

action TRAINING @ RENOUF



JANUARY

*Tetris
(Grid Training)*

WEEK 1

Big Grid,
60 sec 1st time,
5 min recovery,
45 sec 2nd time.

WEEK 2

Small Grid and
resistance machine

WEEK 3

Small Grid
(with changes)
and spins

WEEK 4

Grid, Spin, Resistance



FEBRUARY

Pick a path

WEEK 1

Circuit (cardio and
resistance)

WEEK 2

Resistance training
techniques (25/8)

WEEK 3

Back to week 1

WEEK 4

Back to week 2



MARCH

*Boxing
(Golden Gloves)*

WEEK 1

20 minutes
Cross, Uppercut, Hooks
20 minute interval
training
+10 minute core
+10 minute stretch

WEEK 2

25 minutes ducking
+ feet + weaving
20 minute interval
training
+ 15 minute stretch

WEEK 3

30 minutes knees
20 minute interval
training
+ 10 minute abs

WEEK 4

Everything



APRIL

Vascular Shunts

WEEK 1

Super setting (timed),
upper and lower.

WEEK 2

Cycle and upper
(d/bells and body
weight)

WEEK 3

Resistance and
weighted floor
exercises (plates)

WEEK 4

Cycle and timed
weighted exercises
(plates)



MAY

T-Rex

WEEK 1

20 minute T- REX
+ 20 minute med ball
exercises
+ 20 minute cardio

WEEK 2

Vary exercises
in week 1

WEEK 3

Vary exercises
in week 2

WEEK 4

Vary exercises
in week 3



JUNE

Floored

WEEK 1

12 minutes floored
exercises
+ 5 minute stretch
+ 20 minutes resistance
+ 12 minute floored
+ 5 minute stretch

WEEK 2

16 minutes floored
exercises
+ 3 minute stretch
+ 20 minutes resistance
+ 16 minute floored
+ 3 minute stretch

WEEK 3

30 minutes floored
exercises
+ 20 minute resistance
+ 10 minute stretch

WEEK 4

45 minutes floored
exercises
+ 20 minute stretch

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JULY

It's a spin out

WEEK 1

12 minute spin
+ 30 minute resistance
+ 12 minute spin

WEEK 2

16 minute spin
+ 20 minute resistance
+ 16 minute spin

WEEK 3

30 minute spin
+ 30 minute resistance

WEEK 4

45 minute spin
+ 15 minute stretch



AUGUST

Timed Run

WEEK 1

Establish route
and record time
(core until last person
back)

WEEK 2

Core, back and stretch

WEEK 3

Core and Stretch

WEEK 4

Ass, core and stretch



SEPTEMBER

*Mates rates
and Factions*

WEEK 1

Pair up – Partnered
exercise
12 minute
+ 30 minute cardio
+ 12 minute partnered
exercise

WEEK 2

Prison Break,
Weight Pass off

WEEK 3

House relay (floor
exercises)

WEEK 4

3 resistance body
exercises
+ 3 resistance plate
exercises
(Whole group counts out
loud, can't drop weight)



OCTOBER

*Mystery
Training*

WEEK 1

Pick a card,
any card
(exercises 1 – 25)

WEEK 2

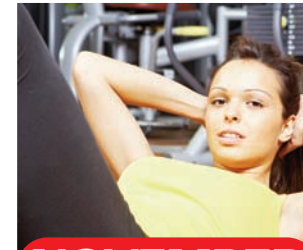
Body Part cards,
Chest, Back and Legs

WEEK 3

Full body
Cardio and resistance

WEEK 4

Kitchen Sink



NOVEMBER

Trifecta

WEEK 1

Carry Ab mat
(2 floor exercises)

WEEK 2

2 resistance,
1 bench
+ 1 dumbbell
+ 1 floor exercise

WEEK 3

3 resistance
+ floor
+ blocks

WEEK 4

Resistance
+ floor
+ cardio



DECEMBER

Cluster

WEEK 1

Chest
+ back
+ legs

WEEK 2

Total body Cluster

WEEK 3

Free weight body part
+ machine
+ floor exercise

WEEK 4

Expand cluster
(add exercise
to week 3)