

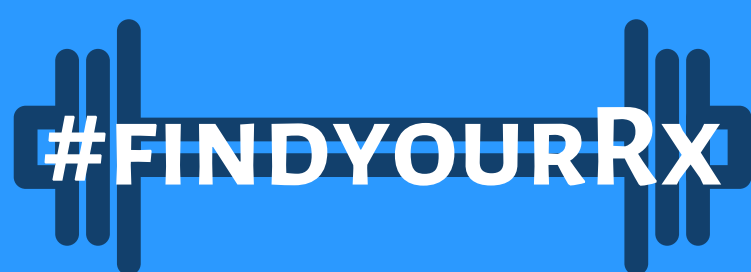


CFP WELLNESS WORKOUTS

HOME GYM
LIMITED EQUIPMENT
NO EQUIPMENT

TO CRUSH YOUR GOALS
NO MATTER THE CIRCUMSTANCE

WEEK 2



WEEK 2

WARM-UP

FOR COMPLETION:

10 [WALL SQUATS](#) @ 22X1

FOLLOWED BY:

TWO SETS OF:

[ALTERNATING DEAD BUG](#) X 10 REP

GOBLET HOLD ALTERNATING [COSSACK SQUAT](#) X 10 REPS

STRENGTH

HOME GYM

LIMITED EQUIPMENT

No EQUIPMENT

TAKE 15 MINUTES
TO BUILD TO A
"HEAVY"
20-REP BACK SQUAT

FOUR SETS OF:
DB/KB FRONT RACKED
[BULGARIAN SPLIT SQUAT](#)
X 6 REPS/SIDE
@20X1
REST 30 SECONDS
WALL SIT X 45 SECONDS
REST 90 SECONDS

FOUR SETS OF:
10 JUMPING
LUNGES
30 SECOND WALL
SIT
10 JUMPING
SQUATS
REST 60 SECONDS

WOD

NO GAS, NO BREAKS

12 MINUTE AMRAP:

5 BURPEE OVER DUMBBELL
25 FT. [SINGLE ARM OVERHEAD
WALKING LUNGE](#) LT
(50/35LBS. DUMBBELL)
5 BURPEE OVER DUMBBELL
25 FT. SINGLE ARM OVERHEAD
WALKING LUNGE RT
(50/35LBS. DUMBBELL)
20 BUTTERFLY SIT-UPS

#FINDYOURRx

HIT THIS ONE
AGGRESSIVELY FROM THE
BEGINNING AND SEE IF YOU
CAN HANG ON TO THAT
PACE AND A MID-SIZED
AMRAP FOR TODAY.FOR
THE SINGLE ARM
OVERHEAD WALKING
LUNGE, GRAB ANY OBJECT
THAT YOU CAN SAFELY HOLD
ONTO IN THE OVERHEAD
POSITION.

WARM-UP

THREE SETS OF:
20 SECONDS OF: SIDE PLANK RT
20 SECONDS OF: SIDE PLANK LT
20 SECONDS OF: [PLANK SHOULDER TAPS](#)
20 SECONDS OF: JUMPING JACKS
20 SECONDS OF: AIR SQUAT
20 SECONDS OF: [SCAPULAR CIRCLES](#)
REST 20 SECONDS

STRENGTH

HOME GYM	LIMITED EQUIPMENT	No EQUIPMENT
FIVE SETS OF: SEATED STRICT SHOULDER PRESS X 5 REPS REST AS NEEDED (MAKE ALL SETS HEAVY AS POSSIBLE, BUT MAKE SURE YOU CAN GET ALL FIVE REPS!)	FOUR SETS OF: 1-1-2 DUMBBELL BENCH PRESS X 10 REPS REST 30 SECONDS BANDED FACE PULLS X 12-15 REPS REST 90 SECONDS	THREE SETS OF: STRICT HANDSTAND PUSH-UP NEGATIVE X 4 REPS @ 30A1 REST 30 SECONDS PUSH-UP + SHOULDER TAP X 10 ALTERNATING REPS REST 60-90 SECONDS

WOD

SHORTY 10

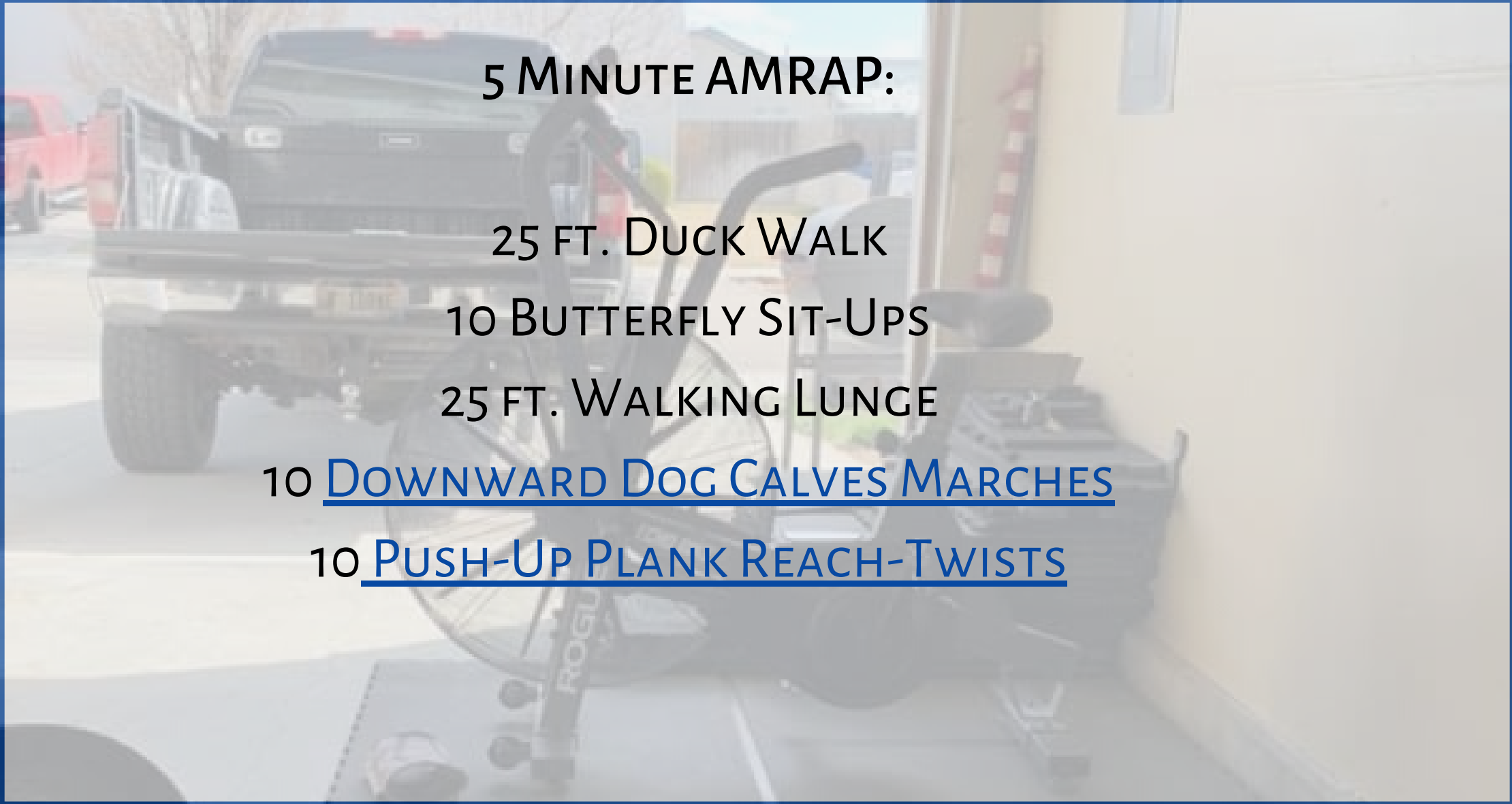
10 ROUNDS FOR TIME:

12 [MOUNTAIN CLIMBERS](#)
9 JUMPING SQUATS
6 [V-Ups](#)

#FINDYOURRx

THE SPEED HERE IS IN THE SIZE OF THE SETS! DON'T BE AFRAID TO SWITCH FROM ONE EXERCISE AND GO RIGHT INTO THE NEXT!FOR MOUNTAIN CLIMBERS, TRY TO GET YOUR RIGHT ALL THE WAY UP TO THE OUTSIDE OF YOUR HAND ON EACH REP.FOR V-Ups, ATTEMPT TO KEEP YOUR LEGS AS STRAIGHT AS POSSIBLE. BEFORE EACH REP, GENTLY KISS THE GROUND WITH YOUR HEELS.

WARM-UP



5 MINUTE AMRAP:
25 FT. DUCK WALK
10 BUTTERFLY SIT-UPS
25 FT. WALKING LUNGE
10 [DOWNWARD DOG CALVES MARCHES](#)
10 [PUSH-UP PLANK REACH-TWISTS](#)

STRENGTH

HOME GYM	LIMITED EQUIPMENT	No EQUIPMENT
THREE SETS OF: STIFF-LEGGED SUMO DEADLIFT X 10 REPS @ 20X2 REST AS NEEDED (PERFORM THESE RELATIVELY CHALLENGING, BUT STICK TO THE TEMPO, AND DO NOT LOSE POSITIONING BECAUSE OF WEIGHT.)	THREE SETS OF: SPLIT LEG DUMBBELL ROMANIAN DEADLIFT X 10 REPS/SIDE @ 20X1 REST AS NEEDED	EVERY MINUTE ON THE MINUTE FOR 12 MINUTES (3 SETS): MIN 1 = SINGLE LEG ROMANIAN DEADLIFT X 10 REPS @ 2011 MIN 2 = SINGLE LEG ROMANIAN DEADLIFT X 10 REPS @ 2011 MIN 3 = BULGARIAN SPLIT SQUAT X 10 REPS @ 30X1 MIN 4 = BULGARIAN SPLIT SQUAT X 10 REPS @ 30X1

WOD

HOMESTYLE - 200429

EVERY 90 SECONDS FOR 24 MINUTES (4 ROUNDS):

STATION 1 = RUN 200M OR 50-60 JUMPING JACKS
STATION 2 = 20 [BODYWEIGHT GOOD MORNINGS](#) + 30-45 SECOND WALL SIT
STATION 3 = 20 LATERAL SKIER JUMPS + 30-45 SECOND PLANK ON ELBOWS
STATION 4 = REST

#FINDYOURX

TODAY, USE THE CLOCK AS YOUR ALLY AS WELL AS YOUR GAUGE TO STRETCH OUT YOUR WEEK ON STATION 2 AND 3. KNOW THAT YOU WILL GET A 90 SECOND REST ON EACH ROUND, TRY TO GO THE DISTANCE ON THE PLANKS AND THE WALL SIT. FOR THE SKIER JUMPS, IF POSSIBLE, MARK OUT WHERE YOU'D LIKE YOUR FEET TO LAND FOR A RATHER WIDE AND HARD JUMP.

WEEK 2

TWO SETS OF:
10 [BODYWEIGHT GOOD MORNINGS](#) OR [BANDED GOOD MORNING](#)
S10 AIR SQUATS OR [BANDED SQUATS](#)
10 [LATERAL LUNGES](#)
10 [DYNAMIC SUMO SQUATS](#)
10 SIT-UPS

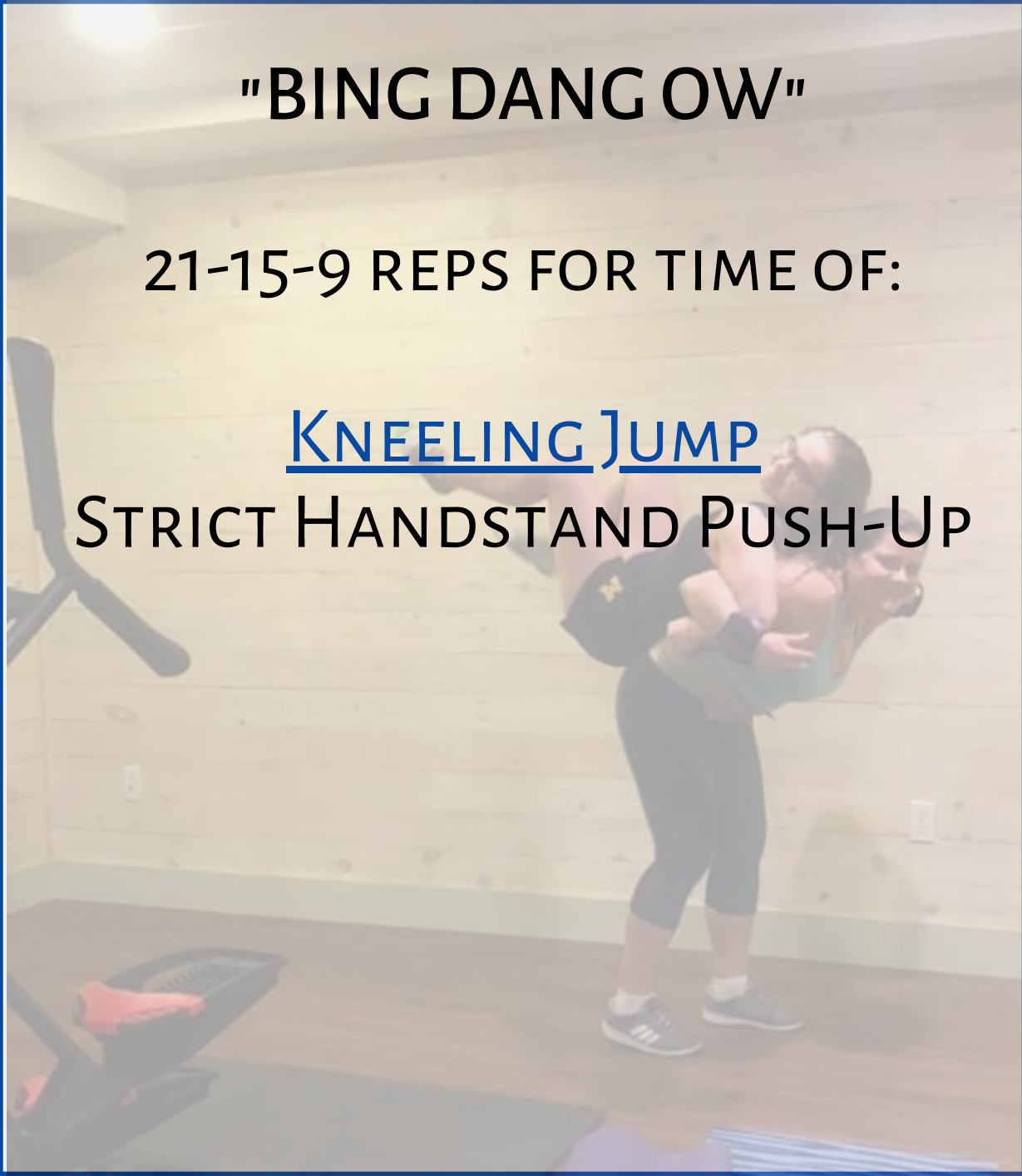
HOME GYM	LIMITED EQUIPMENT	No EQUIPMENT
EVERY MINUTE ON THE MINUTE FOR 9 MINUTES (3 SETS): MIN 1 = HOLLOW HOLD X 30 SECONDS MIN 2 = RUSSIAN TWISTS X 30 SECONDS MIN 3 = ELBOW PLANK X 30 SECONDS	EVERY MINUTE ON THE MINUTE FOR 9 MINUTES (3 SETS): MIN 1 = HOLLOW HOLD X 30 SECONDS MIN 2 = RUSSIAN TWISTS X 30 SECONDS MIN 3 = ELBOW PLANK X 30 SECONDS	EVERY MINUTE ON THE MINUTE FOR 9 MINUTES (3 SETS): MIN 1 = HOLLOW HOLD X 30 SECONDS MIN 2 = RUSSIAN TWISTS X 30 SECONDS MIN 3 = ELBOW PLANK X 30 SECONDS

"BING DANG OW"

21-15-9 REPS FOR TIME OF:

[KNEELING JUMP](#)

STRICT HANDSTAND PUSH-UP



#FINDYOURx

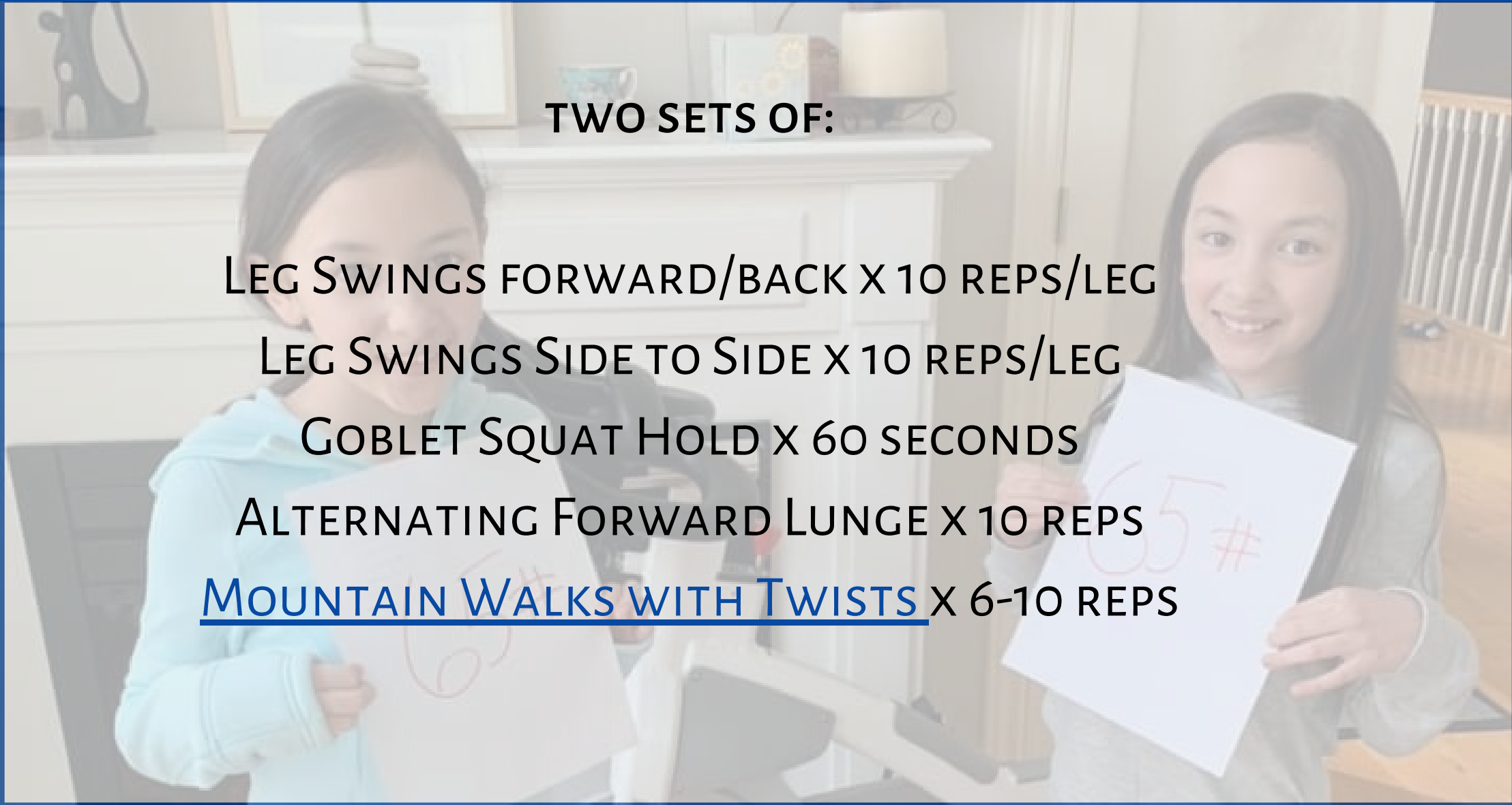
SIMILAR TO THE EFFECT OF OLYMPIC LIFTING INSIDE OF THE GYM, WE CAN STILL MOVE WITH HIGH POWER OUTPUT AND SPEED OUTSIDE OF THE GYM. THESE KNEELING JUMPS ARE FANTASTIC! ATTEMPT TO LAND IN A SQUAT STANCE EACH REP. IF THESE ARE EASY FOR YOU, CONSIDER JUMPING WHILE HOLDING ONTO SOME SORT OF WEIGHT.

SCALES:
KNEELING JUMP = TALL BOX JUMP OR TUCK JUMP

STRICT HANDSTAND PUSH-UP = [TOES ON BOX](#), [PIKE PUSH-UP](#), OR L-SEATED PRESS

WEEK 2

WARM-UP



TWO SETS OF:

- LEG SWINGS FORWARD/BACK X 10 REPS/LEG
- LEG SWINGS SIDE TO SIDE X 10 REPS/LEG
- GOBLET SQUAT HOLD X 60 SECONDS
- ALTERNATING FORWARD LUNGE X 10 REPS
- MOUNTAIN WALKS WITH TWISTS X 6-10 REPS

STRENGTH

HOME GYM	LIMITED EQUIPMENT	No EQUIPMENT
EVERY 90 SECONDS FOR 15 MINUTES (10 SETS): HANG POWER CLEAN + POWER CLEAN(BUILD ACROSS THE SETS TO A HEAVY FOR THE DAY.)	EVERY MINUTE ON THE MINUTE FOR 6 MINUTES: <u>BURPEE BROAD JUMP</u> X 4 REPS HEAVY RUSSIAN KETTLEBELL SWING X 4 REPS	EVERY MINUTE ON THE MINUTE FOR 6 MINUTES: <u>REVERSE OVERHEAD "OBJECT" TOSS</u> X 4 REPS

WOD

<p>CFPENDALES "PTOWN HEROES"</p> <p>THREE ROUNDS FOR TIME: 20 PUSH-UPS 20 GROUND-TO-OVERHEAD 20 HOLLOW ROCKS 50 FT. WALKING LUNGE 45 SECOND PLANK HOLD</p> <p>REST 4 MINUTES, THEN...</p> <p>THREE ROUNDS FOR TIME: 20 ALTERNATING SINGLE ARM DUMBBELL SNATCHES 10 BURPEES 200M RUN 10 BOX JUMPS 45 SECOND WALL SIT 20 SIT-UPS</p>	<p>#FINDYOURX</p> <p>THIS ONE COMES RIGHT FROM THE "ALL-BOYS" CREW AT CFP. THEY CLEARLY WANT YOU TO FEEL THEIR PAIN. FIND AN OBJECT TO HOIST FROM THE GROUND TO OVERHEAD IN BOTH "GROUND-TO-OVERHEAD" AND THE "SINGLE ARM DUMBBELL SNATCH." CHOOSE LIGHT LOADS, AND CONSIDER REP SCALING SO THAT YOU CAN REALLY PUSH THE PACE ON THIS ONE!</p>
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WEEK 2

SATURDAY

WARM-UP

TWO SETS OF:
(USE 25-30 FT. LENGTHS)
SAMSON STRETCH
KNEE HUGS
QUAD STRETCH + HIGH HAND
TOE-PULLS
LATERAL LUNGE
DUCK WALK
RUN
BACK PEDAL

ONE SET OF:
(USE 25-30 FT. LENGTHS)
A SKIP
B SKIP
STRAIGHT LEG SKIP
BACKWARD OPEN HIP SKIP
FORWARD RUN
BACK PEDAL

STRENGTH

HOME GYM

LIMITED
EQUIPMENT

No
EQUIPMENT

NONE

NONE

NONE

WOD

FOR TIME:
RUN A 5K

#FINDYOURx

IT'S STARTING TO GET A LITTLE WARMER OUT THERE, SO HOPEFULLY WE'RE ALL EXCITED TO GET OUTSIDE AND EASILY CHECK-OFF OUR 20 MINUTES OF SUNSHINE. SCALE DISTANCE BACK IF NECESSARY. IF THIS IS ONLY A 1 OR 2 MILE RUN FOR YOU, SO BE IT!

YOU HAVE TO START SOMEWHERE. THE GOOD NEWS IS... YOU CAN DO IT. EVEN IF IT'S SHORTER AND YOU MUST WALK FROM TIME TO TIME.