

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	DAY 1		DAY 2	DAY 3	DAY 4	DAY 5
	BASELINE TEST PRACTICE PT TEST THIS IS TO ESTABLISH A BASO WHILE YOU TRAIN OVER 6 WEEKS, YOU CAN HAVE TO STIMULUS IN MIND. MARINES, FOR THE PULL UTHE APPROPRIATE TIER FOR REMAINDER OF THE PROGREMATE ON WHAT YOU GOT BASELINE TEST. 15+ PULL UPS - TIER 1 5-14 PULL UPS - TIER 2 0-4 PULL UPS - TIER 3	R THE NEXT I'HIS JPS, FOLLOW IR THE RAM	ACTIVE RECOVERY 30 MINUTES OF LIGHT AEROBIC ACTIVITY OR SP MAINTENANCE. THIS COULD BE A JOG, ROW OR MODIFIED SHIFT/STREET PARKING WORKOUT.	SP DAILY WORKOUT (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.	RUN 1 MILE - MODERATE PACE REST 2 MINUTES, THEN 4 ROUNDS OF 15 TRICEP EXTENSIONS 15 WEIGHTED SIT UPS REST 2 MINUTES, THEN EVERY 2 MINUTES FOR 10 MINUTES: RUN 200M HARD PULL-UPS (MARINES) 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	ACTIVE RECOVERY 30 MINUTES OF LIGHT AEROBIC ACTIVITY OR SEMAINTENANCE THIS COULD BE A JOG, ROW OF MODIFIED SHIFT/STREET PARKING WORKOUT.
/EEK 1	DAY 6	DAY 7		10 10 10 10 10 10 10 10 10 10 10 10 10 10 10 10	A LOAD YOU CAN SUSTAIN FOR AT LEAST 8 MINUTES AND NO MORE THAN 14. MEN - 20-25LBS WOMEN - 10-15LBS	
	SP DAILY WORKOUT (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	REST DAY			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. TIER 3: 5-4-3-2-1 REPS OF JUMPING PULL UP & SLOW LOWER	
	YOU WENT OVERHEAD ON DAY 3, DON'T GO OVERHEAD TODAY.		1 1 1 1 1 1 1 1 1 1		LOWER AS SLOW AS POSSIBLE. AS SOON AS YOU LOWER ALL THE WAY, JUMP RIGHT BACK UP	

5-4-3-3-3 REPS OF JUMPING PULL UP &

RIGHT BACK UP AND REPEAT.

REST 1 MINUTE BETWEEN SETS.

SLOW LOWER. LOWER AS SLOW AS POSSIBLE.

AS SOON AS YOU LOWER ALL THE WAY, JUMP

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
RUN 1.5 MILES - MODERATE PACE REST 2 MIN RUN 400M HIGH PUSH UPS / SIT UPS ALTERNATE EVERY 30 SECONDS FOR 10 MINUTES OR AS LONG AS YOU CAN: 8-10 PUSH UPS 8-10 SIT UPS EXAMPLE: AT 0:00 8-10 PUSH UPS AT 1:00 8-10 PUSH UPS AT 1:30 8-10 SIT UPS PULL UPS (MARINES) TIER 1: EVERY MINUTE ON THE MINUTE FOR 5 MINUTES PERFORM ½ OF YOUR MAX REPS FROM DAY 1 AS UNBROKEN PULL UPS. ROUND UP TO THE	ACTIVE RECOVERY 30 MINUTES OF LIGHT AEROBIC ACTIVITY OR SP MAINTENANCE. THIS COULD BE A JOG, ROW OR MODIFIED SHIFT/STREET PARKING WORKOUT.	SP DAILY WORKOUT (CHOOSE ONE FROM THE WEEK THAT DOES NOT HAVE RUNNING OR PUSH-UPS) LOOK FOR A WORKOUT WITH BOX JUMPS OR POWER CLEANS OR ANY KIND OF OVERHEAD PRESSING MOVEMENT.	RUN INTERVALS 800M - MODERATE REST 45 SECONDS 600M - MODERATE REST 45 SECONDS 400M - MODERATE TO HIGH REST 45 SECONDS 200M - HIGH REST 45 SECONDS 4X100M SPRINT / 100M WALK REST 5 MINUTES, THEN 1-2-3-49-10-10-9-83-2-1 REPS OF FLOOR PRESSES SUPINE TOE TOUCHES PULL UPS (MARINES) 3 ROUNDS OF 15 BENT OVER ROW 5 JUMP & SLOW LOWER (AS SLOW	ACTIVE RECOVERY 30 MINUTES OF LIGHT AEROBIC ACTIVITY OR SP MAINTENANCE. THIS COULD BE A JOG, ROW OR MODIFIED SHIFT/STREET PARKING WORKOUT.
NEAREST WHOLE NUMBER. IF YOU COME OFF THE BAR EARLY THAT'S OKAY BUT ONCE YOU COME OFF, THE SET IS OVER. REST UNTIL THE	DAY 6	DAY 7	10 RING/SUPINE ROW 5 JUMP & SLOW LOWER (AS SLOW	
NEXT MINUTE. TIER 2: EVERY 90 SECONDS FOR 7:30 PERFORM ½ OF YOUR MAX REPS FROM DAY 1 AS UNBROKEN PULL UPS. ROUND UP TO THE NEAREST WHOLE NUMBER. IF YOU COME OFF THE BAR EARLY THAT'S OKAY, TAKE ONE MORE SET TO TRY TO COMPLETE THE REPS.		ES OR UT	AS POSSIBLE)	
THE BAR EARLY THAT'S OKA	Y, TAKE ONE MORE	Y, TAKE ONE MORE THE REPS. WITH BOX JUMPS OF POWER CLEANS OR ANY KIND OF	Y, TAKE ONE MORE WITH BOX JUMPS OR THE REPS. POWER CLEANS OR	WITH BOX JUMPS OR THE REPS. POWER CLEANS OR ANY KIND OF

MOVEMENT. BUT, IF

YOU WENT OVERHEAD

ON DAY 3, DON'T GO

OVERHEAD TODAY.



VEEK 3	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
	RUN	ACTIVE RECOVERY	SP DAILY WORKOUT	RUN	ACTIVE
	1 MILE RUN- MODERATE	30 MINUTES OF LIGHT	(CHOOSE ONE FROM	1 MILE RUN- HIGH	RECOVERY
	1 MILE RUN- EASY	AEROBIC ACTIVITY OR SP	THE WEEK THAT DOES	800M RUN- EASY	30 MINUTES OF
		MAINTENANCE. THIS COULD	NOT HAVE RUNNING OR	IMMEDIATELY SET A CLOCK FOR 12 MINUTES	LIGHT AEROBIC
	REST 5 MINS	BE A JOG, ROW OR MODIFIED	PUSH-UPS)	AND EVERY 4 MINUTES FOR 3 ROUNDS-	ACTIVITY OR SP
	PUSH UPS / SIT UPS	SHIFT/STREET PARKING		200M HIGH	MAINTENANCE
	EVERY 30 SECONDS (EVERY 0:00 AND	WORKOUT.	partition of the second	100M WALK	THIS COULD BE
	0:30) FOR 5 MINUTES:	ရေးမြောက်သော သေးသည် သို့သောများ သို့သော်သည် သည် ရေးသည် သို့သည် သည်။ သည်		100M SPRINT	A JOG, ROW OR
	10-12 PUSH UPS				MODIFIED
	REST 1 MINUTE THEN,			REST 5 MINS	SHIFT/STREET
	7 ROUNDS OF:		*	PUSH UPS / SIT UPS	PARKING
	15 SECONDS MAX SIT UPS		· · · · · · · · · · · · · · · · · · ·	3 ROUNDS OF	WORKOUT.
	15 SECONDS REST			5-4-3-2-1	
	તું હતું કે તે કોર્ટી કુલ કે લે કે			DIAMOND PUSH UPS	
	PULL UPS (MARINES)		**	WIDE PUSH UPS	
	TIER 1:			REGULAR WIDTH SLOW LOWER PUSH UPS	
	5X5 WEIGHTED PULL UPS			TRY TO DO ALL 3 VARIATIONS OF PUSH UP IN	
	TIER 2:			A SINGLE SET.	
	5X5 WEIGHTED OR UNWEIGHTED			BETWEEN SETS (AFTER ALL 15 PUSH UPS IN	
	PULL UPS			THE FIRST SET FOR EXAMPLE)	
	TIER 3:		2.3.4	PERFORM 15 TUCK ROCKS	
	5X5 BANDED PULL UPS OR SUPINE/	1981년 - 일본 1984년 - 1985년 - 198		EXAMPLE:	A STATE OF THE PARTY OF THE PAR
	RING ROWS			5 DIAMOND PUSH UPS - 5 WIDE PUSH UPS	
	CHOOSE A VARIATION/LOAD THAT IS			- 5 SLOW LOWER PUSH UPS - 15 TUCK	
	VERY CHALLENGING. THE FIRST FEW			ROCKS. THEN 4 DIAMOND - 4 WIDE - 4	
	SETS SHOULD BE DIFFICULT TO GET			SLOW - 15 TUCK ROCKS - 3 - 3 - 3 - 15 ETC	
4 1 1 2 2 2 2 2	5 REPS AND THE LAST 2 SETS SHOULD			The second secon	
	BE A FIGHT!			PULL UPS (MARINES)	

DAY 7
REST DAY

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.

MAX CHIN OVER BAR HOLD (PRONATED OR

4 ROUNDS OF:



WEEK 4	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
	RUN ½ MILE EASY + 2 MILES MODERATE + ½ MILE EASY REST 5 MINS PUSH UPS / SIT UPS EVERY 30 SECONDS FOR 4 ROUNDS (2 MINUTES) 8 PUSH UPS + HOLD PLANK FOR THE REMAINDER OF THE 30 SECONDS REST 2 MINUTES THEN, REPEAT REST 2 MINUTES THEN, 3 ROUNDS 30 SECONDS MAX SIT UPS 30 REST PULL UPS (MARINES) TIER 1 -	ACTIVE RECOVERY 30 MINUTES OF LIGHT AEROBIC ACTIVITY OR SP MAINTENANCE. THIS COULD BE A JOG, ROW OR MODIFIED SHIFT/STREET PARKING WORKOUT.	SP DAILY WORKOUT (CHOOSE ONE FROM THE WEEK THAT DOES NOT HAVE RUNNING OR PUSH-UPS)	RUN 200M - HIGH + WALK 200M 200M - HIGH + WALK 200M REST 30 SECONDS 400M - MODERATE + WALK 200M 400M - MODERATE + WALK 200M REST 30 SECONDS 600M - EASY/MODERATE + WALK 200M 600M - EASY/MODERATE + WALK 200M REST 30 SECONDS 200M - HIGH + WALK 200M 200M - HIGH + WALK 200M PUSH UPS / SIT UPS AS MANY ROUNDS AND REPS AS POSSIBLE IN 6 MINUTES: 10 TRICEP EXTENSIONS 10 WEIGHTED SIT UPS	ACTIVE RECOVERY 30 MINUTES OF LIGHT AEROBIC ACTIVITY OR SP MAINTENANCE THIS COULD BE A JOG, ROW OR MODIFIED SHIFT/STREET PARKING WORKOUT.
	5 SETS OF 10 PULL UPS REST AS LITTLE AS POSSIBLE BETWEEN SETS BUT ALL SETS SHOULD BE UNBROKEN. TIER 2 - 5 SETS OF 5-9 PULL UPS REST AS LITTLE AS POSSIBLE BETWEEN SETS BUT ALL SETS SHOULD BE UNBROKEN AND THE SAME NUMBER OF			PULL UPS (MARINES) TIER 1, 2 AND 3 3 ROUNDS MAX REPS PULL UPS* RIGHT INTO 10 BENT OVER ROW 10 BICEP CURLS REST BETWEEN ROUNDS, NOT DURING. *STOP AT 18 REPS. IF YOU GET LESS THAN 3 IN THE FIRST ROUND, USE A BAND OR SUPINE ROW SO YOU CAN GET 5-7 IN THE REMAINING	
	REPS EACH TIME. SO IF YOU START WITH 9, FINISH WITH 9!	DAY 6	DAY 7	ROUNDS.	
	TIER 3 - 5 SETS OF 3 SLOW LOWER PULL UPS WITH 5 SECOND HOLD AT 90°* *HAVE A CLOCK OR TIMER VISIBLE SO YOU CAN HOLD FOR EXACTLY 5 SECONDS EACH TIME. AFTER 5 SECONDS, IT IS STILL A SLOW LOWER TO THE BOTTOM, DON'T JUST DROP OFF THE BAR.	SP DAILY WORKOU' (CHOOSE ONE FROM THE WEEK THAT DOES NOT HAVE RUNNING OR PUSH-UPS)			



ROUND UP TO THE NEAREST WHOLE

GET AT LEAST 8 MINUTES. YOU CAN

USE A BAND IF YOU NEED TO.

NUMBER. STOP AT 14 MINUTES, TRY TO

EEK 5	DAY 1	DAY 2	DAY 3		DAY 4	DAY 5
	RUN 4 MINUTES EASY + 4 MINUTES MODERATE + 2 MINUTES HIGH GOAL: 1.5 MILES PUSH UPS / SIT UPS MAX UNBROKEN PUSH UPS REST 1 MINUTE, THEN HALF OF THOSE PUSH UPS REST 1 MINUTE, THEN 1/4 OF INITIAL PUSH UPS TRANSITION RIGHT INTO 4 ROUNDS 30 SECONDS MAX REPS SIT UPS	ACTIVE RECOVERY 30 MINUTES OF LIGHT AEROBIC ACTIVITY OR SP MAINTENANCE. THIS COULD BE A JOG, ROW OR MODIFIED SHIFT/STREET PARKING WORKOUT.	SP DAILY WOR (CHOOSE ONE FRO THE WEEK THAT D NOT HAVE RUNNIN PUSH-UPS)	OM OES	RUN 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	ACTIVE RECOVERY 30 MINUTES OF LIGHT AEROBIC ACTIVITY OR SP MAINTENANCE THIS COULD BE A JOG, ROW OR MODIFIED SHIFT/STREET PARKING WORKOUT.
	REST 15 SECONDS BETWEEN SETS PULL UPS (MARINES)			1	PUSH UPS / SIT UPS 3 ROUNDS 12 DUMBBELL BENCH PRESS	
	TEST NEW MAX REPS! THEN, PERFORM THE FOLLOWING WORK BASED ON THE NEW RESULTS	DAY 6 SP DAILY WORKOU	DAY 7 T REST DAY		20 SECONDS MAX REPS PUSH UPS 15 SUPINE TOE TOUCHES 30 SECONDS MAX REPS SIT UPS	
	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	(CHOOSE ONE FROM THE WEEK THAT DOES NOT HAVE RUNNING OI PUSH-UPS)			REST 1 MINUTE BETWEEN ROUNDS PULL UPS (MARINES) 5 ROUNDS 5 SLOW LOWER PULL UPS* IMMEDIATELY INTO 10 SLOW NO PUSH UP RENEGADE ROWS** REST 1 MINUTE BETWEEN ROUNDS	
	SUSTAIN FOR AT LEAST 8 MINUTES AND NO MORE THAN 14. MEN - 20-25LBS WOMEN - 10-15LBS				*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	
	TIER 2 (5-14 REPS): EVERY 2 MINUTES ON THE MINUTE FOR AS LONG AS POSSIBLE PERFORM ½ OF YOUR MAX REPS.	TIER 3: 5 SETS OF 10 SUPINE ROWS THESE ARE UNBROKEN SETS OF CHOOSE THE HARDEST POSSIBLE	나는 그 얼마나 하나 나를 하는데 없었다.		SQUARE TO THE FLOOR, KEEPING YOUR WHOLE BODY RIGID AND BELLY TIGHT THAN HEAVY WEIGHT FOR THESE.	

VARIATION/ANGLE THAT YOU CAN STILL

GET THE REPS UNBROKEN. REST FOR

60 SECONDS BETWEEN SETS.



AT LEAST 8 REPS IN THE FIRST ROUND.

NEEK 6	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
VEEK 6	RUN 2 MILES - HIGH REST 5 MINS PUSH UPS / SIT UPS EVERY MINUTE ON THE MINUTE FOR 5 MINUTES: 10-12 PUSH UPS REST 2 MINUTES THEN, EVERY MINUTE ON THE MINUTE FOR 5 MINUTES: 10-12 SIT UPS SIT UPS SIT UPS - 4 MINUTES OF REP COUNT IN LAST ROUND FROM WEEK 5 DAY 4, REST 10 SECONDS.	ACTIVE RECOVERY 30 MINUTES OF LIGHT AEROBIC ACTIVITY OR SP MAINTENANCE. THIS COULD BE A JOG, ROW OR MODIFIED SHIFT/STREET PARKING WORKOUT.	SP DAILY WORKOUT (CHOOSE ONE FROM THE WEEK THAT DOES NOT HAVE RUNNING OR PUSH-UPS) LOOK FOR A WORKOUT WITH BOX JUMPS OR POWER CLEANS OR ANY KIND OF OVERHEAD PRESSING MOVEMENT.	RUN 1 MILE - MODERATE 400M - HIGH 200M - EASY 400M - HIGH 200M - EASY 200M - HIGH 100M - WALK 200M - HIGH	ACTIVE RECOVERY 30 MINUTES OF LIGHT AEROBIC ACTIVITY OR SF MAINTENANCE. THIS COULD BE A JOG, ROW OF MODIFIED SHIFT/STREET PARKING WORKOUT.
	PULL UPS (MARINES) TIER 1 - 3 ROUNDS PERFORM ½ OF YOUR MAX REPS AS UNBROKEN WEIGHTED PULL UPS. ROUND UP TO THE NEAREST WHOLE NUMBER. THEN DROP THE WEIGHT AND PERFORM AS MANY UNWEIGHTED REPS AS POSSIBLE. REST 90 SECONDS BETWEEN ROUNDS TIER 2 -			AS POSSIBLE CUT-OFF TIME 4 MINUTES REST 1 MINUTE THEN, 60 SIT UPS, IN AS FEW SETS AS POSSIBLE CUT-OFF TIME 2 MINUTES PULL UPS (MARINES) ALL TIERS 3 SETS OF 10 PULL UPS OR WHATEVER VARIATION YOU CAN	
	3 ROUNDS	DAY 6	DAY 7	GET 10 UNBROKEN REPS EACH TIME.	
	MAX REPS PULL UPS RIGHT INTO MAX REPS SUPINE/RING ROWS REST 90 SECONDS BETWEEN ROUNDS. CHOOSE AN ANGLE ON THE SUPINE/RING ROWS YOU CAN GET AT LEAST 8 REPS IN THE FIRST ROUND. TIER 3 - 3 ROUNDS MAX REPS SEATED PULL UPS RIGHT INTO MAX REPS SUPINE/RING ROWS REST 90 SECONDS BETWEEN ROUNDS. CHOOSE AN ANGLE ON THE	SP DAILY WORKO (CHOOSE ONE FROM THE WEEK THAT DOE NOT HAVE RUNNING PUSHUPS) LOOK FOR A WORKOU WITH BOX JUMPS OR POWER CLEANS OR ANY KIND OF OVERHEAD PRESSING MOVEMENT. BUT, IF YOU WENT OVERHEA ON DAY 3, DON'T GO	S OR JT	(SUPINE/RING ROWS, BANDED, SEATED PULL UPS ARE ALL OPTIONS. FOR SEATED, REST NO MORE THAN ONE SECOND ON THE FLOOR) REST AS NEEDED BETWEEN SETS	

OVERHEAD TODAY.



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

CLICK HERE TO VIEW

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 +
CLICK HERE TO VIEW

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

CLICK HERE TO VIEW

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+

CLICK HERE TO VIEW

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 +

CLICK HERE TO VIEW

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 +



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+

CLICK HERE TO VIEW

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

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

SCORE: TOTAL GOBLET SQUAT REPS ONLY!

GOAL: 65+

KB/DB

CLICK HERE TO VIEW

SHIFT FROM 10/18/2019

10 ROUNDS

2-3 INCHWORMS
10 ALTERNATING LUNGES

THAT'S IT!!

SCORE: TOTAL TIME

GOAL: UNDER 12 MIN

CLICK HERE TO VIEW

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 SINGLE 12-30#
KB/DB - OR - PAIR OF LIGHTER DUMBBELLS

SCORE: TOTAL TIME

GOAL: UNDER 16 MIN CLICK HERE TO VIEW

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

CLICK HERE TO VIEW

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



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+

CLICK HERE TO VIEW

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??

CLICK HERE TO VIEW

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

CLICK HERE TO VIEW

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



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.

CLICK HERE TO VIEW

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 +

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

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

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

10 SQUAT CLEANS

SCORE: TOTAL TIME INCLUDING REST

GOAL: FAST AND IF POSSIBLE UNBROKEN ROUNDS.

CLICK HERE TO VIEW

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 MFN

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 +



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 +

CLICK HERE TO VIEW

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 + CLICK HERE TO VIEW

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

CLICK HERE TO VIEW

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
CLICK HERE TO VIEW



