

# 1

# the beginning

4 WEEKS

	PRE-TRAINING	TRAINING	POST-TRAINING
<b>Week 1</b>	<b>5 Assess Ex x 60sec 10 minutes Cardio</b>	<b>Full Body 2 x 15</b>	<b>AB's + 15 minutes Cardio</b>
<b>Week 2</b>	<b>5 Assess Ex x 60sec 10 minutes Cardio</b>	<b>Full Body 3 x 15</b>	<b>AB's + 16 minutes Cardio</b>
<b>Week 3</b>	<b>5 Assess Ex x 60sec 10 minutes Cardio</b>	<b>LADIES: Full Body + SS Cardio</b>	<b>AB's + 17 minutes Cardio</b>
		<b>MEN: Pull - Push - Press</b>	<b>AB's + 18 minutes Cardio</b>
<b>Week 4</b>	<b>5 Assess Ex x 60sec 10 minutes Cardio</b>	<b>90% of Max</b>	<b>AB's + 19 minutes Cardio</b>

# 2

# the challenge

8 WEEKS

	PRE-TRAINING	TRAINING	POST-TRAINING
<b>Week 5</b>	<b>6 Assess Ex x 90secs</b>	<b>Failure + 1 8-12</b>	<b>Core + 20 mins Cardio</b>
<b>Week 6</b>	<b>6 Assess Ex x 90secs</b>	<b>Failure + 2 6-12</b>	<b>Core + 20 mins Cardio</b>
<b>Week 7</b>	<b>7 Assess Ex x 90secs</b>	<b>Super Sitting to Failure</b>	<b>Core + 20 mins Cardio</b>
<b>Week 8</b>	<b>7 Assess Ex x 90secs</b>	<b>Timed Rest Intervals 4 x 45secs</b>	<b>Core + 21 mins Cardio</b>

## RE-ASSESSMENT

<b>Week 9</b>	<b>8 Assess Ex x 90secs</b>	<b>Drop Sets 10/8</b>	<b>Core + 22 mins Cardio</b>
<b>Week 10</b>	<b>8 Assess Ex x 90secs</b>	<b>1<sup>1</sup>/<sub>2</sub>'s</b>	<b>Core + 23 mins Cardio</b>
<b>Week 11</b>	<b>8 Assess Ex x 90secs</b>	<b>Timed Rest Intervals 4 x 30secs</b>	<b>Core + 24 mins Cardio</b>
<b>Week 12</b>	<b>8 Assess Ex x 90secs</b>	<b>Kitchen Sink</b>	<b>Core + 25 mins Cardio</b>

# 3

# the gauntlet

4 WEEKS

## PRE-TRAINING

## TRAINING

## POST-TRAINING

**Week 13**

**9 Assess Ex  
x 60secs**

**Escalating Density  
Training 15, 10, 5 x 3**

**The Track**

**Week 14**

**9 Assess Ex  
x 60secs**

**Strength Work**

**The Track**

**Week 15**

**10 Assess Ex  
x 60secs**

**Double Drops 8's**

**The Track**

**Week 16**

**10 Assess Ex  
x 60secs**

**Failure + 1 + 3 Negs**

**The Track**

**RE-ASSESSMENT**