



## **MILITARY FITNESS TEST PREP**

THIS PROGRAM IS DESIGNED FOR OUR ACTIVE DUTY SERVICE-MEMBERS TO PREPARE YOU FOR YOUR PHYSICAL FITNESS TEST. IT WILL FOCUS ON DEVELOPING STRENGTH, MUSCULAR ENDURANCE AND AEROBIC CAPACITY USING THE SAME SKILLS FROM THE TESTS: RUNNING, PUSH UPS, SIT-UPS AND POTENTIALLY PULL UPS. THIS WILL BE USEFUL IN PREPARING FOR THE CURRENT ARMY, AIR FORCE, MARINES, NATIONAL GUARD, AND NAVY PHYSICAL FITNESS TESTS. FOR THE 2020 ARMY COMBAT FITNESS TEST, [CLICK HERE.](#)

### **HOW TO USE THIS PROGRAM:**

WE BELIEVE THAT YOU CAN ACHIEVE GREAT RESULTS IN ANY TEST OF FITNESS BY SIMPLY FOLLOWING THE DAILY STREET PARKING WORKOUTS. THIS PROGRAM INCORPORATES SOME OF THE DAILY WORKOUTS AND PLACES A LITTLE EXTRA ATTENTION ON ALL AREAS ON WHICH YOU'LL BE TESTED. YOU HAVE TWO SP WORKOUTS PER WEEK, TWO "JUST MOVE" DAYS AND 2 DAYS THAT WILL ADDRESS THE SPECIFICS OF THE TEST.

SOME OF THE STANDARDS FOR THE MOVEMENTS ARE DIFFERENT FOR DIFFERENT BRANCHES OF THE MILITARY. WE RECOMMEND THAT WHEN USING THIS PROGRAM, YOU PERFORM ALL THE MOVEMENTS ACCORDING TO THE STANDARDS ON WHICH YOU'LL BE TESTED. THESE STANDARDS MAY DIFFER FROM THOSE USED BY STREET PARKING. SO, MAKE SURE YOU KNOW THE PROPER TECHNIQUE FOR A CURL UP (SIT UP) AND THE STANDARDS FOR THE PUSH UP FOR EXAMPLE.

THE PROGRAM BEGINS WITH A "MOCK" TEST. THIS IS BASICALLY PRACTICE, TO SEE WHERE YOU ARE AT RIGHT NOW. DON'T WORRY IF THE RESULTS ARE NOT SATISFACTORY, THAT'S WHAT THIS PROGRAM IS FOR. THIS PRACTICE TEST ON DAY ONE WILL GIVE YOU A BASELINE AS WELL AS AN IDEA OF WHAT AREAS YOU NEED TO REALLY FOCUS ON. THIS DOES NOT MEAN THAT YOU NEED TO ADD IN MORE SKILL SPECIFIC WORK ON THE NON-TEST-SPECIFIC TRAINING DAYS. IT JUST MEANS THAT ON THOSE DAYS YOU ARE TRAINING YOUR WEAKNESSES, GIVE IT EVERYTHING YOU GOT!

AS FAR AS THE PACING ON THE RUNS, WE USE GENERAL DESCRIPTIVE TERMS LIKE EASY, MODERATE, AND HIGH. THIS CAN BE VERY SUBJECTIVE. THINK ABOUT HIGH AS THE ABSOLUTE FASTEST PACE YOU CAN MAINTAIN FOR A GIVEN DISTANCE. SO A 400M HIGH WOULD STILL BE SLOWER THAN YOUR ALL OUT SPRINT PACE BUT IT WOULD BE YOUR MAX EFFORT PACE THAT YOU COULD MAINTAIN FOR 400M. MODERATE IS STILL A CHALLENGING PACE, YOU WOULDN'T BE ABLE TO MAINTAIN IT FOR A WHOLE LOT LONGER THAN THE GIVEN DISTANCE BUT YOU WOULD BE ABLE TO MAINTAIN A CONVERSATION WITH SOMEONE WITHIN A MINUTE OF COMPLETING THE RUN. EASY, MEANS JUST THAT. IT'S NOT NECESSARILY SLOW BUT YOU COULD MAINTAIN THAT STEADY PACE FOR QUITE SOME TIME AND YOU COULD MAINTAIN A CONVERSATION THE ENTIRE TIME.



**FOR THE MARINES:**

YOU WILL FOLLOW THE SAME PROGRAM AND ADD IN THE PULL UP WORK ON TEST PREP DAYS. BASED ON THE RESULTS OF THE BASELINE TEST, FOLLOW TIER 1, 2, OR 3. IF YOU GET 0-4 PULL UPS IN THE BASELINE TEST, FOLLOW TIER 3. IF YOU GET 5-14 REPS, FOLLOW TIER 2. IF YOU GET 15 OR MORE REPS, FOLLOW TIER 1 UNLESS YOU ARE HAPPY WITH THAT NUMBER OF REPS, FOLLOW TIER 2 OR EVEN JUST DO 5X5 PULL UPS FOR MAINTENANCE!

**WHEN TO USE THIS PROGRAM:**

IT IS NEVER A GOOD IDEA TO TRY TO “CRAM” EVERYTHING IN BEFORE ANY KIND OF TEST, SO WE DON'T RECOMMEND WAITING UNTIL THE LAST MINUTE. THAT BEING SAID, IF YOUR TEST IS COMING UP SOON, YOU SHOULD DEFINITELY COMPLETE THIS PROGRAM WITH AN ADDITIONAL WEEK BEFORE YOU TEST TO GIVE TIME FOR THE FINAL ADAPTATIONS TO TAKE PLACE (SO 7 WEEKS BEFORE YOU TEST). YOU CAN ALSO RUN THIS PROGRAM MORE THAN ONCE, SO YOU COULD DO IT RIGHT NOW TO GET A FEEL FOR WHERE YOU ARE AT AND HOW MUCH YOU IMPROVE OVER A 6 WEEK PERIOD, THEN DO IT AGAIN AS YOU GET 8 TO 12 WEEKS OUT FROM THE TEST. OR AFTER THE INITIAL 6 WEEKS OF PREPARATION, YOU MAY STILL IDENTIFY AREAS IN NEED OF SPECIALIZED FOCUS, LIKE RUNNING OR PUSH-UPS, IN WHICH CASE YOU COULD JUMP INTO THE STREET PARKING EXTRA PROGRAMS THAT SPECIFICALLY ADDRESS THOSE AREAS.

**USE THE MOVEMENT LIBRARY:**

WE'VE INCLUDED A COMPREHENSIVE MOVEMENT LIBRARY OF ALL THE MOVEMENTS FOUND IN THIS PROGRAM. MAKE SURE YOU CHECK OUT THE MOVEMENT DEMONSTRATIONS AND PERFORMANCE CUES IN THESE VIDEOS. IF YOU PERFORM THEM CORRECTLY, YOU WILL GET MUCH MORE OUT OF THEM AND WILL BE BETTER PREPARED ON TEST DAY.

**WHAT YOU NEED:**

ALL YOU NEED FOR THIS PROGRAM IS SOMEWHERE TO RUN. IF YOU DON'T HAVE ACCESS TO A TRACK, IT WILL BE A GOOD IDEA TO USE APPS/SMART DEVICES TO TRACK DISTANCE OR HAVE A ROUTE MAPPED OUT FOR 200M, 400M, 800M, AND 1 MILE DISTANCES AT THE LEAST. FOR THE MARINES, YOU WILL NEED ACCESS TO A PULL UP BAR OF ANY KIND. THERE IS ACCESSORY WORK INCLUDED IN SOME OF THESE SESSIONS SO YOU'LL NEED A BARBELL OR DUMBBELLS.





# WEEK 1

WEEK 1	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
	<p><b>BASELINE TEST</b> PRACTICE PT TEST</p> <p>THIS IS TO ESTABLISH A BASELINE, SO WHILE YOU TRAIN OVER THE NEXT 6 WEEKS, YOU CAN HAVE THIS STIMULUS IN MIND.</p> <p>MARINES, FOR THE PULL UPS, FOLLOW THE APPROPRIATE TIER FOR THE REMAINDER OF THE PROGRAM BASED ON WHAT YOU GOT ON THE BASELINE TEST.</p> <p>15+ PULL UPS - TIER 1 5-14 PULL UPS - TIER 2 0-4 PULL UPS - TIER 3</p>	<p><b>ACTIVE RECOVERY</b> 30 MINUTES OF LIGHT AEROBIC ACTIVITY OR SP MAINTENANCE. THIS COULD BE A JOG, ROW OR MODIFIED SHIFT/STREET PARKING WORKOUT.</p>	<p><b>SP DAILY WORKOUT</b> (CHOOSE ONE FROM THE WEEK THAT DOES NOT HAVE RUNNING OR PUSH-UPS, OR SUB OUT THOSE MOVEMENTS) LOOK FOR A WORKOUT WITH BOX JUMPS OR POWER CLEANS OR ANY KIND OF OVERHEAD PRESSING MOVEMENT.</p>	<p>RUN 1 MILE - MODERATE PACE</p> <p><b>REST 2 MINUTES, THEN</b></p> <p>4 ROUNDS OF 15 TRICEP EXTENSIONS 15 WEIGHTED SIT UPS</p> <p><b>REST 2 MINUTES, THEN</b></p> <p>EVERY 2 MINUTES FOR 10 MINUTES: RUN 200M HARD</p> <p><b>PULL-UPS (MARINES)</b></p> <p>TIER 1: EVERY 2 MINUTES ON THE MINUTE FOR AS LONG AS POSSIBLE PERFORM ½ OF YOUR MAX REPS FROM DAY 1 AS UNBROKEN WEIGHTED PULL UPS. ROUND UP TO THE NEAREST WHOLE NUMBER. CHOOSE A LOAD YOU CAN SUSTAIN FOR AT LEAST 8 MINUTES AND NO MORE THAN 14. MEN - 20-25LBS WOMEN - 10-15LBS</p> <p>TIER 2: EVERY 2 MINUTES ON THE MINUTE FOR AS LONG AS POSSIBLE PERFORM ½ OF YOUR MAX REPS FROM DAY 1. ROUND UP TO THE NEAREST WHOLE NUMBER. STOP AT 14 MINUTES, TRY TO GET AT LEAST 8 MINUTES. YOU CAN USE A BAND IF YOU NEED TO.</p> <p>TIER 3: 5-4-3-2-1 REPS OF JUMPING PULL UP &amp; SLOW LOWER LOWER AS SLOW AS POSSIBLE. AS SOON AS YOU LOWER ALL THE WAY, JUMP RIGHT BACK UP AND REPEAT. REST 1 MINUTE BETWEEN SETS.</p>	<p><b>ACTIVE RECOVERY</b></p> <p>30 MINUTES OF LIGHT AEROBIC ACTIVITY OR SP MAINTENANCE THIS COULD BE A JOG, ROW OR MODIFIED SHIFT/STREET PARKING WORKOUT.</p>

WEEK 1	DAY 6	DAY 7
	<p><b>SP DAILY WORKOUT</b> (CHOOSE ONE FROM THE WEEK THAT DOES NOT HAVE RUNNING OR PUSH-UPS, OR SUB OUT THOSE MOVEMENTS) LOOK FOR A WORKOUT WITH BOX JUMPS OR POWER CLEANS OR ANY KIND OF OVERHEAD PRESSING MOVEMENT. BUT, IF YOU WENT OVERHEAD ON DAY 3, DON'T GO OVERHEAD TODAY.</p>	<p><b>REST DAY</b></p>









# WEEK 3

WEEK 3	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
	<p><b>RUN</b> 1 MILE RUN- MODERATE 1 MILE RUN- EASY</p> <p>REST 5 MINS</p> <p><b>PUSH UPS / SIT UPS</b> EVERY 30 SECONDS (EVERY 0:00 AND 0:30) FOR 5 MINUTES: 10-12 PUSH UPS REST 1 MINUTE THEN, 7 ROUNDS OF: 15 SECONDS MAX SIT UPS 15 SECONDS REST</p> <p><b>PULL UPS (MARINES)</b> TIER 1: 5X5 WEIGHTED PULL UPS TIER 2: 5X5 WEIGHTED OR UNWEIGHTED PULL UPS TIER 3: 5X5 BANDED PULL UPS OR SUPINE/ RING ROWS CHOOSE A VARIATION/LOAD THAT IS VERY CHALLENGING. THE FIRST FEW SETS SHOULD BE DIFFICULT TO GET 5 REPS AND THE LAST 2 SETS SHOULD BE A FIGHT!</p>	<p><b>ACTIVE RECOVERY</b> 30 MINUTES OF LIGHT AEROBIC ACTIVITY OR SP MAINTENANCE. THIS COULD BE A JOG, ROW OR MODIFIED SHIFT/STREET PARKING WORKOUT.</p>	<p><b>SP DAILY WORKOUT</b> (CHOOSE ONE FROM THE WEEK THAT DOES NOT HAVE RUNNING OR PUSH-UPS)</p>	<p><b>RUN</b> 1 MILE RUN- HIGH 800M RUN- EASY IMMEDIATELY SET A CLOCK FOR 12 MINUTES AND EVERY 4 MINUTES FOR 3 ROUNDS- 200M HIGH 100M WALK 100M SPRINT</p> <p>REST 5 MINS</p> <p><b>PUSH UPS / SIT UPS</b> 3 ROUNDS OF 5-4-3-2-1 DIAMOND PUSH UPS WIDE PUSH UPS REGULAR WIDTH SLOW LOWER PUSH UPS TRY TO DO ALL 3 VARIATIONS OF PUSH UP IN A SINGLE SET. BETWEEN SETS (AFTER ALL 15 PUSH UPS IN THE FIRST SET FOR EXAMPLE) PERFORM 15 TUCK ROCKS</p> <p>EXAMPLE: 5 DIAMOND PUSH UPS - 5 WIDE PUSH UPS - 5 SLOW LOWER PUSH UPS - 15 TUCK ROCKS. THEN 4 DIAMOND - 4 WIDE - 4 SLOW - 15 TUCK ROCKS - 3 - 3 - 3 - 15.. ETC</p> <p><b>PULL UPS (MARINES)</b> 4 ROUNDS OF: MAX CHIN OVER BAR HOLD (PRONATED OR SUPINATED GRIP) UP TO 30 SECONDS* IMMEDIATELY INTO 8-10 BICEP CURLS *IF THE STATIC HOLD IS LESS THAN 10 SECONDS IN EITHER OF THE FIRST 2 ROUNDS, USE A SKINNY BAND FOR SUPPORT OR DO A SUPINE CHEST TO BAR HOLD OR BENT OVER ROW HOLD. CHOOSE A LOAD ON THE CURLS THAT YOU ARE CLOSE TO FAILURE IN THE 4TH ROUND. LOWER THE WEIGHT IF YOU GET THERE BEFORE THEN.</p>	<p><b>ACTIVE RECOVERY</b> 30 MINUTES OF LIGHT AEROBIC ACTIVITY OR SP MAINTENANCE THIS COULD BE A JOG, ROW OR MODIFIED SHIFT/STREET PARKING WORKOUT.</p>
	<p><b>DAY 6</b></p> <p><b>SP DAILY WORKOUT</b> (CHOOSE ONE FROM THE WEEK THAT DOES NOT HAVE RUNNING OR PUSH-UPS)</p>	<p><b>DAY 7</b></p> <p><b>REST DAY</b></p>			









# WEEK 5

WEEK 5	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5				
	<p><b>RUN</b> 4 MINUTES EASY + 4 MINUTES MODERATE + 2 MINUTES HIGH GOAL: 1.5 MILES</p> <p><b>PUSH UPS / SIT UPS</b> MAX UNBROKEN PUSH UPS REST 1 MINUTE, THEN HALF OF THOSE PUSH UPS REST 1 MINUTE, THEN ¼ OF INITIAL PUSH UPS TRANSITION RIGHT INTO 4 ROUNDS 30 SECONDS MAX REPS SIT UPS REST 15 SECONDS BETWEEN SETS</p> <p><b>PULL UPS (MARINES)</b> TEST NEW MAX REPS! THEN, PERFORM THE FOLLOWING WORK BASED ON THE NEW RESULTS</p> <p>TIER 1 (15+ REPS): EVERY 2 MINUTES ON THE MINUTE FOR AS LONG AS POSSIBLE PERFORM ½ OF YOUR MAX REPS AS UNBROKEN WEIGHTED PULL UPS. ROUND UP TO THE NEAREST WHOLE NUMBER. CHOOSE A LOAD YOU CAN SUSTAIN FOR AT LEAST 8 MINUTES AND NO MORE THAN 14. MEN - 20-25LBS WOMEN - 10-15LBS</p> <p>TIER 2 (5-14 REPS): EVERY 2 MINUTES ON THE MINUTE FOR AS LONG AS POSSIBLE PERFORM ½ OF YOUR MAX REPS. ROUND UP TO THE NEAREST WHOLE NUMBER. STOP AT 14 MINUTES, TRY TO GET AT LEAST 8 MINUTES. YOU CAN USE A BAND IF YOU NEED TO.</p>	<p><b>ACTIVE RECOVERY</b> 30 MINUTES OF LIGHT AEROBIC ACTIVITY OR SP MAINTENANCE. THIS COULD BE A JOG, ROW OR MODIFIED SHIFT/STREET PARKING WORKOUT.</p>	<p><b>SP DAILY WORKOUT</b> (CHOOSE ONE FROM THE WEEK THAT DOES NOT HAVE RUNNING OR PUSH-UPS)</p>	<p><b>RUN</b> 400M - MODERATE REST 1 MINUTE 400M EASY REST 1 MINUTE 800M - HIGH REST 2 MINUTES 800M - HIGH REST 2 MINUTES 400M - EASY REST 1 MINUTE 400M - MODERATE REST 5 MINUTES</p> <p><b>PUSH UPS / SIT UPS</b> 3 ROUNDS 12 DUMBBELL BENCH PRESS 20 SECONDS MAX REPS PUSH UPS 15 SUPINE TOE TOUCHES 30 SECONDS MAX REPS SIT UPS REST 1 MINUTE BETWEEN ROUNDS</p> <p><b>PULL UPS (MARINES)</b> 5 ROUNDS 5 SLOW LOWER PULL UPS* IMMEDIATELY INTO 10 SLOW NO PUSH UP RENEGADE ROWS** REST 1 MINUTE BETWEEN ROUNDS *TIER 1 AND 2 PULL UP FIRST. TIER 3, JUMP UP. LOWER AS SLOW AS POSSIBLE ON THE NEGATIVE PORTION. **FOCUS MORE ON KEEPING YOUR HIPS SQUARE TO THE FLOOR, KEEPING YOUR WHOLE BODY RIGID AND BELLY TIGHT THAN HEAVY WEIGHT FOR THESE.</p>	<p><b>ACTIVE RECOVERY</b> 30 MINUTES OF LIGHT AEROBIC ACTIVITY OR SP MAINTENANCE THIS COULD BE A JOG, ROW OR MODIFIED SHIFT/STREET PARKING WORKOUT.</p>				
		<table border="1"> <thead> <tr> <th>DAY 6</th> <th>DAY 7</th> </tr> </thead> <tbody> <tr> <td> <p><b>SP DAILY WORKOUT</b> (CHOOSE ONE FROM THE WEEK THAT DOES NOT HAVE RUNNING OR PUSH-UPS)</p> </td> <td> <p><b>REST DAY</b></p> </td> </tr> </tbody> </table>		DAY 6	DAY 7	<p><b>SP DAILY WORKOUT</b> (CHOOSE ONE FROM THE WEEK THAT DOES NOT HAVE RUNNING OR PUSH-UPS)</p>	<p><b>REST DAY</b></p>		
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<p><b>SP DAILY WORKOUT</b> (CHOOSE ONE FROM THE WEEK THAT DOES NOT HAVE RUNNING OR PUSH-UPS)</p>	<p><b>REST DAY</b></p>								
		<p>TIER 3: 5 SETS OF 10 SUPINE ROWS THESE ARE UNBROKEN SETS OF 10. CHOOSE THE HARDEST POSSIBLE VARIATION/ANGLE THAT YOU CAN STILL GET THE REPS UNBROKEN. REST FOR 60 SECONDS BETWEEN SETS.</p>							









# ACTIVE RECOVERY DAY OPTIONS

## SHIFT FROM 11/25/2019

### 10 ROUNDS

30 SECONDS TAPS, LOW STEP UPS, SINGLE UNDERS, BIKE, ROW  
THEN  
7 KETTLEBELL/DUMBBELL DEADLIFTS  
5 GOBLET SQUATS  
3 KETTLEBELL/DUMBBELL PRESS  
IDEA WEIGHT FOR MEN: SINGLE 30-50#  
KB/DB - OR - PAIR OF LIGHTER DUMBBELLS  
IDEA WEIGHT FOR WOMEN: SINGLE 12-25#  
KB - OR - PAIR OF LIGHTER DUMBBELLS  
SCORE: TOTAL TIME

### GOAL: UNDER 15 MIN

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## SHIFT FROM 11/27/2019

### 12 MIN AMRAP

(AS MANY ROUNDS AND REPS AS POSSIBLE IN 12 MIN)  
10 STEP UP (UNWEIGHTED - ALTERNATING)  
6 UPRIGHT ROW  
2 INCHWORMS  
IDEA WEIGHT FOR MEN: SINGLE 30-50#  
KB/DB  
IDEA WEIGHT FOR WOMEN: SINGLE 12-25#  
KB/DB  
SCORE: TOTAL NUMBER OF COMPLETED ROUNDS + ANY ADDITIONAL REPS

### GOAL: 9 ROUNDS +

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## SHIFT FROM 12/23/19

### 5 ROUNDS

12 KB/DB DEADLIFTS  
10 GOBLET LUNGES  
8 OVERHEAD PRESS

IDEA WEIGHT FOR MEN: 30-50# SINGLE  
KB/DB - OR - PAIR OF LIGHTER DUMBBELLS  
IDEA WEIGHT FOR WOMEN: 12-30# SINGLE  
KB/DB - OR - PAIR OF LIGHTER DUMBBELLS

SCORE: TOTAL TIME

### GOAL: UNDER 10 MIN

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## SHIFT FROM 1/18/19

### 12 MIN AMRAP

(AS MANY ROUNDS AND REPS AS POSSIBLE IN 12 MIN)

20 MOUNTAIN CLIMBERS  
6 GOBLET SQUATS  
6 SIT UPS

IDEA WEIGHT FOR MEN: 25-40# KB/DB  
IDEA WEIGHT FOR WOMEN: 10-25# KB/DB

SCORE: TOTAL NUMBER OF COMPLETED ROUNDS + ANY ADDITIONAL REPS

### GOAL: 7 +

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## SHIFT FROM 1/21/2019

### 15 MIN AMRAP

(AS MANY ROUNDS AND REPS AS POSSIBLE IN 15 MIN)

1 MIN: JOG, BIKE, SINGLE UNDER, ROW, TAPS  
OR LOW STEP UPS  
7 RING ROW OR UPRIGHT ROW  
7 OVERHEAD PRESS

IDEA WEIGHT FOR MEN: 35-50 # SINGLE KB  
OR DB - OR - SET OF 15-25# DBS  
IDEA WEIGHT FOR WOMEN: 12-25# SINGLE  
KB OR DB - OR - 8-15 # SET OF DBS

SCORE: TOTAL NUMBER OF COMPLETED ROUNDS + ANY ADDITIONAL REPS

### GOAL: 6 ROUNDS +

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## SHIFT FROM 1/30/2019

### 10 MIN AMRAP

(AS MANY ROUNDS AND REPS AS POSSIBLE IN 10 MIN)

10 LUNGES  
10 UPRIGHT OR RING ROWS

IF DOING UPRIGHT ROWS - CHOOSE A WEIGHT THAT WILL ALLOW YOU TO NOT HAVE TO BREAK TOO MUCH!

SCORE: TOTAL NUMBER OF COMPLETED ROUNDS + ANY ADDITIONAL REPS.

### GOAL: 7 ROUNDS +

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# ACTIVE RECOVERY DAY OPTIONS

## SHIFT FROM 11/08/2019

### 8 ROUNDS

30 SECONDS JOG, ROW, BIKE, TAPS, SINGLE UNDERS  
30 SECONDS KB/DB SWINGS  
30 SECONDS AIR SQUATS  
30 SECONDS REST

IDEA WEIGHT FOR MEN: SINGLE 30-50# KB/DB  
IDEA WEIGHT FOR WOMEN: SINGLE 12-25# KB/DB

SCORE: TOTAL REPS OF SWINGS AND SQUATS COMBINED

**GOAL: 150+**

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## SHIFT FROM 1/2/2020

### 10 MIN EMOM

(EVERY MIN ON THE MINUTE FOR 10 MIN)  
3 BURPEES  
MAX REPS GOBLET SQUATS

IDEA WEIGHT FOR MEN: 25-40# SINGLE KB/DB  
IDEA WEIGHT FOR WOMEN: 12-25# SINGLE KB/DB

SCORE: TOTAL GOBLET SQUAT REPS ONLY!

**GOAL: 65+**

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## SHIFT FROM 10/18/2019

### 10 ROUNDS

2-3 INCHWORMS  
10 ALTERNATING LUNGES

THAT'S IT!!

SCORE: TOTAL TIME

**GOAL: UNDER 12 MIN**

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## SHIFT FROM 8/26/2019

### 10 ROUNDS

7 HANG POWER CLEAN AND PRESS  
5 BURPEES

IDEA WEIGHT FOR MEN: SINGLE 35-55#  
KB/DB - OR - PAIR OF LIGHTER DUMBBELLS.  
IDEA WEIGHT FOR WOMEN: SINGLE 12-30#  
KB/DB - OR - PAIR OF LIGHTER DUMBBELLS

SCORE: TOTAL TIME

**GOAL: UNDER 16 MIN**

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## SHIFT FROM 1/31/2020

40 PRESS  
40 UNWEIGHTED ALTERNATING STEP UPS  
30 PRESS  
30 UNWEIGHTED ALTERNATING STEP UPS  
20 PRESS  
20 UNWEIGHTED ALTERNATING STEP UPS  
10 PRESS  
10 UNWEIGHTED ALTERNATING STEP UPS  
IDEA WEIGHT FOR MEN: SINGLE 35-55#  
KB/DB -OR- PAIR OF LIGHTER DUMBBELLS  
IDEA WEIGHT FOR WOMEN: SINGLE 12-25#  
KB/DB - OR - PAIR OF LIGHTER DUMBBELLS  
STEP UP SUGGESTIONS: MEN: 18-24", WOMEN: 15-20"  
SCORE: TOTAL TIME

**GOAL: UNDER 14 MIN**

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## SHIFT FROM 5/16/2019

### 4 ROUNDS

10 DB/KB PRESS  
20 DB/KB SWINGS  
10 DB/KB PRESS

REST 1 MIN BETWEEN ROUNDS

IDEA WEIGHT FOR MEN: 30-40# DB/KB  
IDEA WEIGHT FOR WOMEN: 12-25# DB/KB

CAN USE 2 LIGHTER DBS FOR THE PRESS

SCORE: TOTAL TIME TO COMPLETE

**GOAL: UNDER 15 MIN**

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# STREET PARKING WORKOUT SUGGESTIONS

## SP WORKOUT FROM 08/21/2019

### 14 MIN EMOM

(EVERY MINUTE ON THE MINUTE FOR 14 MIN)

MIN 1: 10 MEDICINE BALL CLEANS + MAX REPS WEIGHTED SIT UPS

MIN 2: 20 MOUNTAIN CLIMBERS+ MAX BOX JUMPS

RX MEN: 20#ISH BALL - 22-24" BOX  
RX WOMEN: 13-15#ISH BALL - 18-20" BOX  
NO RX+ - JUST CRUSH IT

SCORE: TOTAL REPS WEIGHTED SIT UPS + BOX JUMPS

**GOAL: 150+**

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## SP WORKOUT FROM 08/26/2019

### 7 MIN AMRAP

(AS MANY ROUNDS AND REPS AS POSSIBLE IN 7 MIN)

7 HANG POWER CLEAN AND JERKS  
7 LATERAL OVER BAR BURPEES  
REST 3 MIN

### 5 MIN AMRAP

(AS MANY ROUNDS AND REPS AS POSSIBLE IN 5 MIN)

5 HANG POWER CLEAN AND JERKS  
5 LATERAL OVER BAR BURPEES  
REST 2 MIN

### 3 MIN AMRAP

(AS MANY ROUNDS AND REPS AS POSSIBLE) IN 3 MIN

3 HANG POWER CLEAN AND JERKS  
3 LATERAL OVER BAR BURPEES

RX MEN: 75-95#  
RX WOMEN: 55-65#  
RX+ MEN: 115# +  
RX + WOMEN: 75# +

SCORE: TOTAL REPS AT THE END OF ALL 3 AMRAPS

**GOAL: 150+ REPS OR MORE!**

**CAN YOU GET OVER 200??**

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## SP WORKOUT FROM 04/19/19

### PART 1

#### 6 MIN AMRAP

3 POWER CLEANS  
3 FRONT SQUATS  
6 BAR FACING HOP OVERS  
REST 3 MIN BEFORE PART 2

RX MEN: 95-115#

RX WOMEN: 65-75#

SCORE FOR PART 1: TOTAL COMPLETED ROUNDS + ANY ADDITIONAL REPS

GOAL: 9 ROUNDS +

### PART 2

YOUR SCORE FROM PART 1, FOR TIME!  
SO IF YOU GOT 10 ROUNDS + 12 REPS ON PART 1 - ON PART 2 YOU WILL DO 10 ROUNDS AND 12 REPS AS FAST AS YOU POSSIBLY CAN. YOUR TIME IS YOUR SCORE FOR THIS PART.

USE SAME WEIGHT AS YOU DID FOR PART 1.  
SCORE: TIME TO COMPLETE

**GOAL: UNDER 6 MIN**

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## SP WORKOUT FROM 05/28/19

### AMRAP 12 MIN

(AS MANY ROUNDS AND REPS AS POSSIBLE IN 12 MIN)

2 DUMBBELL SNATCH (ALTERNATING)  
20 MOUNTAIN CLIMBERS  
4 DUMBBELL SNATCH  
20 MOUNTAIN CLIMBERS  
6 DUMBBELL SNATCH  
20 MOUNTAIN CLIMBERS  
8 DUMBBELL SNATCH  
20 MOUNTAIN CLIMBERS

KEEP ADDING 2 DUMBBELL SNATCH FOR AS FAR AS YOU CAN GET - AS MANY TOTAL REPS AS POSSIBLE IN 12 MIN.

RX MEN: 40# DB  
RX WOMEN: 25# DB  
RX+ MEN: 50# DB  
RX+ WOMEN: 35# DB

**SCORE: TOTAL REPS OF DUMBBELL SNATCH ONLY**

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# STREET PARKING WORKOUT SUGGESTIONS

## SP WORKOUT FROM 04/01/2019

### EVERY MINUTE FOR 15 MIN

15 DOUBLE UNDERS  
5 THRUSTERS

RX MEN: 75#  
RX WOMEN: 55#

RX + MEN: 20 DOUBLE UNDERS/95# AND  
GO UP TO 7 THRUSTERS  
RX + WOMEN: 20 DOUBLE UNDERS/65# AND  
GO UP TO 7 THRUSTERS

**GOAL: GET ALL 15 ROUNDS-BARELY.  
WE WOULD RATHER SEE YOU MISS  
ONE THAN GET ALL 15 EASILY.**

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## SP WORKOUT FROM 04/04/2019

### 5 TIMES YOU WILL COMPLETE:

#### 3 MIN AMRAP

(AS MANY ROUNDS AND REPS AS POSSIBLE  
IN 3 MIN)

4 POWER CLEANS  
8 LATERAL BURPEES OVER THE BAR

REST 1 MINUTE BETWEEN AMRAPS

RX MEN: 95#-115#  
RX WOMEN: 65#-75#

RX + MEN: 135#+  
RX + WOMEN: 95# +

(THE RANGE FOR RX IS ENCOURAGING YOU  
TO GO A BIT HEAVIER THAN YOU NORMALLY  
DO - WITH GOOD MOVEMENT OF  
COURSE!)

SCORE: NUMBER OF FULLY COMPLETED  
ROUNDS FROM ALL 5 AMRAPS PLUS ANY  
ADDITIONAL REPS FROM EACH AMRAP  
ADDED TOGETHER

**GOAL: 15 ROUNDS +**

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## SP WORKOUT FROM 07/08/2019

### FOR TIME

5 BOX JUMPS  
10 SQUAT CLEANS  
REST 30 SECONDS  
10 BOX JUMPS  
10 SQUAT CLEANS  
REST 30 SECONDS  
15 BOX JUMPS  
10 SQUAT CLEANS  
REST 30 SECONDS  
20 BOX JUMPS  
10 SQUAT CLEANS  
REST 30 SECONDS  
25 BOX JUMPS  
10 SQUAT CLEANS

RX MEN: 95# / 24"ISH BOX  
RX WOMEN: 65# / 20"ISH BOX

RX + MEN: 115# +  
RX + WOMEN: 75# +

SCORE: TOTAL TIME INCLUDING REST

**GOAL: FAST AND IF POSSIBLE  
UNBROKEN ROUNDS.**

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## SP WORKOUT FROM 07/19/2019

### 4 ROUNDS

EACH ROUND IS A 3 MIN AMRAP  
(AS MANY ROUNDS AND REPS AS POSSIBLE  
IN 3 MIN)

16 BOX JUMPS  
8 POWER CLEANS  
REST 1 MIN BETWEEN ROUNDS

BOX HEIGHT: ROUGHLY 18-20" FOR WOMEN  
AND 22-24" FOR MEN

RX MEN: 40# DBS  
RX WOMEN: 25# DBS

RX+ MEN: 50# DBS+  
RX + WOMEN: 35# DBS+

SCORE: TOTAL NUMBER OF COMPLETED  
ROUNDS + ANY ADDITIONAL REPS FROM  
EACH AMRAP ADDED UP.

**GOAL: 8 TOTAL ROUNDS +**

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# STREET PARKING WORKOUT SUGGESTIONS

## SP WORKOUT FROM 11/07/2019

### 4 ROUNDS

EACH ROUND IS A 3 MIN AMRAP: (AS MANY ROUNDS AND REPS AS POSSIBLE IN 3 MIN)

8 BOX JUMPS  
6 DB PUSH PRESS  
4 DB STEP UP OVERS

REST 1 MIN BETWEEN EACH 3 MIN AMRAP

RX MEN: 40# DBS / 22-24" BOX  
RX WOMEN: 25# DBS / 18-20" BOX

RX + MEN: 50 # DBS  
RX+ WOMEN: 35# DBS

SCORE: TOTAL REP COUNT FROM ALL 4 AMRAPs - SO IF YOU DO A TOTAL OF 8 COMPLETE ROUNDS COMBINED PLUS AN ADDITIONAL 20 RANDOM REPS (THAT WEREN'T FULL ROUNDS) ADD 8 X 18 (8 ROUNDS OF 18 REPS EACH) = 144 + THE 20 RANDOM REPS = 164

### GOAL: 200 REPS +

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## SP WORKOUT FROM 06/07/2019

### 5 ROUNDS

EACH ROUND IS A 3 MIN AMRAP (AS MANY ROUNDS AND REPS AS POSSIBLE IN 3 MIN)

9 DEADLIFTS  
6 HANG POWER CLEANS  
3 SHOULDER TO OVERHEAD

REST 1 MIN BETWEEN ROUNDS

RX MEN: 95#  
RX WOMEN: 65#

RX+ MEN: 115#+  
RX+ WOMEN: 75#+

SCORE: LOWEST 3 MIN AMRAP SCORE ONLY! IN THAT ROUND IT IS - TOTAL NUMBER OF COMPLETED ROUNDS + ANY ADDITIONAL REPS

### GOAL: 4 ROUNDS +

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## SP WORKOUT FROM 12/19/2018

### 15 MIN AMRAP

(AS MANY ROUNDS AND REPS AS POSSIBLE IN 15 MIN)

15 BOX JUMPS  
10 HANG SQUAT CLEANS  
5 THRUSTERS

RX MEN: 75#  
RX WOMEN: 55#

RX + MEN: 95# +  
RX + WOMEN: 65# +

SCORE: TOTAL NUMBER OF COMPLETED ROUNDS + ANY ADDITIONAL REPS

### GOAL: 5 ROUNDS OR MORE

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## SP WORKOUT FROM 04/25/2019

### AMRAP X 10 MIN

(AS MANY ROUNDS AND REPS AS POSSIBLE IN 10 MIN)

10 DB SHOULDER TO OVERHEAD  
7 DB FACING BURPEES

RX MEN: 40# DBS  
RX WOMEN: 25# DBS

RX+ MEN: 50# DBS  
RX+ WOMEN: 35# DBS

SCORE: TOTAL COMPLETED ROUNDS + ANY ADDITIONAL REPS

### GOAL: 7 ROUNDS

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