

## **Workout: 1A**

*(with intervals)*

equivalent to a *level 1* workout

- 1) **Squat holds** (just go upward to 10 reps)
- 2) ***Intervals:*** 6 minutes (treadmill, bike etc)
- 3) **Arm blaster** (just go upward to 8 reps)
- 4) ***Intervals:*** 6 minutes ((treadmill, bike etc)
- 5) **Running the rack** (just increase the weight until exhaustion)
- 6) ***Intervals:*** 6 minutes (treadmill, bike etc)
- 7) **Db suicides + Squat presses** (just go up to 8 suicides and 16 presses)
- 8) ***Intervals:*** 6 minutes (treadmill, bike etc)
- 9) Pushup holds: max reps



## **Workout: 1B**

*(with intervals)*

equivalent to a *level 2* workout

- 1) **Squat holds** (just go upward to 12 reps)
- 2) **Intervals:** 9 minutes (treadmill, bike etc)
- 3) **Arm blaster** (just go upward to 10 reps)
- 4) **Intervals:** 9 minutes ((treadmill, bike etc)
- 5) **Running the rack** (just increase the weight until exhaustion)
- 6) **Intervals:** 9 minutes (treadmill, bike etc)
- 7) **Db suicides + Squat presses** (just go up to 10 suicides and 20 presses)
- 8) **Intervals:** 9 minutes (treadmill, bike etc)
- 9) **Pushup holds:** max reps

## **Workout: 1C**

*(with intervals)*

equivalent to a *level 3* workout

- 1) **Squat holds** (go upward to 12 reps *then back down*)
- 2) **Intervals:** 9 minutes (treadmill, spin bike etc)
- 3) **Arm blaster** (go upward to 12 reps *then back down*)
- 4) **Intervals:** 9 minutes (treadmill, spin bike etc)
- 5) Running the rack (increase the weight until exhaustion *then decrease back up the weight stack*)
- 6) **Intervals:** 9 minutes (treadmill, spin bike etc)
- 7) **Db suicides + Squat presses** (go up to 12 suicides and 20 presses *then back down to 1 suicide and 2 presses*)
- 8) **Intervals:** 9 minutes (treadmill, spin bike etc)
- 9) **Pushup holds:** max reps



## Workout 2: (without intervals)

Take out the intervals and only use the *'progressive'* exercises

- 1) **Squat holds** (go upward to 10 jump squats then back down to 1)
- 2) **Arm blaster** (go upward to 10 reps then down to 1 rep)
- 3) **Running the rack** (increase the weight until you cant do 10 reps then reverse the cycle back to the beginning weight)
- 4) **Db suicides + Squat presses** (go up to 10 suicides and 20 presses then back down to 1 suicide and 2 squat presses)
- 5) **Pushup holds:** max reps

**without resting - immediately repeat the above circuit backwards**

Start with the last exercise in the circuit (Pushup holds) and repeat all the exercises in reverse order.

- 6) **Pushup holds:** max reps
- 7) **Db suicides + Squat presses** (go up to 10 suicides and 20 presses then back down to 1 suicide and 2 squat presses)
- 8) **Running the rack** (increase the weight until you cant do 10 reps then reverse the cycle back to the beginning weight)
- 9) **Arm blaster** (go upward to 10 reps then down to 1 rep)
- 10) **Squat holds** (go upward to 10 jump squats and back down to 1)

equivalent to *Level 1*: perform the above circuit 1 time  
equivalent to *Level 2*: perform the above circuit 2 times  
equivalent to *Level 3*: perform the above circuit 3 times