GARAGE GYM ATHLETE

SHRED

MONDAY - APR. 1, 2019

Workout	Set 1		Set 2		Set 3		Set 4		Set 5	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps
Session Break										
(A) **250m**	*3 sets* - Record yards run in 00:00:00									
(A) **Walking Lunge**		15		15		15				
(A) **Side Plank**		20 secs		20 secs		20 secs				
(A) **Leg Swing**		10		10		10				
Session Break										
Back Squat		6		6		6				
	77%		77%		77%					
	BLOCK 1									
Darkside	*1 round* - Complete AMRAP in: 20:00 20-min AMRAP 50 Loaded Box Step Ups (20""/14"") w/ KBs/DBs 400m Run (unweighted) Use a vest, barbell, 2x dumbbells, or 2x kettlebells to load the step ups. Use good form and move expeditiously. Your total score is the number of completed step ups. You only get points for the step ups, so run as fast as you can to get back and knock out more step ups. BLOCKS 2-3									
Suitcase Carry		30		30		30		30		
	BLOCK 4- the 30 reps = Meters.									
Sit Up		50		50						
	BLOCK 5									
RECOV3RY GAME (5 pt.)	Did you get 7+ hours of sleep last night? (0 - 1) Did you consume 50-60% of your bodyweight (lb.) in ounces of water today? (0 - 1) Did you eat 2, or more, healthy meals today? (0 - 1) Did you take two (max recommended) supplements that will aid in your recovery today? (0 - 1) Did you complete both a warm-up (5+ min) and cool-down (5+ min) today? (0 - 1) Did you do any additional (extra credit) light aerobic work (10+ min) today? (0 - 1) Wildcard Recovery: Did you do any activities specifically geared towards recovery today (beyond abov (0 - 5)									
Session Break										
Mobility: Elevated Pigeon	General Mobility -- Spend 1:00 / side									

TUESDAY - APR. 2, 2019

Workout	Set 1		Set 2		Set 3		Set 4		Set 5	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps
Session Break										
(A) **Get warm (1 min)**	*3 sets* - Record completion of cardio/run									
(A) **Pull-up**		10		10		10				
(A) **Hip Bridge**		10		10		10				
(A) **Plank**		30 secs		30 secs		30 secs				
Session Break										
Deadlift		6		6		6				
	77%		77%		77%					
	BLOCK 1- Pay attention to the TEMPO									
2,000m ROW/RUN	*1 set* - Record time to run 2000 M									
	BLOCKS 3-4- if you cant row a 2K then run a mile. This should be near max effort. you can rest the remainder of the 2 blocks.									
Ring Rows		15		15		15		15		
	BLOCK 4									
Reverse Hyper		20		20		20				
	BLOCK 5- Sub with Superman.									
RECOV3RY GAME (5 pt.)	Did you get 7+ hours of sleep last night? (0 - 1) Did you consume 50-60% of your bodyweight (lb.) in ounces of water today? (0 - 1) Did you eat 2, or more, healthy meals today? (0 - 1) Did you take two (max recommended) supplements that will aid in your recovery today? (0 - 1) Did you complete both a warm-up (5+ min) and cool-down (5+ min) today? (0 - 1) Did you do any additional (extra credit) light aerobic work (10+ min) today? (0 - 1) Wildcard Recovery: Did you do any activities specifically geared towards recovery today (beyond abov (0 - 5)									

	TUESDAY - APR. 2, 2019									
Workout	**Set 1**		**Set 2**		**Set 3**		**Set 4**		**Set 5**	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps
Session Break										
Mobility: Banded Lat Stretch	Spend 2:00 breathing deeply									

	WEDNESDAY - APR. 3, 2019									
Workout	**Set 1**		**Set 2**		**Set 3**		**Set 4**		**Set 5**	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps
Session Break										
(A) **Get warm (1 min)**	*3 sets* - Record completion of cardio/run									
(A) **Samson Stretch**		10		10		10				
(A) **Death March**		10		10		10				
(A) **Air Squat**		15		15		15				
Session Break										

20 Min EP J&L

1 round - Complete AMRAP in: 20:00
20 Minute AMRAP - Easy Pace

300m Run
5 KB Lateral Lunges e/s
5 Squat Jumps
10 Sit Ups

You only get points/reps for the Lunges/Jumps/Sit Ups. Run quickly and get back to the calistenics.
2 Blocks

20 min EP GS

1 round - Complete AMRAP in: 20:00
20 Minute AMRAP - Easy Pace

50 Bulgarian Split Squats (25 ea.)
5 Goblet Squats
10 Sit Ups
10 Barbell Good Mornings (45/35#)
2 BLOCKS

3 Rounds abs

1 round - Completion Circuit
3 Rounds

20s. Flutter Kicks
20s. Hello Dollys (vid attached)
20s. Sit Ups
20s. REST
1 Block

RECOV3RY GAME (5 pt.)

Did you get 7+ hours of sleep last night? (0 - 1)
Did you consume 50-60% of your bodyweight (lb.) in ounces of water today? (0 - 1)
Did you eat 2, or more, healthy meals today? (0 - 1)
Did you take two (max recommended) supplements that will aid in your recovery today? (0 - 1)
Did you complete both a warm-up (5+ min) and cool-down (5+ min) today? (0 - 1)
Did you do any additional (extra credit) light aerobic work (10+ min) today? (0 - 1)
Wildcard Recovery: Did you do any activities specifically geared towards recovery today (beyond abov (0 - 5)

Session Break										
MOBILITY Hips		90 secs								

	THURSDAY - APR. 4, 2019									
Workout	**Set 1**		**Set 2**		**Set 3**		**Set 4**		**Set 5**	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps
Session Break										

The Garage

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Session Break										
Body Weight										
Heart Rate										

THURSDAY - APR. 4, 2019

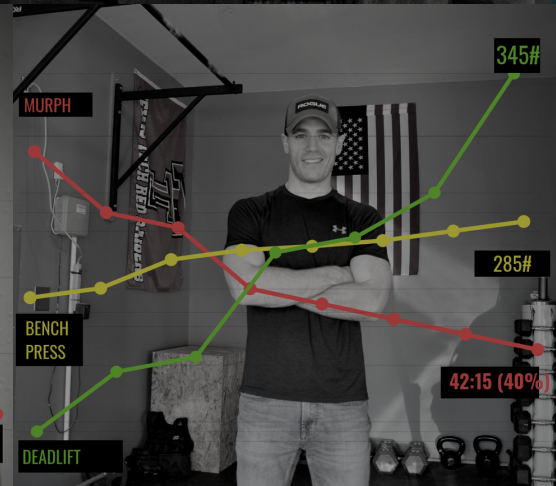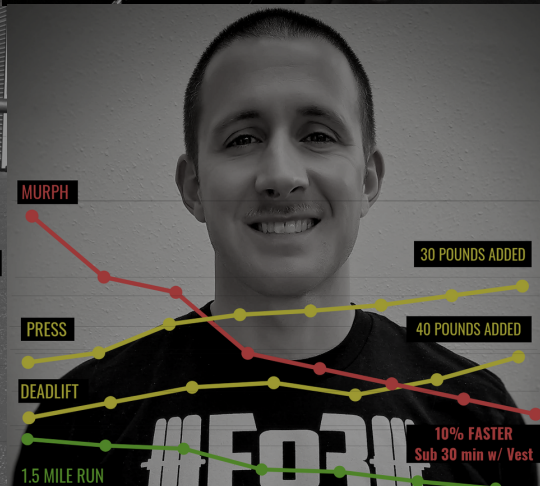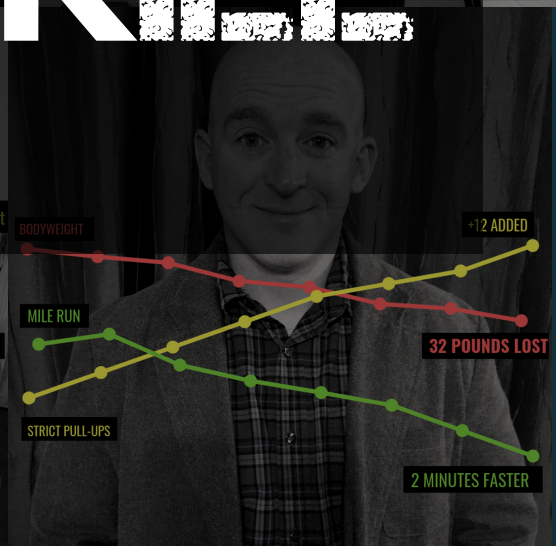| Workout	Set 1		Set 2		Set 3		Set 4		Set 5	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps
RECOV3RY GAME (3 pt.)	Did you get 7+ hours of sleep last night? (0 - 1) Did you consume 50-60% of your bodyweight (lb.) in ounces of water today? (0 - 1) Did you eat 2, or more, healthy meals today? (0 - 1) Did you take two (max recommended) supplements that will aid in your recovery today? (0 - 1) Did you complete both a warm-up (5+ min) and cool-down (5+ min) today? (0 - 1) Did you do any additional (extra credit) light aerobic work (10+ min) today? (0 - 1) Wildcard Recovery: Did you do any activities specifically geared towards recovery today (beyond abov (0 - 5)									

FRIDAY - APR. 5, 2019

Workout	Set 1		Set 2		Set 3		Set 4		Set 5	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps
Session Break										
(A) **500m**	*3 sets* - Record time to run 500 M									
(A) **Kettlebell Swing**		10		10		10				
(A) **Strict Press**		6		6		6				
(A) **Bar hang**		30 secs		30 secs		30 secs				
Session Break										
Clean and PP		1		1		1		1		1
	1.5 BLOCKS- take 15 minutes to work up to a Heavy or 1RM of this complex. Take as many sets as you need but pay attention to time.									
Bench Press		1		1		1		1		1
	1.5 BLOCKS- in 15 minutes, work up to a 1RM bench. BUT BE SAFE! if you dont have a spotter or spotting arms to floor press.									
Legless	*1 round* - Complete AMRAP in: 10 10 min AMRAP - Easy Pace 800m Run/Row/Dyne 50x Waliking Lunges (w/ vest if available)									
	BLOCK 4									
Front Leaning Rest		100 secs								
	BLOCK 5									
RECOV3RY GAME (5 pt.)	Did you get 7+ hours of sleep last night? (0 - 1) Did you consume 50-60% of your bodyweight (lb.) in ounces of water today? (0 - 1) Did you eat 2, or more, healthy meals today? (0 - 1) Did you take two (max recommended) supplements that will aid in your recovery today? (0 - 1) Did you complete both a warm-up (5+ min) and cool-down (5+ min) today? (0 - 1) Did you do any additional (extra credit) light aerobic work (10+ min) today? (0 - 1) Wildcard Recovery: Did you do any activities specifically geared towards recovery today (beyond abov (0 - 5)									
Session Break										
(A) **MOBILITY Front Rack**		90 secs								

HARD TO KILL

Panel 1:
>100 POUNDS ADDED TO BARBELL LIFTS
BODYWEIGHT
RESTING HEART RATE
61 POUNDS LOST
RHR DOWN 12 BPM
BARBELL PRS

Panel 2:
>145 POUNDS ADDED TO BARBELL LIFTS
BODYWEIGHT
RESTING HEART RATE
90+ POUNDS LOST
RHR DOWN 28 BPM
BARBELL PRS

Panel 3:
+45 pounds
Vested Murph
Body Fat Percent
29:32
-8% @ same weight
Back Squat

Panel 4:
>130 POUNDS ADDED TO BARBELL LIFTS
BODYWEIGHT
5K RUN
16+ POUNDS LOST
BARBELL PRS

Panel 5:
55 POUNDS ADDED
BODYWEIGHT
RESTING HEART RATE
22 POUNDS LOST
DOWN 13 BPM
FASTER
SQUAT

Panel 6:
20+ LBS EACH
MILE RUN
MURPH
53 SECONDS FASTER
PRS
10+ min FASTER

Panel 7:
>55 POUNDS ADDED
MILE TIME
DEADLIFT
DOWN 1 min 28 sec

Panel 8:
5RM Back Squat
2K Row
5K
-10 Sec (6:49)
1RM BACK SQUAT
3 MIN FASTER (19:37)

Panel 9:
+12 ADDED
BODYWEIGHT
MILE RUN
32 POUNDS LOST
STRICT PULL-UPS
2 MINUTES FASTER

Panel 10:
6+ ADDED
30 POUNDS ADDED
BODYFAT
DEADLIFT
40 POUNDS ADDED
BACK SQUAT
LOST 13%
STRICT PULL-UPS

Panel 11:
MURPH
PRESS
30 POUNDS ADDED
DEADLIFT
40 POUNDS ADDED
10% FASTER Sub 30 min w/ Vest
1.5 MILE RUN

Panel 12:
345#
MURPH
285#
BENCH PRESS
42:15 (40%)
DEADLIFT

MONDAY - APR. 1, 2019

Workout	Set 1		Set 2		Set 3		Set 4		Set 5		Set 6	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps
Session Break												
(A) **250m**	*3 sets* - Record yards run in 00:00:00											
(A) **Frankenstien Walk**		10		10		10						
(A) **Cossack Squat**		10		10		10						
(A) **Plank**		30 secs		30 secs		30 secs						
Session Break												
Back Squat		6		6		6		6				
	75%		75%		75%		75%					
	2 Blocks- *NOTE Cluster sets are (2-2-2) with 30 seconds intra rest. WATCH BRIEF. - Rest 120 secs. between sets											
9 Min AMRAP 20's	*1 round* - Complete AMRAP in: 9:00 9 Minute AMRAP 20 Hand Release Pushups 20 Alternating KB Snatch (10 each side) 20 Double Under (scale- 40x single)											
	BLOCK 3											
120 sec Rest												
9 Min AMRAP 20's	*1 round* - Complete AMRAP in: 9:00 9 Minute AMRAP 20 Hand Release Pushups 20 Alternating KB Snatch (10 each side) 20 Double Under (scale- 40x single)											
	BLOCK 4											
Front Leaning Rest		300 secs										
	Accumulate 5 minutes in the FLR											
RECOV3RY GAME (5 pt.)	Did you get 7+ hours of sleep last night? (0 - 1) Did you consume 50-60% of your bodyweight (lb.) in ounces of water today? (0 - 1) Did you eat 2, or more, healthy meals today? (0 - 1) Did you take two (max recommended) supplements that will aid in your recovery today? (0 - 1) Did you complete both a warm-up (5+ min) and cool-down (5+ min) today? (0 - 1) Did you do any additional (extra credit) light aerobic work (10+ min) today? (0 - 1) Wildcard Recovery: Did you do any activities specifically geared towards recovery today (beyond abov (0 - 5)											
Session Break												
Mobility: Barbell Quad Smash	General -- Spend 2:00 / side											

TUESDAY - APR. 2, 2019

Workout	Set 1		Set 2		Set 3		Set 4		Set 5		Set 6	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps
Session Break												
(A) **Get warm (1 min)**	*3 sets* - Record completion of cardio/run											
(A) **Diamond Push-up**		12		12		12						
(A) **Bar hang**		30 secs		30 secs		30 secs						
(A) **Hip Bridge**		10		10		10						
Session Break												
Strict Press		6		6		6		6				
	75%		75%		75%		75%					
	2 Blocks- *NOTE Cluster sets are (2-2-2) with 30 seconds intra rest. WATCH BRIEF. - Rest 120 secs. between sets											
Single-Arm Kettlebell Press		6		6		6		6				
	BLOCK 3											
30:30 Exercise	*6 rounds* - Complete AMRAP in: 00:30 You will do 30 seconds ON and 30 seconds OFF(rest) of the given exercise.											
	BLOCKS 4-5: Kettlebell Snatch.											
300 sec Rest												
30:30 Exercise	*6 rounds* - Complete AMRAP in: 00:30 You will do 30 seconds ON and 30 seconds OFF(rest) of the given exercise.											
	Jump Squats											

TUESDAY - APR. 2, 2019												
Workout	**Set 1**		**Set 2**		**Set 3**		**Set 4**		**Set 5**		**Set 6**	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps
RECOV3RY GAME (5 pt.)	Did you get 7+ hours of sleep last night? (0 - 1)											
	Did you consume 50-60% of your bodyweight (lb.) in ounces of water today? (0 - 1)											
	Did you eat 2, or more, healthy meals today? (0 - 1)											
	Did you take two (max recommended) supplements that will aid in your recovery today? (0 - 1)											
	Did you complete both a warm-up (5+ min) and cool-down (5+ min) today? (0 - 1)											
	Did you do any additional (extra credit) light aerobic work (10+ min) today? (0 - 1)											
	Wildcard Recovery: Did you do any activities specifically geared towards recovery today (beyond abov (0 - 5)											

Session Break

Mobility: Banded Lat Stretch	Spend 2:00 breathing deeply

WEDNESDAY - APR. 3, 2019												
Workout	**Set 1**		**Set 2**		**Set 3**		**Set 4**		**Set 5**		**Set 6**	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps

Session Break

A Get warm (1 min)	*3 sets* - Record completion of cardio/run											
A Inch Worm		10		10		10						
A Walking Lunge		10		10		10						
A Squat Jump		10		10		10						

Session Break

GAIN - AD	*4 sets* - Record meters run in 00:00:10
	AD, 10 sec ALL OUT. - Rest 150 secs. between sets

300 sec Rest

GAIN - AD	*4 sets* - Record meters run in 00:00:10
	All out. - Rest 150 secs. between sets

Note	TRACKING NOTE: you must enter your REPS in the WEIGHT block and your REPS will be 1. In order for the % to track in the future and tell you your reps you must enter them in the weight portion.. so if you can do 50 reps in one minute it will be filled out like this "weight: 50.. reps: 1"

Push Up Tracking												
	60 seconds max reps push ups											
Sit ups Tracking												
	max reps in 60 seconds											
Pull up Tracking												
	max reps in 60 seconds											
Air Squats Tracking												
	max reps 60 seconds											
B Pallof Press (demo + explanation)		20		20								
	BLOCK 4											
B Goblet Squat KB		20		20								
Ring Rows												
	BLOCK 5											

RECOV3RY GAME (5 pt.)	Did you get 7+ hours of sleep last night? (0 - 1)
	Did you consume 50-60% of your bodyweight (lb.) in ounces of water today? (0 - 1)
	Did you eat 2, or more, healthy meals today? (0 - 1)
	Did you take two (max recommended) supplements that will aid in your recovery today? (0 - 1)
	Did you complete both a warm-up (5+ min) and cool-down (5+ min) today? (0 - 1)
	Did you do any additional (extra credit) light aerobic work (10+ min) today? (0 - 1)
	Wildcard Recovery: Did you do any activities specifically geared towards recovery today (beyond abov (0 - 5)

Session Break

Mobility: Pec Smash	Spend 2:00 breathing deeply -- move through both pectorals during this time.

THURSDAY - APR. 4, 2019												
Workout	**Set 1**		**Set 2**		**Set 3**		**Set 4**		**Set 5**		**Set 6**	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps

Session Break

Workout	Set 1		Set 2		Set 3		Set 4		Set 5		Set 6	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps

THURSDAY - APR. 4, 2019

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Session Break

Body Weight

Heart Rate

RECOV3RY GAME (3 pt.)
Did you get 7+ hours of sleep last night? (0 - 1)
Did you consume 50-60% of your bodyweight (lb.) in ounces of water today? (0 - 1)
Did you eat 2, or more, healthy meals today? (0 - 1)
Did you take two (max recommended) supplements that will aid in your recovery today? (0 - 1)
Did you complete both a warm-up (5+ min) and cool-down (5+ min) today? (0 - 1)
Did you do any additional (extra credit) light aerobic work (10+ min) today? (0 - 1)
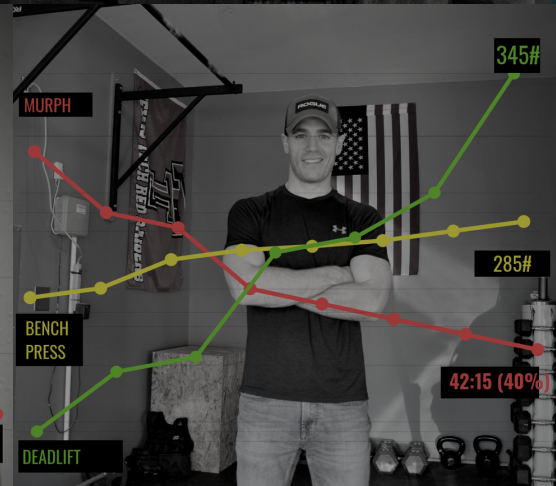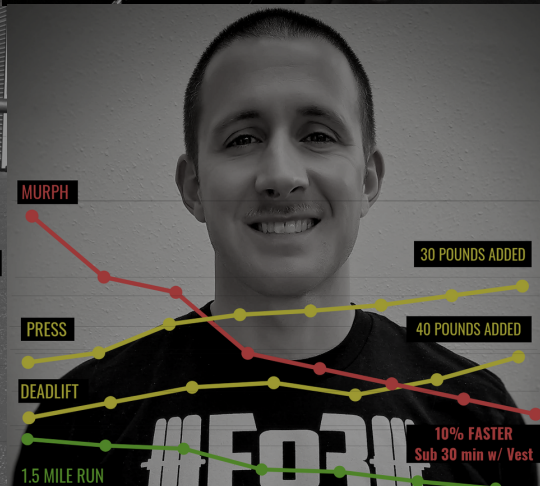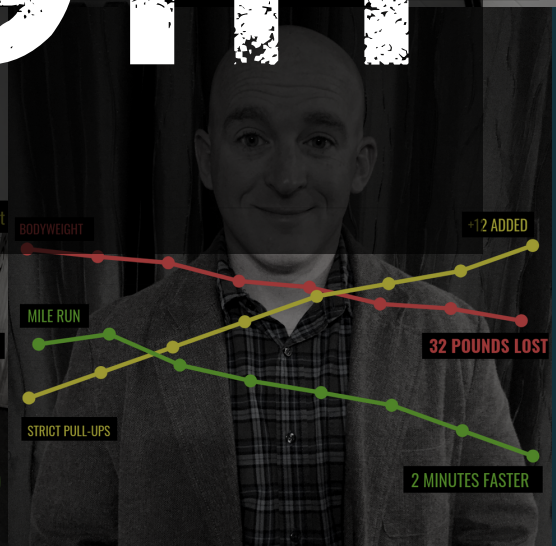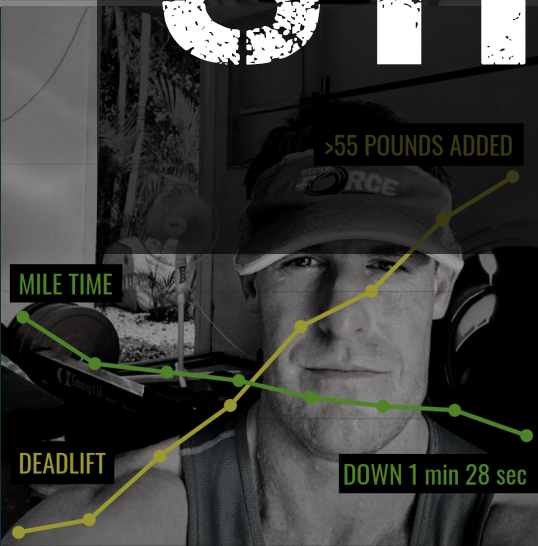Wildcard Recovery: Did you do any activities specifically geared towards recovery today (beyond abov (0 - 5)

FRIDAY - APR. 5, 2019

Workout	Set 1		Set 2		Set 3		Set 4		Set 5		Set 6	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps

Session Break

(A) 500m — *3 sets - Record time to run 500 M*

| (A) Death March | | 10 | | 10 | | 10 | | | | | | |
| (A) Reverse Shrugs | | 10 | | 10 | | 10 | | | | | | |

Session Break

Deadlift

| | | 6 | | 6 | | 6 | | 6 | | | | |
| | | 75% | | 75% | | 75% | | 75% | | | | |

2 Blocks- *NOTE Cluster sets are (2-2-2) with 30 seconds intra rest. WATCH BRIEF. - Rest 120 secs. between sets

(B) 3 Rounds Balance
1 round - Complete 3 sets for time
3 Rounds for quality
10 Seconds straight leg hold Ea.
10x Lemon Squeeze
10 sec L-sit/hang
10x BB good mornings
20 sec Samson stretch ea.
2 BLOCKS

| (B) Standing Straight Leg Hold | | 10 secs | | 10 secs | | 10 secs | | | | | | |
THIS IS JUST THE DEMO FOR THE CIRCUT

| (B) Lemon Squeezer | | 10 | | 10 | | 10 | | | | | | |
THIS IS JUST THE DEMO FOR THE CIRCUT

| (B) Samson Stretch | | 20 secs | | 20 secs | | 20 secs | | | | | | |
THIS IS JUST THE DEMO FOR THE CIRCUT

| Toes to Bar | | 10 | | 10 | | 10 | | | | | | |
These should be STRICT

RECOV3RY GAME (5 pt.)
Did you get 7+ hours of sleep last night? (0 - 1)
Did you consume 50-60% of your bodyweight (lb.) in ounces of water today? (0 - 1)
Did you eat 2, or more, healthy meals today? (0 - 1)
Did you take two (max recommended) supplements that will aid in your recovery today? (0 - 1)
Did you complete both a warm-up (5+ min) and cool-down (5+ min) today? (0 - 1)
Did you do any additional (extra credit) light aerobic work (10+ min) today? (0 - 1)
Wildcard Recovery: Did you do any activities specifically geared towards recovery today (beyond abov (0 - 5)

Session Break

| MOBILITY Hamstring | | 90 secs | | | | | | | | | | |

STRENGTH

>100 POUNDS ADDED TO BARBELL LIFTS
BODYWEIGHT
RESTING HEART RATE
61 POUNDS LOST
RHR DOWN 12 BPM
BARBELL PRS

>145 POUNDS ADDED TO BARBELL LIFTS
BODYWEIGHT
RESTING HEART RATE
90+ POUNDS LOST
RHR DOWN 28 BPM
BARBELL PRS

+45 pounds
Vested Murph
Body Fat Percent
29:32
-8% @ same weight
Back Squat

>130 POUNDS ADDED TO BARBELL LIFTS
BODYWEIGHT
5K RUN
16+ POUNDS LOST
BARBELL PRS
3 min

55 POUNDS ADDED
BODYWEIGHT
RESTING HEART RATE
22 POUNDS LOST
BACK

20+ LBS EACH
MILE RUN
MURPH
53 SECONDS FASTER
BARBELL PRS
10+ min FASTER

>55 POUNDS ADDED
MILE TIME
DEADLIFT
DOWN 1 min 28 sec

5RM Back Squat
2K Row
5K
-10 Sec (6:49)
1RM BACK SQUAT
3 MIN FASTER (19:37)

+12 ADDED
BODYWEIGHT
MILE RUN
32 POUNDS LOST
STRICT PULL-UPS
2 MINUTES FASTER

6+ ADDED
30 POUNDS ADDED
BODYFAT
DEADLIFT
40 POUNDS ADDED
BACK SQUAT
LOST 13%
STRICT PULL-UPS

MURPH
30 POUNDS ADDED
PRESS
40 POUNDS ADDED
DEADLIFT
10% FASTER Sub 30 min w/ Vest
1.5 MILE RUN

345#
MURPH
285#
BENCH PRESS
42:15 (40%)
DEADLIFT

MONDAY - APR. 1, 2019

Workout	Set 1 Result	Set 1 Reps	Set 2 Result	Set 2 Reps	Set 3 Result	Set 3 Reps	Set 4 Result	Set 4 Reps	Set 5 Result	Set 5 Reps	Set 6 Result	Set 6 Reps	Set 7 Result	Set 7 Reps	Set 8 Result	Set 8 Reps	Set 9 Result	Set 9 Reps	Set 10 Result	Set 10 Reps
Session Break																				
(A) 250m	*3 sets - Record yards run in 00:00:00*																			
(A) Frankenstien Walk		10		10		10														
(A) Cossack Squat		10		10		10														
(A) Plank		30 secs		30 secs		30 secs														
Session Break																				
Back Squat		4 / 54%		4 / 63%		4 / 68%														
	BLOCK 1																			
Back Squat		/ 77%																		
	BLOCK 2																			
Back Squat		4 / 54%		4 / 54%		4 / 54%		4 / 54%		4 / 54%		4 / 54%		4 / 54%		4 / 54%		4 / 54%		4 / 54%
	BLOCK 3																			
Barbell Reverse Lunge		6		6		6		6		6										
	BLOCK 4																			
Hip Bridge		12		12		12		12		12										
	BLOCK 5																			

RECOV3RY GAME (5 pt.)

Did you get 7+ hours of sleep last night? (0 - 1)

Did you consume 50-60% of your bodyweight (lb.) in ounces of water today? (0 - 1)

Did you eat 2, or more, healthy meals today? (0 - 1)

Did you take two (max recommended) supplements that will aid in your recovery today? (0 - 1)

Did you complete both a warm-up (5+ min) and cool-down (5+ min) today? (0 - 1)

Did you do any additional (extra credit) light aerobic work (10+ min) today? (0 - 1)

Wildcard Recovery: Did you do any activities specifically geared towards recovery today (beyond abov (0 - 5)

Session Break

Mobility: Barbell Quad Smash — General -- Spend 2:00 / side

TUESDAY - APR. 2, 2019

Workout	Set 1 Result	Set 1 Reps	Set 2 Result	Set 2 Reps	Set 3 Result	Set 3 Reps	Set 4 Result	Set 4 Reps	Set 5 Result	Set 5 Reps	Set 6 Result	Set 6 Reps	Set 7 Result	Set 7 Reps	Set 8 Result	Set 8 Reps	Set 9 Result	Set 9 Reps	Set 10 Result	Set 10 Reps
Session Break																				
(A) Get warm (1 min)	*3 sets - Record completion of cardio/run*																			
(A) Diamond Push-up		12		12		12														
(A) Bar hang		30 secs		30 secs		30 secs														
(A) Hip Bridge		10		10		10														
Session Break																				
Energy Systems Training (CP)	*8 sets - Record meters run in 00:00:12*																			
	Interval on rower or running. Work for 10 sec max effort, 90 sec rest. - Rest 90 secs. between sets																			
600 sec Rest																				
Energy Systems Training (CP)	*8 sets - Record meters run in 00:00:12*																			
	Interval on rower or running. Work for 10 sec max effort, 90 sec rest. - Rest 90 secs. between sets																			

RECOV3RY GAME (5 pt.)

Did you get 7+ hours of sleep last night? (0 - 1)

Did you consume 50-60% of your bodyweight (lb.) in ounces of water today? (0 - 1)

Did you eat 2, or more, healthy meals today? (0 - 1)

Did you take two (max recommended) supplements that will aid in your recovery today? (0 - 1)

Did you complete both a warm-up (5+ min) and cool-down (5+ min) today? (0 - 1)

Did you do any additional (extra credit) light aerobic work (10+ min) today? (0 - 1)

Wildcard Recovery: Did you do any activities specifically geared towards recovery today (beyond abov (0 - 5)

Session Break

Mobility: Banded Lat Stretch — Spend 2:00 breathing deeply

WEDNESDAY - APR. 3, 2019

Workout	Set 1 Result	Set 1 Reps	Set 2 Result	Set 2 Reps	Set 3 Result	Set 3 Reps	Set 4 Result	Set 4 Reps	Set 5 Result	Set 5 Reps	Set 6 Result	Set 6 Reps	Set 7 Result	Set 7 Reps	Set 8 Result	Set 8 Reps	Set 9 Result	Set 9 Reps	Set 10 Result	Set 10 Reps
Session Break																				
(A) Get warm (1 min)	*3 sets - Record completion of cardio/run*																			

WEDNESDAY - APR. 3, 2019

Workout	Set 1 Result	Set 1 Reps	Set 2 Result	Set 2 Reps	Set 3 Result	Set 3 Reps	Set 4 Result	Set 4 Reps	Set 5 Result	Set 5 Reps	Set 6 Result	Set 6 Reps	Set 7 Result	Set 7 Reps	Set 8 Result	Set 8 Reps	Set 9 Result	Set 9 Reps	Set 10 Result	Set 10 Reps
(A) Inch Worm		10		10		10														
(A) Walking Lunge		10		10		10														
(A) Squat Jump		10		10		10														
Session Break																				
Strict Press		4		4		4														
	54%		63%		68%															
BLOCK 1																				
Strict Press																				
	77%																			
BLOCK 2																				
Strict Press		4		4		4		4		4		4		4		4		4		4
	54%		54%		54%		54%		54%		54%		54%		54%		54%		54%	
10 min 4 Rep EMOM. BLOCK 3																				
Rear Delt Raise		12		12		12		12		12										
BLOCK 4																				
Toes to Bar		10		10		10		10		10										
BLOCK 5																				

RECOV3RY GAME (5 pt.)

Did you get 7+ hours of sleep last night? (0 - 1)

Did you consume 50-60% of your bodyweight (lb.) in ounces of water today? (0 - 1)

Did you eat 2, or more, healthy meals today? (0 - 1)

Did you take two (max recommended) supplements that will aid in your recovery today? (0 - 1)

Did you complete both a warm-up (5+ min) and cool-down (5+ min) today? (0 - 1)

Did you do any additional (extra credit) light aerobic work (10+ min) today? (0 - 1)

Wildcard Recovery: Did you do any activities specifically geared towards recovery today (beyond abov (0 - 5)

Session Break

Mobility: Pec Smash — Spend 2:00 breathing deeply -- move through both pectorals during this time.

THURSDAY - APR. 4, 2019

Workout	Set 1 Result	Set 1 Reps	Set 2 Result	Set 2 Reps	Set 3 Result	Set 3 Reps	Set 4 Result	Set 4 Reps	Set 5 Result	Set 5 Reps	Set 6 Result	Set 6 Reps	Set 7 Result	Set 7 Reps	Set 8 Result	Set 8 Reps	Set 9 Result	Set 9 Reps	Set 10 Result	Set 10 Reps
Session Break																				

The Garage

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Session Break

Sleep — How many hours of sleep did you get last night? (1 - 12)

Body Weight

Heart Rate

RECOV3RY GAME (3 pt.)

Did you get 7+ hours of sleep last night? (0 - 1)

Did you consume 50-60% of your bodyweight (lb.) in ounces of water today? (0 - 1)

Did you eat 2, or more, healthy meals today? (0 - 1)

Did you take two (max recommended) supplements that will aid in your recovery today? (0 - 1)

Did you complete both a warm-up (5+ min) and cool-down (5+ min) today? (0 - 1)

Did you do any additional (extra credit) light aerobic work (10+ min) today? (0 - 1)

Wildcard Recovery: Did you do any activities specifically geared towards recovery today (beyond abov (0 - 5)

FRIDAY - APR. 5, 2019

Workout	Set 1 Result	Set 1 Reps	Set 2 Result	Set 2 Reps	Set 3 Result	Set 3 Reps	Set 4 Result	Set 4 Reps	Set 5 Result	Set 5 Reps	Set 6 Result	Set 6 Reps	Set 7 Result	Set 7 Reps	Set 8 Result	Set 8 Reps	Set 9 Result	Set 9 Reps	Set 10 Result	Set 10 Reps
Session Break																				
(A) 500m	*3 sets - Record time to run 500 M*																			
(A) Death March		10		10		10														
(A) Reverse Shrugs		10		10		10														
Session Break																				
2 min MAX EFFORT Row/Run	*1 set - Record meters run in 00:02:00*																			
720 sec Rest																				
2 min MAX EFFORT Row/Run	*1 set - Record meters run in 00:02:00*																			
720 sec Rest																				

Workout	Set 1		Set 2		Set 3		Set 4		Set 5		Set 6		Set 7		Set 8		Set 9		Set 10	
FRIDAY - APR. 5, 2019																				
	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps
2 min MAX EFFORT Row/Run	*1 set* - Record meters run in 00:02:00																			
RECOV3RY GAME (5 pt.)	Did you get 7+ hours of sleep last night? (0 - 1) Did you consume 50-60% of your bodyweight (lb.) in ounces of water today? (0 - 1) Did you eat 2, or more, healthy meals today? (0 - 1) Did you take two (max recommended) supplements that will aid in your recovery today? (0 - 1) Did you complete both a warm-up (5+ min) and cool-down (5+ min) today? (0 - 1) Did you do any additional (extra credit) light aerobic work (10+ min) today? (0 - 1) Wildcard Recovery: Did you do any activities specifically geared towards recovery today (beyond abov (0 - 5)																			
Session Break																				
MOBILITY Hamstring		90 secs																		

ENDURE

Panel 1 (top left):
BODYWEIGHT
RESTING HEART RATE
BARBELL PRS
>100 POUNDS ADDED TO BARBELL LIFTS
61 POUNDS LOST
RHR DOWN 12 BPM

Panel 2 (top middle):
BODYWEIGHT
RESTING HEART RATE
BARBELL PRS
>145 POUNDS ADDED TO BARBELL LIFTS
90+ POUNDS LOST
RHR DOWN 28 BPM

Panel 3 (top right):
Vested Murph
Body Fat Percent
Back Squat
+45 pounds
29:32
-8% @ same weight

Panel 4 (middle left):
MAC STRONG
BODYWEIGHT
5K RUN
BARBELL PRS
>130 POUNDS ADDED TO BARBELL LIFTS
16+ POUNDS LOST

Panel 5 (middle):
BODYWEIGHT
RESTING HEART RATE
55 POUNDS ADDED
22 POUNDS LOST

Panel 6 (middle right):
MILE RUN
MURPH
20+ LBS EACH
53 SECONDS FASTER
10+ min FASTER

Panel 7 (lower middle left):
MILE TIME
DEADLIFT
>55 POUNDS ADDED
DOWN 1 min 28 sec

Panel 8 (lower middle):
2K Row
5K
1RM BACK SQUAT
5RM Back Squat
-10 Sec (6:49)
3 MIN FASTER (19:37)

Panel 9 (lower middle right):
BODYWEIGHT
MILE RUN
STRICT PULL-UPS
+12 ADDED
32 POUNDS LOST
2 MINUTES FASTER

Panel 10 (bottom left):
BODYFAT
DEADLIFT
BACK SQUAT
STRICT PULL-UPS
6+ ADDED
30 POUNDS ADDED
40 POUNDS ADDED
LOST 13%

Panel 11 (bottom middle):
MURPH
PRESS
DEADLIFT
1.5 MILE RUN
30 POUNDS ADDED
40 POUNDS ADDED
10% FASTER
Sub 30 min w/ Vest

Panel 12 (bottom right):
MURPH
BENCH PRESS
DEADLIFT
345#
285#
42:15 (40%)

MONDAY - APR. 1, 2019

Workout	Set 1		Set 2		Set 3	
	Result	Reps	Result	Reps	Result	Reps
Session Break						
(A) Get warm (1 min)	*3 sets* - Record completion of cardio/run					
(A) Goblet Squat KB		10		10		10
(A) Inch Worm		10		10		10
(A) Walking Lunge		10		10		10
Session Break						
Back Squat		3		3		3
	85%		85%		85%	
	1 BLOCK					
Note	TRACKING NOTE: you must enter your REPS in the WEIGHT block and your REPS will be 1. In order for the % to track in the future and tell you your reps you must enter them in the weight portion.. so if you can do 50 reps in one minute it will be filled out like this "weight: 50.. reps: 1"					
Push Up Tracking						
	60 seconds max reps push ups					
Sit ups Tracking						
	max reps in 60 seconds					
Pull up Tracking						
	max reps in 60 seconds					
Air Squats Tracking						
	max reps 60 seconds					
20 Minutes MAX meters	*1 set* - Record meters run in 00:20:00					
	Row/run/bike for Max meters.					
	2 BLOCKS					
(B) Toes to Bar		10		10		10
	1 BLOCK					
(B) Front Leaning Rest		30 secs		30 secs		30 secs
RECOV3RY GAME (5 pt.)	Did you get 7+ hours of sleep last night? (0 - 1) Did you consume 50-60% of your bodyweight (lb.) in ounces of water today? (0 - 1) Did you eat 2, or more, healthy meals today? (0 - 1) Did you take two (max recommended) supplements that will aid in your recovery today? (0 - 1) Did you complete both a warm-up (5+ min) and cool-down (5+ min) today? (0 - 1) Did you do any additional (extra credit) light aerobic work (10+ min) today? (0 - 1) Wildcard Recovery: Did you do any activities specifically geared towards recovery today (beyond abov (0 - 5)					
Session Break						
Mobility: Pec Smash	Spend 2:00 breathing deeply -- move through both pectorals during this time.					

TUESDAY - APR. 2, 2019

Workout	Set 1		Set 2		Set 3	
	Result	Reps	Result	Reps	Result	Reps
Session Break						
(A) Double-under		30		30		30
(A) Air Squat		15		15		15
(A) Superman		10		10		10
(A) Leg Swing		10		10		10
Session Break						
5 Minutes easy/Warm up pace	*1 set* - Record meters run in 00:05:00					
	5 BLOCKS for AEROBIC CAPACITY today. Pick either run/row/bike and STICK with that one exercise.					
4 Minutes AER	*1 set* - Record meters run in 00:04:00					
	Working in 60-70% HR zone					
3 Minutes AER-CAP	*1 set* - Record meters run in 00:03:00					
	working in 80-90% HR zone					
5 Minutes easy/Warm up pace	*1 set* - Record meters run in 00:05:00					

TUESDAY - APR. 2, 2019

Workout	Set 1		Set 2		Set 3	
	Result	Reps	Result	Reps	Result	Reps
10 Minutes AER-CAP	*3 sets* - Record miles run in 00:10:00 Keep Sustainable Pace at give intensity. 75-85% HR zone. Rest 2 min between. - Rest 120 secs. between sets					
RECOV3RY GAME (5 pt.)	Did you get 7+ hours of sleep last night? (0 - 1) Did you consume 50-60% of your bodyweight (lb.) in ounces of water today? (0 - 1) Did you eat 2, or more, healthy meals today? (0 - 1) Did you take two (max recommended) supplements that will aid in your recovery today? (0 - 1) Did you complete both a warm-up (5+ min) and cool-down (5+ min) today? (0 - 1) Did you do any additional (extra credit) light aerobic work (10+ min) today? (0 - 1) Wildcard Recovery: Did you do any activities specifically geared towards recovery today (beyond abov (0 - 5)					

Session Break

Running Ankles	Do either the dorsi flex stretch, or the "crawl to crab." 20 reps.

WEDNESDAY - APR. 3, 2019

Workout	Set 1		Set 2		Set 3	
	Result	Reps	Result	Reps	Result	Reps

Session Break

Workout	Set 1		Set 2		Set 3	
A 250m	*3 sets* - Record yards run in 00:00:00					
A Push Up		15		15		15
A Plank		30 secs		30 secs		30 secs
A Hip Bridge		10		10		10

Session Break

30 Minute Endure	*1 round* - Complete AMRAP in: 30:00 As many reps as possible in 30 minutes. 1 Clean @ 75% 20 Ring dips 15 Cals (or 150m run) 3 Minutes walking lunges 3 Blocks					
B Pallof Press (demo + explanation)		20		20		20
B Goblet Squat KB		20		20		20
RECOV3RY GAME (5 pt.)	Did you get 7+ hours of sleep last night? (0 - 1) Did you consume 50-60% of your bodyweight (lb.) in ounces of water today? (0 - 1) Did you eat 2, or more, healthy meals today? (0 - 1) Did you take two (max recommended) supplements that will aid in your recovery today? (0 - 1) Did you complete both a warm-up (5+ min) and cool-down (5+ min) today? (0 - 1) Did you do any additional (extra credit) light aerobic work (10+ min) today? (0 - 1) Wildcard Recovery: Did you do any activities specifically geared towards recovery today (beyond abov (0 - 5)					

Session Break

MOBILITY Front Rack		90 secs				

THURSDAY - APR. 4, 2019

Workout	Set 1		Set 2		Set 3	
	Result	Reps	Result	Reps	Result	Reps

Session Break

The Garage	You can view one of our educational webinars below this note. If you would like to get access to the slides, add comments, or view many other educational webinars you can do so at the link below. "THE GARAGE" --> eo3.fit/TheGarage (login required) You membership comes with access to a wealth of educational webinars and resources you can access at any time.

Session Break

Body Weight	
Heart Rate	

RECOV3RY GAME (3 pt.)	Did you get 7+ hours of sleep last night? (0 - 1) Did you consume 50-60% of your bodyweight (lb.) in ounces of water today? (0 - 1) Did you eat 2, or more, healthy meals today? (0 - 1) Did you take two (max recommended) supplements that will aid in your recovery today? (0 - 1) Did you complete both a warm-up (5+ min) and cool-down (5+ min) today? (0 - 1) Did you do any additional (extra credit) light aerobic work (10+ min) today? (0 - 1) Wildcard Recovery: Did you do any activities specifically geared towards recovery today (beyond abov (0 - 5)

Workout	Set 1		Set 2		Set 3	
	Result	Reps	Result	Reps	Result	Reps
Session Break						
Ⓐ 250m	*3 sets - Record yards run in 00:00:00*					
Ⓐ Samson Stretch		10		10		10
Ⓐ Reverse Shrugs		10		10		10
Ⓐ Death March		10		10		10
Session Break						
12 Minutes AER-SUSTAIN	*1 set* - *Record meters run in 00:12:00*					
	run/row/bike/swim (pick one)					
	5 BLOCKS (all intervals)- Training in 60-70% HR Zone. Pick one exercise and stick with it)					
12 Minutes AER-SUSTAIN	*1 set* - *Record meters run in 00:12:00*					
	run/row/bike/swim (pick one)					
	Training in 70-80% HR Zone					
12 Minutes AER-SUSTAIN	*1 set* - *Record meters run in 00:12:00*					
	run/row/bike/swim (pick one)					
	Training in 60-70% HR Zone					
12 Minutes AER-SUSTAIN	*1 set* - *Record meters run in 00:12:00*					
	run/row/bike/swim (pick one)					
	Training in 70-80% HR Zone					
RECOV3RY GAME (5 pt.)	Did you get 7+ hours of sleep last night? (0 - 1)					
	Did you consume 50-60% of your bodyweight (lb.) in ounces of water today? (0 - 1)					
	Did you eat 2, or more, healthy meals today? (0 - 1)					
	Did you take two (max recommended) supplements that will aid in your recovery today? (0 - 1)					
	Did you complete both a warm-up (5+ min) and cool-down (5+ min) today? (0 - 1)					
	Did you do any additional (extra credit) light aerobic work (10+ min) today? (0 - 1)					
	Wildcard Recovery: Did you do any activities specifically geared towards recovery today (beyond abov (0 - 5)					
Session Break						
Mobility: Barbell Hamstring Smash	Lower Body -- Spend 2:00 / side					

NO GEAR

>100 POUNDS ADDED TO BARBELL LIFTS
BODYWEIGHT
RESTING HEART RATE
61 POUNDS LOST
RHR DOWN 12 BPM
BARBELL PRS

>145 POUNDS ADDED TO BARBELL LIFTS
BODYWEIGHT
RESTING HEART RATE
90+ POUNDS LOST
BARBELL PRS
RHR DOWN 28 BPM

+45 pounds
Vested Murph
Body Fat Percent
29:32
Back Squat
-8% @ same weight

>130 POUNDS ADDED TO BARBELL LIFTS
BODYWEIGHT
5K RUN
16+ POUNDS LOST
BARBELL PRS

BODYWEIGHT
55 POUNDS ADDED
RESTING HEART RATE
22 POUNDS LOST
3 min FASTER
SQUAT
RHR DOWN 13 BPM

MILE RUN
20+ LBS EACH
MURPH
53 SECONDS FASTER
10+ min FASTER

>55 POUNDS ADDED
MILE TIME
DEADLIFT
DOWN 1 min 28 sec

2K Row
5RM Back Squat
5K
-10 Sec (6:49)
1RM BACK SQUAT
3 MIN FASTER (19:37)

BODYWEIGHT
+12 ADDED
MILE RUN
32 POUNDS LOST
STRICT PULL-UPS
2 MINUTES FASTER

BODYFAT
6+ ADDED
30 POUNDS ADDED
DEADLIFT
40 POUNDS ADDED
BACK SQUAT
LOST 13%
STRICT PULL-UPS

MURPH
30 POUNDS ADDED
PRESS
40 POUNDS ADDED
DEADLIFT
10% FASTER Sub 30 min w/ Vest
1.5 MILE RUN

MURPH
345#
285#
BENCH PRESS
42:15 (40%)
DEADLIFT

MONDAY - APR. 1, 2019

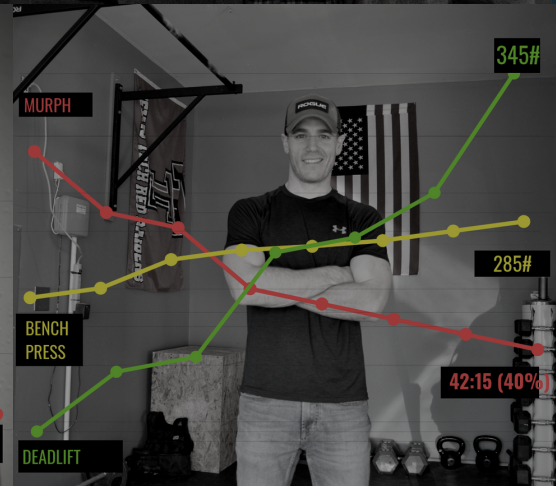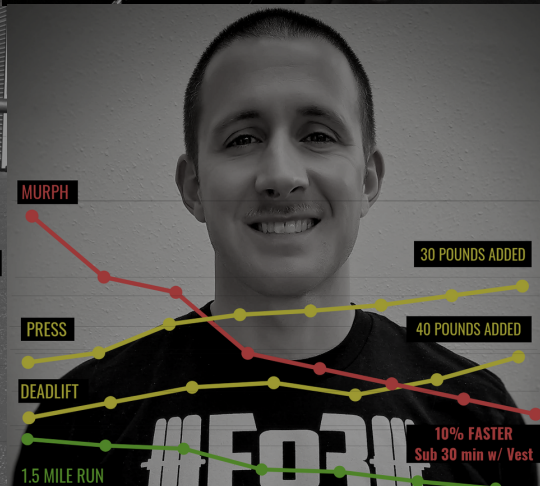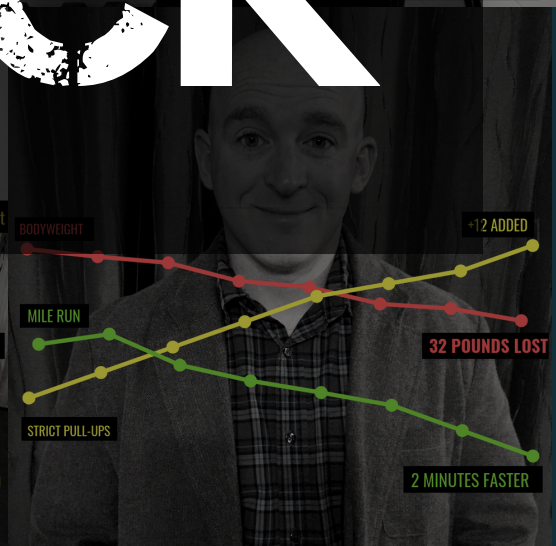| Workout	Set 1		Set 2		Set 3		Set 4		Set 5		Set 6		Set 7		Set 8		Set 9		Set 10	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps
Official Warm-up	Complete Warm-up																			
3 Blocks Running.	***1 set*** *- Record miles run in 00:30:00* Record max distance running for 3 blocks. (or 30 minutes). [3 BLOCKS] Sub with row or bike.																			
(A) Glute Bridge Ups		10		10		10														
	THIS IS A DEMO OF AN EXERCISE IN THE UPCOMING CIRCUIT																			
(A) NO GEAR 1.01	***1 round*** *- Complete AMRAP in: 20:00* [2 BLOCKS]**Complete 3 rounds OR 20 minutes CAP** 20 push ups 30 air squats 20 sit ups 15 Wide grip push ups 10 lunges (each leg) 20 flutter kicks (4 count) 10 diamond pushups 10 glute bridges 30 second plank 2 BLOCKS																			
RECOV3RY GAME (5 pt.)	Did you get 7+ hours of sleep last night? (0 - 1) Did you consume 50-60% of your bodyweight (lb.) in ounces of water today? (0 - 1) Did you eat 2, or more, healthy meals today? (0 - 1) Did you take two (max recommended) supplements that will aid in your recovery today? (0 - 1) Did you complete both a warm-up (5+ min) and cool-down (5+ min) today? (0 - 1) Did you do any additional (extra credit) light aerobic work (10+ min) today? (0 - 1) Wildcard Recovery: Did you do any activities specifically geared towards recovery today (beyond abov (0 - 5)																			

TUESDAY - APR. 2, 2019

Workout	Set 1		Set 2		Set 3		Set 4		Set 5		Set 6		Set 7		Set 8		Set 9		Set 10	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps
Official Warm-up	Complete Warm-up																			
(A) Single Leg RDL		10		10		10														
	THIS IS A DEMO OF AN EXERCISE IN THE UPCOMING CIRCUIT																			
(A) Bicycle Crunch		20		20		20														
	THIS IS A DEMO OF AN EXERCISE IN THE UPCOMING CIRCUIT																			
(A) NO GEAR 1.02	***1 round*** *- Complete 3 sets for time* [3 BLOCKS] Complete 3 rounds OR 30 min time CAP** 6 pull ups (sub ring rows, inverted row) 10 single leg Romanian Deadlift 20 bicycles (4 count) 15 meter crab walk 20 sit ups 10 supermans 30 second side plant (Each side) 3 BLOCKS																			
10X100m Sprint	***10 sets*** *- Record time to run 100 M* Sprints 1 BLOCK - Rest 60 secs. between sets																			
RECOV3RY GAME (5 pt.)	Did you get 7+ hours of sleep last night? (0 - 1) Did you consume 50-60% of your bodyweight (lb.) in ounces of water today? (0 - 1) Did you eat 2, or more, healthy meals today? (0 - 1) Did you take two (max recommended) supplements that will aid in your recovery today? (0 - 1) Did you complete both a warm-up (5+ min) and cool-down (5+ min) today? (0 - 1) Did you do any additional (extra credit) light aerobic work (10+ min) today? (0 - 1) Wildcard Recovery: Did you do any activities specifically geared towards recovery today (beyond abov (0 - 5)																			

WEDNESDAY - APR. 3, 2019

Workout	Set 1		Set 2		Set 3		Set 4		Set 5		Set 6		Set 7		Set 8		Set 9		Set 10	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps
Official Warm-up	Complete Warm-up																			
8x30:30	***8 sets*** *- Record meters run in 00:00:30*																			
300 sec Rest																				
8x30:30	***8 sets*** *- Record meters run in 00:00:30*																			
300 sec Rest																				

WEDNESDAY - APR. 3, 2019

Workout	Set 1		Set 2		Set 3		Set 4		Set 5		Set 6		Set 7		Set 8		Set 9		Set 10	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps
8x30:30	*8 sets* - Record meters run in 00:00:30																			
RECOV3RY GAME (5 pt.)	Did you get 7+ hours of sleep last night? (0 - 1) Did you consume 50-60% of your bodyweight (lb.) in ounces of water today? (0 - 1) Did you eat 2, or more, healthy meals today? (0 - 1) Did you take two (max recommended) supplements that will aid in your recovery today? (0 - 1) Did you complete both a warm-up (5+ min) and cool-down (5+ min) today? (0 - 1) Did you do any additional (extra credit) light aerobic work (10+ min) today? (0 - 1) Wildcard Recovery: Did you do any activities specifically geared towards recovery today (beyond abov (0 - 5)																			

THURSDAY - APR. 4, 2019

Workout	Set 1		Set 2		Set 3		Set 4		Set 5		Set 6		Set 7		Set 8		Set 9		Set 10	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps
REST DAY	REST DAY																			
Body Weight																				
Heart Rate																				
Mobility: Lat Smash	Upper Body -- Spent 2:00 / side																			
Mobility: Banded Lat Stretch	Spend 2:00 breathing deeply																			
RECOV3RY GAME (3 pt.)	Did you get 7+ hours of sleep last night? (0 - 1) Did you consume 50-60% of your bodyweight (lb.) in ounces of water today? (0 - 1) Did you eat 2, or more, healthy meals today? (0 - 1) Did you take two (max recommended) supplements that will aid in your recovery today? (0 - 1) Did you complete both a warm-up (5+ min) and cool-down (5+ min) today? (0 - 1) Did you do any additional (extra credit) light aerobic work (10+ min) today? (0 - 1) Wildcard Recovery: Did you do any activities specifically geared towards recovery today (beyond abov (0 - 5)																			

FRIDAY - APR. 5, 2019

Workout	Set 1		Set 2		Set 3		Set 4		Set 5		Set 6		Set 7		Set 8		Set 9		Set 10	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps
Official Warm-up	Complete Warm-up																			
1 Mile (1600 Meters)	*1 set* - Record time to run 1 L 1 BLOCK																			
(A) sphinx push ups		10		10		10														
	THIS IS A DEMO OF AN EXERCISE IN THE UPCOMING CIRCUIT																			
(A) V ups		15		15		15														
	THIS IS A DEMO OF AN EXERCISE IN THE UPCOMING CIRCUIT																			
(A) Russian Twist		10		10		10														
	THIS IS A DEMO OF AN EXERCISE IN THE UPCOMING CIRCUIT																			
(A) NO GEAR 1.03	*1 round* - Complete 3 sets for time 4 BLOCKS Complete 3 rounds for time 6 chin ups (sub for ring row, inverted row) 10 diamond push ups 15 V ups 10 dips 45 second plank 15 second chin up hold (row hold) 10 Sphinx push ups 10 Russian twists (each side) 4 BLOCKS																			
RECOV3RY GAME (5 pt.)	Did you get 7+ hours of sleep last night? (0 - 1) Did you consume 50-60% of your bodyweight (lb.) in ounces of water today? (0 - 1) Did you eat 2, or more, healthy meals today? (0 - 1) Did you take two (max recommended) supplements that will aid in your recovery today? (0 - 1) Did you complete both a warm-up (5+ min) and cool-down (5+ min) today? (0 - 1) Did you do any additional (extra credit) light aerobic work (10+ min) today? (0 - 1) Wildcard Recovery: Did you do any activities specifically geared towards recovery today (beyond abov (0 - 5)																			

3-BLOCK

>100 POUNDS ADDED TO BARBELL LIFTS
BODYWEIGHT
RESTING HEART RATE
61 POUNDS LOST
BARBELL PRS
RHR DOWN 12 BPM

>145 POUNDS ADDED TO BARBELL LIFTS
BODYWEIGHT
RESTING HEART RATE
BARBELL PRS
90+ POUNDS LOST
RHR DOWN 28 BPM

+45 pounds
Vested Murph
Body Fat Percent
Back Squat
29:32
-8% @ same weight

MAC STRONG
>130 POUNDS ADDED TO BARBELL LIFTS
BODYWEIGHT
5K RUN
BARBELL PRS
16+ POUNDS LOST

55 POUNDS ADDED
BODYWEIGHT
RESTING HEART RATE
22 POUNDS LOST
13 BPM

MILE RUN
MURPH
BARBELL PRS
20+ LBS EACH
53 SECONDS FASTER
10+ min FASTER

>55 POUNDS ADDED
MILE TIME
DEADLIFT
DOWN 1 min 28 sec

5RM Back Squat
2K Row
5K
1RM BACK SQUAT
-10 Sec (6:49)
3 MIN FASTER (19:37)

BODYWEIGHT
+12 ADDED
MILE RUN
32 POUNDS LOST
STRICT PULL-UPS
2 MINUTES FASTER

6+ ADDED
BODYFAT
30 POUNDS ADDED
DEADLIFT
40 POUNDS ADDED
BACK SQUAT
STRICT PULL-UPS
LOST 13%

MURPH
PRESS
DEADLIFT
30 POUNDS ADDED
40 POUNDS ADDED
1.5 MILE RUN
10% FASTER
Sub 30 min w/ Vest

MURPH
345#
BENCH PRESS
285#
DEADLIFT
42:15 (40%)

MONDAY - APR. 1, 2019

Workout	Set 1		Set 2		Set 3		Set 4	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps
Session Break								
(A) 250m	*3 sets - Record yards run in 00:00:00*							
(A) Frankenstien Walk		10		10		10		
(A) Cossack Squat		10		10		10		
(A) Plank		30 secs		30 secs		30 secs		
Session Break								
Back Squat		6		6		6		6
	75%		75%		75%		75%	
	2 Blocks- *NOTE Cluster sets are (2-2-2) with 30 seconds intra rest. WATCH BRIEF. - Rest 120 secs. between sets							
9 Min AMRAP 20's	*1 round - Complete AMRAP in: 9:00* 9 Minute AMRAP 20 Hand Release Pushups 20 Alternating KB Snatch (10 each side) 20 Double Under (scale- 40x single)							
	BLOCK 3							
RECOV3RY GAME (5 pt.)	Did you get 7+ hours of sleep last night? (0 - 1) Did you consume 50-60% of your bodyweight (lb.) in ounces of water today? (0 - 1) Did you eat 2, or more, healthy meals today? (0 - 1) Did you take two (max recommended) supplements that will aid in your recovery today? (0 - 1) Did you complete both a warm-up (5+ min) and cool-down (5+ min) today? (0 - 1) Did you do any additional (extra credit) light aerobic work (10+ min) today? (0 - 1) Wildcard Recovery: Did you do any activities specifically geared towards recovery today (beyond abov (0 - 5)							
Session Break								
Mobility: Barbell Quad Smash	General -- Spend 2:00 / side							

TUESDAY - APR. 2, 2019

Workout	Set 1		Set 2		Set 3		Set 4	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps
Session Break								
(A) Get warm (1 min)	*3 sets - Record completion of cardio/run*							
(A) Diamond Push-up		12		12		12		
(A) Bar hang		30 secs		30 secs		30 secs		
(A) Hip Bridge		10		10		10		
Session Break								
Strict Press		6		6		6		6
	75%		75%		75%		75%	
	2 Blocks- *NOTE Cluster sets are (2-2-2) with 30 seconds intra rest. WATCH BRIEF. - Rest 120 secs. between sets							
Single-Arm Kettlebell Press		6		6		6		6
	BLOCK 3							
RECOV3RY GAME (5 pt.)	Did you get 7+ hours of sleep last night? (0 - 1) Did you consume 50-60% of your bodyweight (lb.) in ounces of water today? (0 - 1) Did you eat 2, or more, healthy meals today? (0 - 1) Did you take two (max recommended) supplements that will aid in your recovery today? (0 - 1) Did you complete both a warm-up (5+ min) and cool-down (5+ min) today? (0 - 1) Did you do any additional (extra credit) light aerobic work (10+ min) today? (0 - 1) Wildcard Recovery: Did you do any activities specifically geared towards recovery today (beyond abov (0 - 5)							
Session Break								
Mobility: Banded Lat Stretch	Spend 2:00 breathing deeply							

WEDNESDAY - APR. 3, 2019

Workout	Set 1		Set 2		Set 3		Set 4	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps
Session Break								
(A) Get warm (1 min)	*3 sets - Record completion of cardio/run*							
(A) Inch Worm		10		10		10		
(A) Walking Lunge		10		10		10		
(A) Squat Jump		10		10		10		
Session Break								

WEDNESDAY - APR. 3, 2019

Workout	Set 1		Set 2		Set 3		Set 4	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps
GAIN - AD	*4 sets* - Record meters run in 00:00:10							
	AD, 10 sec ALL OUT. - Rest 150 secs. between sets							
300 sec Rest								
GAIN - AD	*4 sets* - Record meters run in 00:00:10							
	All out. - Rest 150 secs. between sets							
Ring Rows								
	BLOCK 5							
RECOV3RY GAME (5 pt.)	Did you get 7+ hours of sleep last night? (0 - 1) Did you consume 50-60% of your bodyweight (lb.) in ounces of water today? (0 - 1) Did you eat 2, or more, healthy meals today? (0 - 1) Did you take two (max recommended) supplements that will aid in your recovery today? (0 - 1) Did you complete both a warm-up (5+ min) and cool-down (5+ min) today? (0 - 1) Did you do any additional (extra credit) light aerobic work (10+ min) today? (0 - 1) Wildcard Recovery: Did you do any activities specifically geared towards recovery today (beyond abov (0 - 5)							
Session Break								
Mobility: Pec Smash	Spend 2:00 breathing deeply -- move through both pectorals during this time.							

THURSDAY - APR. 4, 2019

Workout	Set 1		Set 2		Set 3		Set 4	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps
Session Break								
The Garage	You can view one of our educational webinars below this note. If you would like to get access to the slides, add comments, or view many other educational webinars you can do so at the link below. "THE GARAGE" --> eo3.fit/TheGarage (login required) You membership comes with access to a wealth of educational webinars and resources you can access at any time.							
Session Break								
Body Weight								
Heart Rate								
RECOV3RY GAME (3 pt.)	Did you get 7+ hours of sleep last night? (0 - 1) Did you consume 50-60% of your bodyweight (lb.) in ounces of water today? (0 - 1) Did you eat 2, or more, healthy meals today? (0 - 1) Did you take two (max recommended) supplements that will aid in your recovery today? (0 - 1) Did you complete both a warm-up (5+ min) and cool-down (5+ min) today? (0 - 1) Did you do any additional (extra credit) light aerobic work (10+ min) today? (0 - 1) Wildcard Recovery: Did you do any activities specifically geared towards recovery today (beyond abov (0 - 5)							

FRIDAY - APR. 5, 2019

Workout	Set 1		Set 2		Set 3		Set 4	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps
Session Break								
(A) **500m**	*3 sets* - Record time to run 500 M							
(A) **Death March**		10		10		10		
(A) **Reverse Shrugs**		10		10		10		
Session Break								
Deadlift		6		6		6		6
	75%		75%		75%		75%	
	2 Blocks- *NOTE Cluster sets are (2-2-2) with 30 seconds intra rest. WATCH BRIEF. - Rest 120 secs. between sets							
Toes to Bar		10		10		10		
	These should be STRICT							
RECOV3RY GAME (5 pt.)	Did you get 7+ hours of sleep last night? (0 - 1) Did you consume 50-60% of your bodyweight (lb.) in ounces of water today? (0 - 1) Did you eat 2, or more, healthy meals today? (0 - 1) Did you take two (max recommended) supplements that will aid in your recovery today? (0 - 1) Did you complete both a warm-up (5+ min) and cool-down (5+ min) today? (0 - 1) Did you do any additional (extra credit) light aerobic work (10+ min) today? (0 - 1) Wildcard Recovery: Did you do any activities specifically geared towards recovery today (beyond abov (0 - 5)							
Session Break								
MOBILITY Hamstring		90 secs						

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