

Program goals:

- Many of the people will not be familiar with weight training. Our goal is to provide a safe training plan, building them from the ground up.
- First 2 weeks will focus on glute activate, core strength, and challenge balance and coordination.
- The last 2 weeks we will start to introduce more complex movements. Remember, the primary goal for the majority of the people in the challenge is to lose weight and tone up. Our focus is to keep them working the entire hour of the class. They are only working out 3 times a week so they must work hard the entire hour to see the results we are after.
- Metcons are designed to handle very large class sizes. We have provided workouts that can be done without having a ton of equipment. This is done by breaking the members into stations and constantly changing between simple movements.
- Prescribed weights have not been added to this program. We have better retention, especially for the first 3 weeks, when the members are guided by the trainer on what weight to pick on based on trainer observation of client abilities. Telling someone they should do a certain weight can be very discouraging if they are brand new to exercising.

Monday - Day 1

- 1a. 3x12 - Sumo Deadlift
- 1b. 3x 20 - Glute Bridges

Rest 90 sec between supersets

Metcon

6 min emom #1 -

- 1. 40 sec row - max calories
- 2. 40 mountain climbers

6 min emom #2 -

- 1. 40 sec max situps
- 2. 15 - KB swings

6 min emom

- 1. 30 sec russian twist
- 2. Run 200m

- Rest 2 min between EMOMs -

Can break users into 3 groups and rotate -

score - total reps for minute one of each station

Tuesday

Wednesday - Day 2

- 1a. 3x15 each arm Single Arm DB OH press -
- 1b. 3x15 - Supine Grip Barbell Bent Over Row
- 1c. 3x15 - DB Lateral Raise -

Rest 90 seconds between giant set

Metcon

15 min - 30 on 30 off

- 1. Wallballs
- 2. Box Jumps
- 3. Burpees

Score is total reps

Thursday

Friday - Day 3

- 1a. 3x10 each leg - DB Step Ups
- 1b. 3x10 - Goblet Squats
- 1c. 3x10 each SL DB RDL

Metcon

8 rounds

- 1 100 Yd shuttle - 10yd down and back 5 times
- Sled or Plate push - 10 yd down and back
- 15 Air Squats

- Rest 1 min

Score is time

Make sure everyone records their time for this workout. It will be repeated at the end of the program to show progress.

Saturday

Monday - Day 4

- 1a. 3x10 - Sumo Deadlift
- 1b. 3x 10 each - Single Leg Glute Bridges

Rest 90 sec between supersets

Metcon

- 8 min emom #1 -
- 1. 40 sec row - max calories
- 2. 20 v-ups

- 8 min emom #2 -
- 1. 30 sec max KB Swings
- 2. 40 sec Plank

- 8 min emom
- 1. 30 sec max goblet Squats
- 2. 200 m run

- Rest 2 min between EMOMs -

Can break members into 3 groups and rotate -

score - total reps for minute one of each station

Tuesday

Wednesday - Day 5

- 1a. 3x12 each arm Single Arm DB OH press -
- 1b. 3x12 - Supine Grip Barbell Bent Over Row
- 1c. 3x12 - DB Lateral Raise -

Rest 90 seconds between giant set

Metcon

- 18 min - 30 on 30 off
- 1. Wallballs
- 2. Box Jumps
- 3. Ring Rows/Supine Pullups

- Score - total reps

Thursday

Friday - Day 6

- 1a. 3x8 each leg - DB Step ups
- 1b. 3x8 - Goblet Squats
- 1c.3x8 each SL DB RDL

Metcon
22-16-10

ALT DB Snatches
Burpee Pullups

score is time

Make sure everyone records their time for this workout. It will be repeated at the end of the program to show progress.

Once everyone is done - if time remains -

- 10 min EMOM -
- 1 - 60 yd shuttle -
- 5yd, 10yd, 15yd

Saturday

Monday - Day 7

- 1a. 3x12 - Front Squats
- 1b. 3x 10 Hamstring curls on stability ball or using furniture sliders

Rest 90 sec between supersets

Metcon

- 10 min emom #1 -
- 1. 40 sec row - max calories
- 2. 20 lunge jumps

- 10 min emom #2 -
- 1. 45 sec max Wallballs
- 2. 15 v-ups

- 10 min emom
- 1. 30 sec max burpees
- 2. 200 m run

- Rest 2 min between EMOMs -

Can break members into 3 groups and rotate -

score - total reps for minute one of each station

Tuesday

Wednesday - Day 8

- 1a. 3x12 - Strict Oh press
- 1b. 3x6 - Chinups - 4 count eccentric
- 1c. 3x6 Cuban Press-

Rest 90 seconds between giant set

Metcon

- 21 min - 30 on 30 off
- 1. KB Head Cutters
- 2. KB Goblet Lunges in place
- 3. Box Jumps

- Score - total reps

Thursday

Friday - Day 9

- 1. Hang Clean - Teach - Then 10 min EMOM - 3 hang cleans on the minute

- 2a. 3x8each BB Reverse Lunge
- 2b. 3x12 BB RDL
- Rest 90 seconds between superset

Metcon IWT

- Part 1
- 2 Rounds
- 5 Hang Cleans
- Row 1 min max cal
- Rest 90 sec

- Part 2
- 2 Rounds
- 10 Sumo Deadlifts
- 1 min Max DU
- Rest 90 sec

- Part 3
- 2 Rounds
- 5 each leg DB step ups
- 300m run
- Rest 90 sec

Start members at different stations. Once everyone is done with each station - 1 min rest and begin next station

IWT - Interval Weight Training

IWTs are a great way to introduce more complex movements to a metcon. Stress perfect movement for the lifting portion - then make sure the client gives 100% effort for the cardio portion. After the cardio they will get a lengthy rest period to insure adequate rest before beginning the next round.

Saturday

Monday - Day 10

1a. 10,8,6 - Front Squats
1b. 3x 8 Hamstring curls on stability ball or using furniture sliders

Rest 90 sec between supersets

Encourage to move up in weight for 10-8-6

Metcon

10 Rounds

30 DU
10 KB Swings - 35lb
10 KB Thrusters - 35lb
200 m Run

Tuesday

Wednesday - Day 11

1a. 10,8,6 - Strict Oh press
1b. 3x6 - Chinups - 4 count eccentric
1c. 3x6 Cuban Press-

Rest 90 seconds between giant set

Encourage to move up in weight for 10-8-6

Metcon

21-15-9
Deadlift - 115lb
Box Jumps - 20"

Rest 3 min

21-15-9

Hand Release Push ups
Ring Rows

Thursday

Friday - Day 12

1. Hang Snatch - Teach - Then 10 min EMOM - 3 Power cleans on the minute

2a. 3x8,6,4each BB Reverse Lunge

2b. 3x10,8,6 BB RDL
Rest 90 seconds between superset

Encourage to move up in weight for 8-6-4 and 10-8-6

Metcon IWT

Part 1
2 Rounds
5 Hang Snatches
Row 90sec min max cal
Rest 90 sec

Part 2
2 Rounds
10 Goblet Squats - 35lb
1 min max box jumps
30 sec max burpees
Rest 90 sec

Part 3
2 Rounds
Run 400m
20 lunge jumps
Rest 90 sec

Start members at different stations. Once everyone is done with each station - 1 min rest and begin next station

Saturday

Monday - Day 13

1a. 8,6,4 - Front Squats
1b. 3x6 GHR

Rest 90 sec between supersets

Encourage to move up in weight for 8-6-4

Metcon:

Teams of 4 (can't move to next movement until EACH team member completes her

work - Stations 2 & 4 are more active rest)

5 Rounds:

1. 200m Run

2. 30 Sliding Mt. Climbers

3. Row 200m

4. 15 Reverse V-Ups

Tuesday

Wednesday - Day 14

1a. 8,6,4 - Strict Oh press
1b. 3x6 - Chinups - 4 count eccentric
1c. 3x6 Lateral Raise

Rest 90 seconds between giant set

Encourage to move up in weight for 8-6-4

Metcon

Every 2 minutes until Tap Out

0-2 - 6 box jumps - 6 BB Thrusters - 65lb

2-4 8 box jumps - 8 BB thrusters

4-6 - 10 and 10

6-8 12 and 12

Thursday

Friday - Day 15

1. Power Clean - Teach - Then 10 min EMOM - 3 power cleans on the minute

2a. 3x6,4,2 each BB Reverse Lunge

2b. 3x8,6,4 BB RDL
Rest 90 seconds between superset

Encourage to move up in weight for 6-4-2 and 8-6-4a

Metcon IWT

Part 1
2 Rounds
5 Power Clean
Row 2 min min max cal
Rest 90 sec

Part 2
2 Rounds
15 KB Swing
1 min max wallballs
1 mn max DU
Rest 90 sec

Part 3
2 Rounds
Run 400m
15 Goblet Squats
Rest 90 sec

Start members at different stations. Once everyone is done with each station - 1 min rest and begin next station

Saturday

Monday - Day 16

1. Max Front Squat - Perfect Form - Stop at Technical Failure

2a. 3x5 Front Squat @65, 70, 75
2a. 3x5 GHR - AHAP

Metcon:

10-9-8-7-6-5-4-3-2-1

Plank Walks

Air Squats

50 Feet Walking OH Lunge (w/plate)

Tuesday

Wednesday - Day 17

1. OH Press Max - Perfect Form - Stop at Technical Failure

2a. 3x5 - OH Press - 70,75,80
2b. 3x5 Chinups - AHAP

Rest 90 seconds between giant set

Metcon
8 rounds

- 1 100 Yd shuttle - 10yd down and back 5 times
- Sled or Plate push - 10 yd down and back
- 15 Squat Jumps

- Rest 1 min

Score is time

Compare to week one times to show progress

Thursday

Friday - Day 18

1. Power Snatch - Teach - Then 10 min EMOM - 3 power snatches on the minute

1a. 3x8 each leg - DB Step ups
1b. 3x8 - Goblet Squats
1c.3x8 each SL DB RDL

Metcon
22-16-10

ALT DB Snatches
Burpee Pullups

score is time

compare score with week two score to show progress.

Once everyone is done - if time remaining -

10 min EMOM -
1 - 60 yd shuttle -
5yd,10yd,15yd

Saturday