - *Video - <https://www.youtube.com/watch?v=sposDXWEB0A&t=29s>
 - Sets of 30 seconds
- Pull Up – Scapular Retraction Pull Ups
 - *Video - <https://www.youtube.com/watch?v=XIkPI-80r4>
 - Sets of 5 reps – hold the peak contraction for a full “1-2” count
- Plank into Pike with Single Leg Raise
 - *Video - <https://www.youtube.com/watch?v=E6c0QfT5K4M>
 - Per side – Sets of 5 reps

Strength Substitution for CF Workout

BB Back Squat – Wave Load Protocol

- Time Limit = 20 minutes
 - Perform as many “waves” as possible within the time limit
- Warm Up
 - Perform before starting the timer
 - Circuit: minimal rests
 - Deep Squat into Reptile Push Up
 - *Video - <https://www.youtube.com/watch?v=zsTQzYWU-Ok>
 - All Weeks – per side – 2 sets of 5 reps
 - Spiderman Lunge with Elbow to Instep
 - *Video – 0:00 mark - <https://www.youtube.com/watch?v=hAjtWiBpAto>
 - All Weeks – per side – 2 sets of 5 reps
 - Spiderman Lunge with Reach
 - *Video – 0:24 mark - <https://www.youtube.com/watch?v=hAjtWiBpAto>
 - All Weeks – per side – 2 sets of 5 reps
 - Spiderman Lunge with Hip Lift
 - *Video – 0:50 mark - <https://www.youtube.com/watch?v=hAjtWiBpAto>
 - All Weeks – per side – 2 sets of 5 reps
- Perform the following:
 - Bar x 5 reps
 - 95lb x 5 reps (25lb plate per side)
 - 145lb x 5 reps (2x25lb plate per side)
 - 195lb x 5 reps (3x25lb plate per side)
 - Wave
 - 215lb x 3 reps (3x25lb + 10lb plate per side)
 - 235lb x 2 rep (3x25lb + 2x10lb plate per side)
 - 255lb x 1 rep (3x25lb + 3x10lb plate per side)
 - 235lb x 2 rep (3x25lb + 2x10lb plate per side)
 - Repeat the wave pattern until the time limit is reached

METCON Substitution for CF Workout

METCON (Metabolic Conditioning)

- Time Limit
 - All Weeks – **15 minutes** – See how many rounds you can perform within the time limit
- Reps per Round (per side)
 - Round 1 = 8 reps
 - Round 2 = 6 reps
 - Round 3 = 4 reps – repeat this rep count until you reach the time limit
- Exercises:
- *Suggest starting with a 35lb KB
- *Perform all exercises on one arm and then switch arms
 - Example – Round 1 would be 8 reps of all 3 exercises with your right arm, then with your left arm, you would then move back to the right arm and aim for Round 2 reps of 6 reps per arm, etc...
- KB One Arm Overhead Press
 - *Video - <https://www.youtube.com/watch?v=9zn4BBFrIo>
- KB One Arm Overhead Squat
 - *Video - <https://www.youtube.com/watch?v=2FMYiuKswtA>
- KB One Arm Front Rack Squat
 - *Video - <https://www.youtube.com/watch?v=qZdY8HtHFsc>
- KB Thruster – Single KB
 - *Video - <https://www.youtube.com/watch?v=FLG1qbaNHjw>