

www.TurbulenceTraining.com

Turbulence Training

FOOTBALL FIELD 444

*The Ultimate
Outdoor Fat Burning
Workout Challenge!*

by Craig Ballantyne, CSCS, MS



Welcome from Craig Ballantyne & Turbulence Training...

Hi! I'm Craig Ballantyne, a Certified Strength and Conditioning Specialist (CSCS), and author of too-many-articles-to-count in magazines such as Men's Health, Men's Fitness, Oxygen, Maximum Fitness, and Muscle and Fitness Hers.

This program was a lot of fun to put together. You're going to love it.

However, it does require a lot of unique equipment, including straps (either Blast Straps or TRX), a power wheel, a kettlebell, and a medicine ball.

Let me know if you need substitutions. I'll do my best to make suggestions.

Enjoy!

Your friend and coach,

Craig Ballantyne, CSCS, MS,
Author, Turbulence Training

PS – Don't forget my other sites here...

www.TransformationContest.com – Win up to \$1000 just for losing belly fat!

www.TTFatLoss.com – My blog with advanced training information to help men and women gain muscle and lose fat fast.

www.TTMembers.com – Craig's new Turbulence Training Membership site featuring a forum, exercise video clips, and access to every workout program, manual, and e-book he has ever written for his websites.

Disclaimer:

You must get your physician's approval before beginning this exercise program.

These recommendations are not medical guidelines but are for educational purposes only. You must consult your physician prior to starting this program or if you have any medical condition or injury that contraindicates physical activity. This program is designed for healthy individuals 18 years and older only.

The information in this report is meant to supplement, not replace, proper exercise training. All forms of exercise pose some inherent risks. The editors and publishers advise readers to take full responsibility for their safety and know their limits. Before practicing the exercises in this book, be sure that your equipment is well-maintained, and do not take risks beyond your level of experience, aptitude, training and fitness. The exercises and dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician.

Don't lift heavy weights if you are alone, inexperienced, injured, or fatigued. Don't perform any exercise unless you have been shown the proper technique by a certified personal trainer or certified strength and conditioning specialist. Always ask for instruction and assistance when lifting. Don't perform any exercise without proper instruction. Always do a warm-up prior to strength training and interval training.

See your physician before starting any exercise or nutrition program. If you are taking any medications, you must talk to your physician before starting any exercise program, including Turbulence Training. If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop the movement and consult a physician.

You must have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 30 years old. Please discuss all nutritional changes with your physician or a registered dietician. If your physician recommends that you don't use Turbulence Training, please follow your doctor's orders.

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10 Tips to Train SAFE!

It is very important for all of us to train conservatively and not overdo things.

- 1) Don't do any exercise that you aren't sure how to do. Always get personal instruction from a certified trainer.
 - 2) Don't do anything that hurts or "doesn't feel right". There are plenty of alternative exercises for every movement. Just ask us on the Turbulence Training forum for substitutions at www.TTmembers.com.
 - 3) Whenever you start a NEW program, use lighter weights than normal, and only 1 set per exercise. You must expect extra soreness when starting a new program just because of the new exercises, so don't try to set world records in a new program right away.
 - 4) If you need extra recovery within the workout or between workouts, don't hesitate to take it. **Safety first.**
 - 5) Use a spotter if you are training with heavy weights. If you train alone at home, follow my recommendations in the manual and do NOT train to failure.
 - 6) Check your ego at the gym door and start with the easier alternative exercises if appropriate, even if you have exercised in the past. The new exercises, and new style of movements will cause muscle soreness even from workouts you think "look easy".
 - 7) Do NOT do interval training more than 4 times per week. Even pro athletes don't play hard everyday, so why should we?
 - 8) Never skip a warm-up. Use the general bodyweight warm-ups and the specific warm-up sets in each TT workout.
 - 9) If you want to start TT but think you have an injury, get medical attention and have a professional therapist rehabilitate your injury before starting an exercise program.
 - 10) Check with your doctor before starting any new exercise or diet program. All together now, **"Safety first!"**
- Bonus 11)** If you decide to use running as your form of interval training, make sure you have good running shoes, always do an extra thorough warm-up, and choose a safe running surface (grass or trails rather than pavement/concrete). If you use a treadmill, please operate it safely.

TT Football Field Workouts Guidelines

Disclaimer: See your physician before starting any exercise or nutrition program. You must have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 30 years old. Please discuss all nutritional changes with your physician or a registered dietician.

- Perform this program for 4 weeks then switch to another muscle building workout.
- Train 3 days per week.
 - Do at least 30 minutes of low-intensity exercise on off-days, but don't let this workout impair your recovery or limit your performance real workouts.
- Pairs of exercises (i.e. 1A & 1B) constitute "Supersets".
- The 3-digit number beside each exercise represents the lifting tempo.
 - I.e. Squat – 3-0-1. Take 3 seconds to lower your body or the weight, and without pausing, push back up to the start position in 1 second or less.
- Three or more exercises (i.e. 1A, 1B, 1C, etc.) constitute a circuit.
- You can wear a weighted vest to make the exercises harder. Of course, if you want to use dumbbells, you can also use those for some of the leg exercises.
- For substitute exercises, please ask on the forum at www.TTmembers.com
- Finish each workout with 5 minutes of static stretching.
- Start every workout with this bodyweight warm-up circuit.

Bodyweight Warm-up Circuit

- Go through the circuit using a 2-0-1 tempo for each exercise.
- Rest 30 seconds before repeating the circuit one more time for a total of two circuits.

- 1) Jumping Jacks – 20 reps
- 2) Bodyweight Squat – 12 reps
- 3) Arm Crosses – 10 reps per side
- 4) Run in Place – 10 reps per side
- 5) Spiderman Climb – 6 reps per side
- 6) Prisoner Lunge – 8 reps per side
- 7) Pogo Jumps – 12 reps
- 8) Leg Swings – 12 reps per side
- 9) Psoas Stretch – 20 seconds per side
- 10) Chest Stretch – 20 seconds per side

TT Football Field Workout Guidelines

Day 1 – Workout A

- Start with the general bodyweight warm-up circuit
- Specific Warm-up Sets
 - Do 2 reps of 1A
 - Do 3 reps per side of 1B
 - Do 1-2 reps of 1D

1A) Medicine Ball Overhead Throw – 5 reps

- No rest.

1B) KB Snatch or 1-Arm Swing – 8 reps per side

- No rest.

1C) Power Wheel Hand Walk + Plank – 30 seconds

- No rest.

1D) Pull-ups – 2 reps short of failure (2-0-1)

- No rest.

1E) KB Reverse Lunge – 10 reps per side (2-1-1)

- Rest 1 minute before repeating 2 more times for a total of 3 circuits.

2A) Medicine Ball Chest Pass – 5 reps per side

- No rest.

2B) Strap Pushup – 2 reps short of failure (2-0-1)

- No rest.

2C) Strap Rear-Deltoid Fly – 10 reps (2-0-1)

- No rest.

2D) Power Wheel Rollout – 10 reps (4-0-1)

- No rest.

2E) Power Wheel Leg Curl – 15 reps (2-0-1)

- Rest 1 minute before repeating 2 more times for a total of 3 circuits.

Static Stretching

Day 2 – Recovery day & light exercise

TT Football Field Workout Guidelines

Day 3 – Workout B

- Start with the general bodyweight warm-up circuit
- Specific Warm-up Sets
 - Do 3-5 reps of 1A
 - Do 1 rep of 1B
 - Do 1 rep of 1C

1A) Jump – 10 reps

- No rest.

1B) KB Swing – 20 reps

- No rest.

1C) Power Wheel Alligator Pushup – 2 reps short of failure

- No rest.

1D) Chin-up – 1 rep short of failure (3-0-1)

- Rest 1 minute before repeating 2 more times for a total of 3 circuits.

2A) Strap-Assisted 1-Leg Squat – 8 reps per side (3-0-1)

- No rest.

2B) KB Get-up – 5 reps per side

- No rest.

2C) Strap Dip or Strap Close-Grip Pushup – 1 rep short of failure (2-0-1)

- No rest.

2D) Kettlebell Renegade Row – 8 reps per side (1-0-1)

- Rest 1 minute before repeating 2 more times for a total of 3 circuits.

3A) Strap Bulgarian Split Squat or KB Front-Loaded Split Squat – 10 reps per side (2-0-1)

- No rest.

3B) Strap Triceps Extension – 10 reps (2-0-1)

- No rest.

3C) Power Wheel Pike or Strap Pike – 10 reps (2-0-1)

- No rest.

3D) Shuttle Sprint – 20 seconds

- Rest 1 minute before repeating 2 more times for a total of 3 circuits.

Static Stretching

Day 4 – Recovery day & light exercise

TT Football Field Workout Guidelines

Day 5 – Workout C – Football Field Challenge

- Start with the general bodyweight warm-up circuit
- Specific Warm-up Sets
 - Do 2-3 reps of 1A, 2A, and 2B.

Addiction Challenges – Try to beat these each week.

1A) Broad Jumps – 3 reps for distance

- Rest 30 seconds.

1B) Power Wheel Hand Walk – Walk as far as possible

- Rest 1 minute and repeat 1 more time to try and beat previous score.

2A) Chin-up with Straps if possible – Max Reps (2-0-1)

- Rest 30 seconds.

2B) Dips with Straps if possible – Max Reps (2-0-1)

- Rest 2 minutes and move to the Football Field 444 Challenge.

Football Field 444 Challenge

- Rest as little as possible in this challenge. Record your time & improve each week.

3A) Vertical Jumps – 20 reps

3B) Strap Pushup if possible – 50 reps

3C) Prisoner Squat – 50 reps

3D) Kettlebell Front-Loaded Lunge – 50 reps (25 per side)

3E) Strap Pike or Power Wheel Pike – 25 reps

3F) Power Wheel Leg Curls – 25 reps

3G) Strap Inverted Rows – 50 reps

3H) Cross-Body Mountain Climbers with Straps if possible – 50 reps (25 per side)

3I) Burpee-Row Combo – 10 reps

3J) Kettlebell Snatches – 70 reps (35 per side)

3K) Strap Triceps Extensions – 44 reps

- Rest 2 minutes and move to the Meathead Finisher Circuit.

Football Field Meathead Finisher Circuit

4A) Strap Biceps Curls – 10 reps (3-0-1)

- No rest.

4B) Strap Kneeling “Rollout” – 10 reps (3-0-1)

- No rest.

4C) Strap Spiderman Pushup – 8 reps per side (1-0-1)

- Rest 1 minute and repeat 2 more times.

Static Stretching

Day 6 – Recovery day & light exercise

Day 7 – Recovery day & light exercise

TT Football Field Workouts Schedule

	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3
Day 1 – Workout A									
1A) MB OH Throw (5)									
1B) KB Snatch/1-Arm Swing (8/side)									
1C) PW Hand Walk + Plank (30sec)									
1D) Pull-ups (2 < failure)									
1E) KB Reverse Lunge (10/side)									
2A) MB Chest Pass (5/side)									
2B) Strap Pushup (2 < failure)									
2C) Strap Rear-Deltoid Fly (10)									
2D) Power Wheel Rollout (10)									
2E) Power Wheel Leg Curl (15)									
Day 3 – Workout B	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3
1A) Jump (10)									
1B) KB Swing (20)									
1C) PW Alligator Pushup (2 < failure)									
1D) Chin-up (1 < failure)									
2A) Strap-Assisted 1-Leg Squat (8/side)									
2B) KB Get-up (5/side)									
2C) Strap Dip/Strap CG Pushup (1 < failure)									
2D) KB Renegade Row (8/side)									
3A) Strap BGSS/KB Front-Loaded SS (10/side)									
3B) Strap Triceps Extension (10)									
3C) PW Pike/Strap Pike (10)									
3D) Shuttle Sprint (20 seconds)									

TT Football Field Workouts Schedule

	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3	Set 1	Set 2	Set 3
Day 5 –Workout C									
1A) Broad Jumps (3)									
1B) PW Walk (As far as possible)									
2A) Chin-up w Straps (Max)									
2B) Dips w Straps (Max)									
3A) Vertical Jumps (20)									
3B) Strap Pushup (50)									
3C) Prisoner Squat (50)									
3D) KB Front-Loaded Lunge (25/side)									
3E) Strap or PW Pike (25)									
3F) PW Leg Curls (25)									
3G) Strap Inverted Rows (50)									
3H) X-Body Mtn Clmbr w Straps (25/side)									
3I) Burpee-Row Combo (10)									
3J) KB Snatches (35/side)									
3K) Straps Triceps Extension (44)									
4A) Strap Biceps Curls (10)									
4B) Strap Kneeling “Rollout” (10)									
4C) Strap Spiderman Pushup (8/side)									

Exercise Descriptions – Warm-up

Disclaimer:

You must have a Certified Personal Trainer (CPT) or Certified Strength & Conditioning Specialist (CSCS) provide you with instruction on correct form for all exercises.

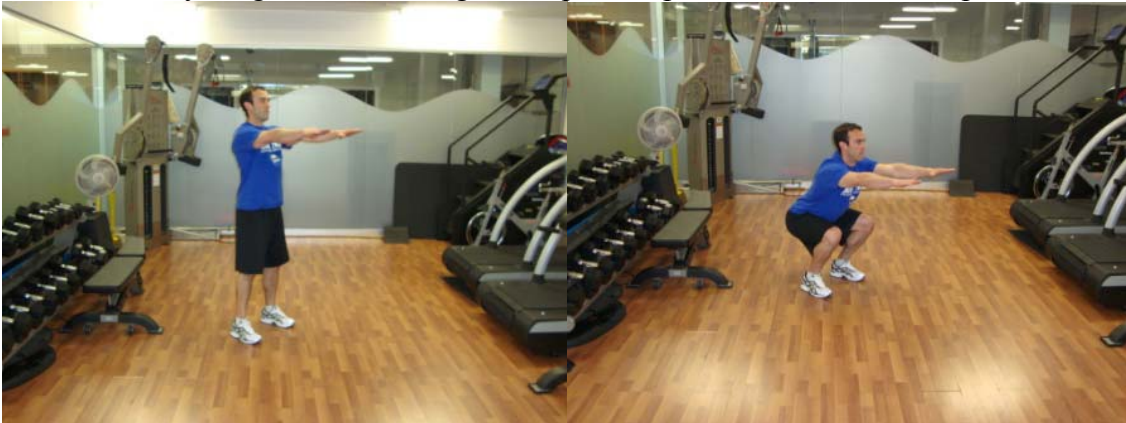
Jumping Jacks

- Stand on the balls of your feet with your feet shoulder width-apart and arms by side.
- Jump your feet out to your sides and raise your hands overhead at the same time.



Bodyweight Squat

- Stand with your feet just greater than shoulder-width apart.
- Start the movement at the hip joint. Push your hips backward and “sit back into a chair”. Make your hips go back as far as possible.
- Squat as deep as possible, but keep your low back tensed in a neutral position.
- Don’t let your lower back become rounded.
- Push with your glutes, hamstrings, and quadriceps to return to the start position.



Exercise Descriptions – Warm-up

Arm Crosses

- Stand with one arm down (thumb down) and one arm up (thumb up).
- Bring your arms across your body and switch hand & thumb positions.
- Return to the start position.
- Do all reps for one side then do the other side.



Running High Knees

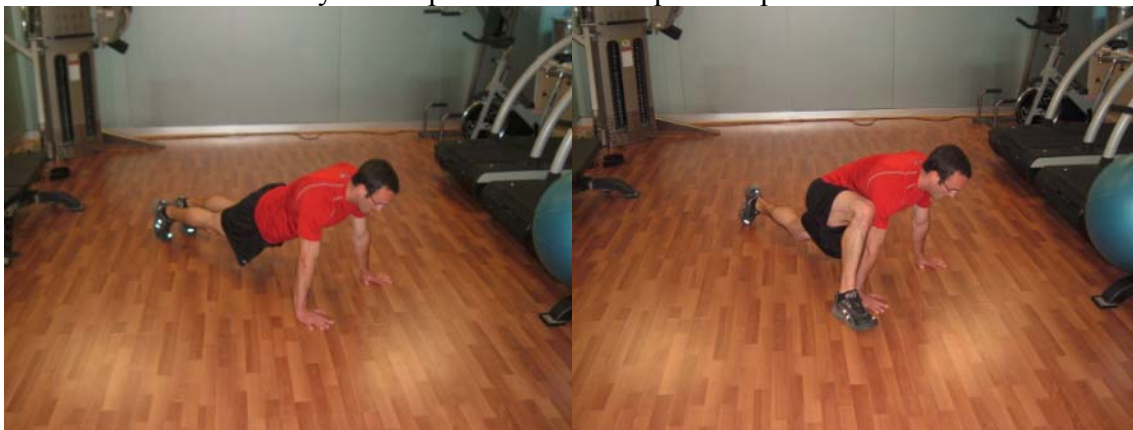
- Stand with your feet shoulder-width apart.
- Run in place driving your knees up as high as possible.
- Your other arm will naturally swing forward. Keep a bend in the elbow.
- Run in place at a warm-up pace.



Exercise Descriptions – Warm-up

Spiderman Climb

- Brace your abs. Start in the top of the pushup position.
- Keep your abs braced, pick one foot up off the floor, and slowly bring your knee up outside of your shoulder and touch your foot to the ground.
- Keep your abs braced and slowly return your leg to the start position.
- Alternate sides until you complete all of the required repetitions.



Prisoner Lunge

- Stand with your feet shoulder-width apart and hands clasped behind your head.
- Step forward with one leg, taking a slightly larger than normal step.
- Keep your back toe on the ground and use it to help keep your balance. The back knee should also be bent.
- Lower your body until your front thigh is parallel to the ground.
- Keep your upper body upright and your lower back flat.
- Push back to the start position.



Exercise Descriptions – Warm-up

Pogo Jumps

- Start on the balls of your feet. “Hop” up as high as possible. At the top of the movement, flex your toes up toward the ceiling and try to point your toes up.
- Land on the balls of your feet and bounce back up again as quickly as possible.



Leg Swings

- Stand with your feet hip width apart and hold on to something for balance.
- Take the inside leg and swing it back behind you and then swing it straight out in front of you. This will stretch your hamstring so do it gently.
- Continue to swing your leg faster and higher with each repetition.
- Do all reps for one side then switch.



Exercise Descriptions – Warm-up

Psoas Stretch

- Kneel on your right knee and place your left foot 1-2 feet ahead of your right knee.
- You should be in a straight line (similar to the bottom position in a lunge).
- Slowly lean forward until you feel a moderate stretch in the hip flexor area (the front side of leg at the hip level).
- Hold the stretch for 30 seconds and then switch sides.



Chest Stretch #2

- Stand with your arm out-stretched and hand pressed against a wall or support.
- Rotate your hips and feet away from your arm, to increase the stretch felt across the chest muscle. Hold that position for 20 seconds and then repeat for the other side.



Exercise Descriptions – Workout A

Medicine Ball Overhead Throw

- Hold a medicine ball in both hands at arms length.
- Push your hips back and squat down. Quickly reverse the movement and drive up, throwing the ball up overhead and behind you.
- Step forward to make sure the ball doesn't land on you.
- Pick the ball up and repeat.



Exercise Descriptions – Workout A

Kettlebell (KB) Snatch

- Hold a kettlebell in one hand with your feet shoulder width apart.
- Push your hips back and swing the weight between your legs. Keep your chest up and low back flat. Explode up thrusting your hips forward, as though you were jumping.
- Pull the kettlebell to shoulder height and punch the weight up to full extension.
- Brace your abs and control the descent.



Exercise Descriptions – Workout A

1-Arm Kettlebell Swing

- Hold a kettlebell or dumbbell in one hand with your feet shoulder width apart.
- Squat and swing the weight between your legs. Keep your chest up and low back flat.
- Explode up thrusting your hips forward, as though you were jumping.
- Swing the dumbbell to shoulder height. Brace your abs and control the descent.
- Make sure to watch the video for this one.



Power Wheel Hand Walk + Plank

- Strap your feet into the Power Wheel and start in the pushup-plank position.
- Step one hand forward while keeping your body in a straight line and then step forward with the other hand. Repeat for 30 seconds.
- If you can't do 30 seconds, just hold the plank position.
- If this hurts your wrists, clench your fists and support your weight on that for a plank.



Exercise Descriptions – Workout A

Pull-up

- Grasp the crossbar with an overhand, wide grip.
- Pull yourself up until your chin is over the bar.



KB Reverse Lunge

- Stand with your feet shoulder-width apart. Hold a kettlebell at chest height.
- Brace your abs, and contract your glutes (butt muscles) as if you were squeezing something between your cheeks.
- Step backward with one leg, resting that toe on the ground.
- Squat straight down with the front leg supporting the body weight. Lower yourself until your front thigh is parallel to the floor.
- Begin to return to the start position by pushing with the muscles of the front leg.
- Focus on pushing with glutes and hamstrings. Do all reps on one side then switch.



Exercise Descriptions – Workout A

MB Chest Pass

- Stand with feet hip width apart and hold medicine ball in both hands at chest height.
- Step forward with one foot and push the ball away from chest explosively. Release the ball as you extend your arms.
- Jog forward, pick the ball up and repeat (alternating legs you step forward with).



Strap Pushup

- Keep the abs braced and body in a straight line from toes to shoulders.
- Place your hands in the straps slightly wider than shoulder-width apart.
- Slowly lower yourself down until your chest is at strap level.
- Push through your chest, shoulders and triceps to return to the start position.
- Keep your body in a straight line at all times.



Exercise Descriptions – Workout A

Strap Rear-Deltoid Fly

- Grab the straps and step backwards 2 steps. Lean back and keep your hands in front.
- Squeeze the muscles between your shoulder blades and spread your arms out to the side while pulling your body to an upright position. This will work your upper back.
- The movement mimics a rear-deltoid fly.
- Slowly return to the start position, continuing to work your upper back.



Power Wheel Rollout

- Kneel on the grass with your hands on the power wheel handles.
- Keep your body in a straight line, brace your abs, and keep your low back tensed.
- Slowly roll out as far as is comfortable.
- Keep your abs braced, and contract them maximally to come back up to the start.



Exercise Descriptions – Workout A

Power Wheel Leg Curl

- Lie on your back with your feet strapped into the power wheel.
- Brace your abs, and contract your glutes (butt muscles) as if you were squeezing something between your cheeks. Bridge your hips up by contracting your glutes.
- Keep your abs braced and contract your hamstrings and slowly curl the wheel back towards your hips while keeping your hips bridged.
- Pause and slowly return the wheel to the start position while keeping the hips bridged.



Exercise Descriptions – Workout B

Jumps

- Stand in the start position for the Prisoner Squat.
- Squat down and jump up as high as possible, keeping your hands behind your head.
- Bend your knees when you land to absorb the force with your muscles.
- As soon as you land, jump up again.



KB Swings

- Stand with your feet wider than shoulder-width apart. Hold a kettlebell in both hands in front of your body at arm's length.
- Push your hips back and swing the kettlebell between your legs.
- Drive back up to the start position and swing the kettlebell up to chest height.
- Move at a quick pace.



Exercise Descriptions – Workout B

Power Wheel Alligator Pushup

- Strap your feet into the Power Wheel and start in the pushup position.
- Step one hand forward and do a pushup while keeping your body in a straight line.
- Come back up to the start position and step forward with the other hand and then do a pushup and come back up to the start and continue doing pushups like that.



Chin-ups

- Take underhand grip on the bar with the palms facing you.
- Pull your body up until the chest reaches bar level.
- Slowly lower yourself but do not let your body swing and do not use momentum



Exercise Descriptions – Workout B

Strap-Assisted 1-Leg Squat

- Stand with your feet hip width apart. Grab the strap handles and lean back.
- Pick one foot off the ground and extend that foot forward.
- Contract your glutes, brace your abs and keep your spine in a neutral position.
- Start the movement at the hip joint. Push your butt back and “sit back as if you were sitting on a chair”. Squat slowly and focus on balance.
- Squat as low as possible, but keep your lower back flat.
- Push with your buttocks, hamstrings, and quadriceps to return to the start position.
- Complete all the given repetitions for one leg and then switch.



Exercise Descriptions – Workout B

Kettlebell Getup

- Lie on your back on the floor with a dumbbell held straight above you.
- Bend the knee on the same side. Curl your body up to the seated position while keeping the dumbbell held straight above you.
- Slide your other leg back out underneath you so that you are in the kneeling position.
- Stand up. Slowly return to the lying position. Do all reps for one side and switch.



Exercise Descriptions – Workout B

Strap Dips

- These are tough, and a little awkward when done with a single TRX strap. They are best done with Blast Straps – but they are very difficult!
- Grab the straps, bend your knees, and raise your knees towards your chest so that your hips and knees are bent 90 degrees. Keep your abs braced. Lean forward.
- Slowly lower your body until there is a 90 degree angle between your upper and lower arm.
- Press back up using chest, triceps and shoulders.
- If these are too awkward, use strap close grip pushups instead.



Strap Close-Grip Pushup

- Keep the abs braced and body in a straight line from toes to shoulders.
- Grasp the straps and keep your elbows tucked into your sides.
- Slowly lower yourself down until your chest is at handle height.
- Push through your chest, shoulders and triceps to return to the start position.
- Keep your body in a straight line at all times and elbows tucked in.



Exercise Descriptions – Workout B

Kettlebell Renegade Row

- Start in the pushup position with your hands wrapped around two light kettlebells.
- Keep your abs braced and row one kettlebells up to your ribcage.
- Slowly lower under control and alternate sides.



Strap Bulgarian Split Squat

- Stand with your feet shoulder-width apart.
- Place the instep of one foot in the strap handle. Step forward with the other foot, taking a slightly larger than normal step.
- Contract your glutes, brace your abs and keep your spine in a neutral position.
- Lower your body until your front thigh is parallel to the ground.
- Keep your upper body upright and your lower back flat.
- Stay in a split-squat stance and perform all reps for one leg and then switch.



Exercise Descriptions – Workout B

Kettlebell Front-Loaded Split Squat

- Stand with your feet shoulder-width apart and hold a kettlebell at chest height.
- Step forward with your one leg, taking a slightly larger than normal step.
- Press the front of your back foot into the ground and use it to help keep your balance. The back knee should also be bent.
- Contract your glutes, brace your abs and keep your spine in a neutral position.
- Lower your body until your front thigh is parallel to the ground.
- Keep your upper body upright and your lower back flat.
- Push up to the upright position, but don't step back. Stay in a split-squat stance.
- Perform all reps for one leg and then switch.



Strap Triceps Extension

- Place your hands in the straps and lean forward on the balls of your feet.
- Keep your body in a straight line and your arms just wider than shoulder width apart.
- Slowly bend your elbows and lower your body forward. Keep your abs braced.
- Contract your triceps and press back to the start position.
- This is tough on the elbows. You can use close-grip strap pushups in place.



Exercise Descriptions – Workout B

Power Wheel Pike

- Brace your abs. Strap your feet into the wheel and place your hands on the ground.
- With your arms straight and your back flat, your body should form a straight line from your shoulders to your ankles.
- Keeping your back straight, roll the wheel as close to your hands as possible by contracting your abs and pulling it forward.
- Pause and then return the wheel to the starting position by rolling it backward.



Strap Pike

- Brace your abs. Place your feet into the strap handles and your hands on the ground.
- With your arms straight and your back flat, your body should form a straight line from your shoulders to your ankles.
- Keeping your back straight, pull your feet as close to your hands as possible by contracting your abs and piking your hips up in the air.
- Pause and then return your feet to the starting position.



Exercise Descriptions – Workout B

Shuttle Sprint

- Mark off a distance of 5-10 meters.
- Start at one end, sprint to other end, touch the ground, and return to the start position.
- Repeat for the recommended duration.



Exercise Descriptions – Workout C

Broad Jumps

- Stand on both legs with your knee slightly bent.
- Jump forward as far as possible and land with a slight bend in the hips & knees.
- As soon as you land, jump forward again. Repeat until all 3 reps are done.
- If you are not comfortable doing this exercise, skip this exercise.



Power Wheel Hand Walk (See page 18)

Exercise Descriptions – Workout C

Chin-up with Straps

- Grab the straps or rings with your palms facing you.
- Pull your body up until the chest reaches hand level.
- Slowly lower yourself but do not let your body swing and do not use momentum

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Dips with Straps (See page 26)

Vertical Jumps

- Squat down and jump up as high as possible.
- Bend your knees when you land to absorb the force with your muscles.
- As soon as you land, jump up again.



Straps Pushups (See page 20)

Exercise Descriptions – Workout C

Prisoner Squat

- Stand with your feet just greater than shoulder-width apart.
- Clasp your hands behind your head. Keep your elbows back and shoulder blades pulled together to work the upper back.
- Start the movement at the hip joint. Push your hips backward and “sit back into a chair”. Make your hips go back as far as possible.
- Squat as deep as possible, but keep your low back tensed in a neutral position.
- Do not round your lower back.
- Push with your glutes, hamstrings, and quadriceps to return to the start position.



Kettlebell Front-Loaded Lunge

- Stand with your feet shoulder-width apart. Hold a kettlebell at chest height.
- Step forward with one leg, taking a slightly larger than normal step.
- Keep your back toe on the ground and use it to help keep your balance. The back knee should also be bent. Lower your body until front thigh is parallel to the ground.
- Keep your upper body upright and your lower back flat.
- Push with your front leg to return to the starting position.



Exercise Descriptions – Workout C

Strap Pike (See page 30)

Power Wheel Pike (See page 30)

Power Wheel Leg Curl (See page 36)

Strap Inverted Row

- Grab the straps and take 2 steps backward. Lean back and rest the weight on heels.
- Hold the straps with your palms facing together.
- Keep the abs braced and body in a straight line from heels to shoulders.
- Row your body up until your chest is at strap height.
- Slowly return to the start position.



Cross-Body Mountain Climbers with Straps

- Brace your abs. Start in the top of the push-up position with your hands in straps.
- Keep your abs braced, pick one foot up off the floor, and slowly bring your knee up to your opposite shoulder. Do not let your hips sag.
- Keep your abs braced and slowly return your leg to the start position.
- Alternate sides until you complete all of the required repetitions.



Exercise Descriptions – Workout C

Burpee-Row Combo

- Stand with your feet shoulder-width apart.
- Drop down onto your hands and feet, then thrust your feet back so you are in a push-up position. Do a push-up, then thrust your feet back in and then finish with a jump.
- Land softly with knees bent and hips back.
- Then do a bodyweight row. Then go back to burpees and repeat for all reps.



Exercise Descriptions – Workout C

KB Snatches (See page 17)

Strap Triceps Extensions (See page 29)

Strap Biceps Curls

- Grab the straps with an underhand grip. Take 2 steps back.
- Lean back putting the weight on your heels.
- Pull your body up to an almost upright position by contracting your biceps.
- Keep your elbows up high to focus on biceps and not your back.
- Slowly return to the start position.



Strap Kneeling “Rollout”

- Kneel on the grass with your hands in the straps.
- Keep your body in a straight line, brace your abs, and keep your low back tensed.
- Lean forward & extend your arms overhead and keep your abs braced as they stretch.
- Contract your abs and keep your body in a straight line from toes to shoulders as you come back up to the start.



Exercise Descriptions – Workout C

Power Wheel Rollout (see page 21)

Strap Spiderman Pushup

- Keep the abs braced and body in a straight line from toes to shoulders.
- Place your hands in the straps slightly wider than shoulder-width apart.
- Slowly lower yourself down until your chest is at strap level.
- As you lower yourself, slowly bring your right knee up to your right elbow.
- Push through your chest, shoulders and triceps to return to the start position, and return your leg to the start position. Alternate sides until you complete all repetitions.
- Keep your body in a straight line at all times and try not to twist your hips.



Static Stretching

Psoas Stretch

- Kneel on your right knee and place your left foot 1-2 feet ahead of your right knee.
- You should be in a straight line (similar to the bottom position in a lunge).
- Slowly lean forward until you feel a moderate stretch in the hip flexor area (the front side of leg at the hip level). Hold the stretch for 30 seconds and then switch sides.



Hamstring Stretch

- Lie on your back with both legs flat. Slightly bend your right knee.
- Now raise your right leg straight up in the air and try to bring it back until it is perpendicular to the floor. Keep the other leg flat and straight on the ground.
- As you raise your leg, you will begin to feel a stretch in the hamstring.
- Bring the leg up until a moderate stretch is felt. Support the leg in that position by holding it up with your hands or a towel looped around your foot.
- Hold the stretch for 30 seconds and then switch sides.



Static Stretching

Glute Stretch

- Lie on your back with both legs flat. Slightly bend your right knee.
- Raise your left leg straight up in the air.
- Slowly lower the left leg straight across the body while trying to keep your lower back pressed into the floor.
- Support the leg by looping a towel around your foot.
- You should feel the stretch over your hip and in your glute on your left side.
- Hold for 30 seconds and then repeat for the other side.



Quadriceps Stretch

- Lie on your right side.
- Bring your left ankle back to your butt and grasp it with your left hand.
- Keep the knee in line with the hip.
- The stretch will be in the front of your left leg (thigh).
- Hold for 30 seconds and then repeat for the other side.



Static Stretching

Chest Stretch #1

- Stand next to a doorframe. Raise elbow to shoulder height and rotate arm so that your hand is up (as if in a throwing position with elbow in line with your shoulder).
- Press your elbow against the doorframe and slowly and gently rotate your upper body away from your elbow. Feel the stretch across the front of your shoulder and chest.
- Hold for 30 seconds and then repeat for the other side.



Chest Stretch #2

- Stand with your arm out-stretched and hand pressed against a wall or support.
- Rotate your hips and feet away from your arm, to increase the stretch felt across the chest muscle. Hold that position for 20 seconds and then repeat for the other side.



Static Stretching

Shoulder Stretch

- Raise your arm to shoulder height and bring your arm across the front of your body.
- If using your right arm, your right hand should rest at your left shoulder.
- Take your left arm and place it behind your right elbow. Slowly and gently apply pressure just above your right elbow to feel a stretch in the back of the right shoulder.
- Hold for 30 seconds and then repeat for the other side.



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