

Extra Workouts

Fitness

2.0

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Burns bright

A1. Rower - 4 sets of 250m

A2. MB up down - 4 sets of 10 reps

Rest 90 seconds after A2

B1. TRX row - 12 reps

B2. Reverse lunge - 12/12 reps

B3. Hollow rocks - 12 reps

As many rounds as possible in 12 minutes

C1. Bike sprints - 20:40 x 10 sets

Contrast

A1. Squat - 5 sets of 5 reps

A2. Squat jumps - 5 sets of 10 reps

B1. Press ups - 5 sets of 6 reps

B2. 1 arm throw - 5 sets of 6/6 reps

C1. MB up down - 5 sets of 10 reps

C2. TRX row - 5 sets of 10 reps

C3. Straight arm sit ups - 5 sets of 10 reps

C4. KB swings - 5 sets of 10 reps

D1. Plank - max time!

Hollywood

A1. TRX row - 5 reps

A2. Shoulder taps - 10/10 reps

A3. Sit ups - 10 reps

Max sets in 10 minutes

B1. Technical challenge - Over 10 minutes, move the biggest KB you can the furthest distance you can... without putting it down!

C1. KB swings - 5 sets of 30 seconds

C2. Slow mountain climbers - 5 sets of 30 seconds

C3. Goblet squats - 5 sets of 30 seconds

C4. Deadbugs - 5 sets of 30 seconds

April fools

A1. MB Thrusters - 15 reps

A2. Split squat jumps - 6/6 reps

A3. TRX rows - 15 reps

A4. KB swings - 15 reps

Max rounds in 15 minutes

B1. Wall sit - 30 seconds

B2. Press up hold - 30 seconds

B3. Bike OR ropes - 30 seconds

B4. Squat with curl - 30 seconds

5 rounds

C1. Deadbugs - 3 minutes

Fright of your life

A1. Goblet squats - 3 sets of [5, 3, 2]

A2. Bike - 3 sets of 45 seconds

B1. Press ups - 10 sets of [5, 3, 2]

B2. TRX row - 4 sets of 10 reps

C1. Swings - 5, 10, 15, 20...

C2. Band pull aparts - 5, 10, 15, 20...

C3. Forward lunge - 5, 10, 15, 20...

C4. Farmers walk - 15m, 30m, 45m, 60m...

D1. Pick an exercise - 5 sets of 45 seconds on: 15 seconds off

Lioness

A1. KB swings - 4 sets of 15 reps

A2. Deadbugs - 4 sets of 10/10 reps

B1. High ring row - 4 sets of 10 reps

B2. Walking lunges - 4 sets of 30m

C1. High knees - 4 sets of 45 seconds

C2. Line touches - 4 sets of 45 seconds

C3. Side lunges - 4 sets of 45 seconds

C4. Press ups - 4 sets of 45 seconds

D1. 5 minute burpee challenge - how many can you do?

The Kiwi

A1. Bike - 5 sets of 45 seconds

A2. Burpee - 5 sets of 10 reps

B1. KB swings - 5 sets of 15 reps

B2. TRX row - 5 sets of 15 reps

C1. Sprinter lunge - 6 sets of 6/6 reps

C2. Deadbugs - 6 sets of 6/6 reps

C3. Press ups - 6 sets of 6 reps

C4. Hanging leg raises - 6 sets of 6 reps

D1. Ropes (flat out!) - 60 seconds, 45 seconds, 30 seconds, 15 seconds

Tom's hammer

50 press ups

50 goblet squats

50/50 single arm KB swings

100 walking lunges

100 TRX rows

50/50 russian twists

100 MB pick ups

5 minutes of plank (use a separate timer for this)

1000m row

How fast can you complete the above?

Red devil

A1. KB swings - 5 sets of 30 seconds

A2. Low jacks - 5 sets of 30 seconds

A3. Stair climbs OR step ups - 5 sets of 60 seconds

B1. TRX rows - 5 sets of 30 seconds

B2. Mountain climbers - 5 sets of 30 seconds

B3. Ropes - 5 sets of 60 seconds

C1. Walking lunges - 5 sets of 30 seconds

C2. Push press - 5 sets of 30 seconds

C3. Goblet carry - 5 sets of 60 seconds

D1. Burpees - max reps without stopping

(Car)Parklife

A1. Rack carry - 60m

A2. Rear foot elevated split squats - 8/8 reps

A3. Med ball carry - 60m

Max rounds in 10 minutes

B1. Waiters walk - 30m/30m

B2. Squat 1.5s - 20 reps

B3. Strict shoulder taps - 10/10 reps

Max rounds in 10 minutes

C1. Glute bridge with pause - 20 reps

C2. Band duck walk - 20/20 steps

C3. Med ball pick ups - 20 reps

Max rounds in 10 minutes

D1. KB swing OR hinge - 15 reps

D2. Leg lowers - 15 reps

D3. Band push downs - 15 reps

Max rounds in 10 minutes

Queen of the mountains

A1. Skater rear foot elevated split squats - 6 sets of 6/6 reps

A2. Hand walkouts - 6 sets of 6 reps

B1. KB swings - 5, 10, 15, 20, 25, 30

B2. Bear crawls - 6 sets of 15m

C1. Lunge hold - 4 sets of 30 seconds (each side)

C2. TRX power pull - 4 sets of 6/6 reps

D1. Weight step ups or stair climbs - max in 8 minutes

King Kong's Ladder

A1. Double KB front squats - 10, 8, 6, 4, 2 reps

A2. Burpees - 3, 6, 9, 11, 13 reps

Complete A's twice

B1. DB clean - [2, 4, 6] reps

B2. DB squats - [2, 4, 6] reps

B3. DB swings - 15 reps

How many rounds of B's can you complete in 15 minutes

C1. 10 minutes of your choice