

20140929	20140930	20141001	20141002	20141003
<p>"MARK" 3 rounds for time: Run 800m 20 (8 CT) Body Builders 30s Plank</p>	<p>Toughening: AMRAP 20 800m Run "buy-in" 10 Prone Rows (4 CT) 10 Leg Raises</p> <p>Sustaining: AMRAP 20 ¾ Mile Run "buy-in" 10 Jumping Pullups 10 Leg Tucks</p> <p>Advanced: AMRAP 20 1 Mile Run "buy-in" 5 Pullups 10 Heel Hooks</p>	<p>"RICHARD" 40-30-20-10 Burpees Situps</p>	<p>Toughening, Sustaining, Advanced: Long Slow Distance (LSD) Run, Walk, Ruck, or Bike and/or Yoga or stretching for at least 30 minutes.</p>	<p>"JAMIE" Run 800m 50 Pushups 75 Situps 100 Squats Run 800m</p>
20141006	20141007	20141008	20141009	20141010
<p>"DAVID" 1, 2, 3, 4, 5, 6...6, 5, 4, 3, 2, 1 Pushups Situps Run 800m after the pyramid *Go as high in the pyramid as you can</p>	<p>Toughening: AMRAP 20 (30 if walking) 10 (8 CT) Body Builders 10 Prone Rows (4 CT) Run/Walk 400m</p> <p>Sustaining: AMRAP 20 10 Burpees 10 Jumping Pullups Run 400m</p> <p>Advanced: AMRAP 20 15 Burpees 15 Pullups Run 400m</p>	<p>Toughening: 5 rounds for time: 10 Jumping Jacks (4 CT) 10 Lunges (4 CT) 10 Rowers (4 CT)</p> <p>Sustaining: 5 rounds for time: 15 Jumping Jacks (4 CT) 15 Lunges (4 CT) 15 Rowers (4 CT)</p> <p>Advanced: 5 rounds for time: 20 Jumping Jacks (4 CT) 20 Lunges (4 CT) 20 Rowers (4 CT)</p>	<p>Toughening, Sustaining, Advanced: Long Slow Distance (LSD) Run, Walk, Ruck, or Bike and/or Yoga or stretching for at least 30 minutes.</p>	<p>Toughening: 3 rounds for time: 10 (8 CT) Body Builders 10 Mountain Climbers (4 CT) 30s Quadraplex (15s ea Side)</p> <p>Sustaining: 5 rounds for time: 10 (8 CT) Body Builders 10 Mountain Climbers (4 CT) 30s Quadraplex (15s ea Side)</p> <p>Advanced: 7 rounds for time: 10 (8 CT) Body Builders 10 Mountain Climbers (4 CT) 30s Quadraplex (15s ea Side)</p>

20141013	20141014	20141015	20141016	20141017
<p>CHALLENGE WOD</p> <p>“COLUMBUS” 1492 (8 CT) Body Builders</p> <p>*Can be completed individually or as a group.</p>	<p>Toughening: For time: Run/Walk 400m 30:60s for 10 Min. Run/Walk 400m</p> <p>Sustaining: For time: Run 800m 30:60s for 15 Min. Run 800m</p> <p>Advanced: For time: Run 1 Mile 30:60s for 20 Min. Run 1 Mile</p>	<p>Toughening: 20s Squats, 10s Rest 20s Pushups, 10s Rest 20s Rower, 10s Rest 20s Lunges, 10s Rest 20s Squats, 10s Rest 20s Pushups, 10s Rest 20s Rower, 10s Rest 20s Lunges, 10s Rest</p> <p>Sustaining: Tabata each of the following: Squats, Pushups, Rower, Lunges *2 min. rest between exercises</p> <p>Advanced: Tabata each of the following: Jumping Squats, Pushups, Rower, Jumping Lunges *2 min. rest between exercises</p>	<p>Toughening, Sustaining, Advanced: Long Slow Distance (LSD) Run, Walk, Ruck, or Bike and/or Yoga or stretching for at least 30 minutes.</p>	<p>Toughening: 4 rounds for time: 15 Y Squats Run/Walk 400m</p> <p>Sustaining: 4 rounds for time: 25 Y Squats Run 400m</p> <p>Advanced: 4 rounds for time: 50 Y Squats Run 800m</p>
20141020	20141021	20141022	20141023	20141024
<p>Toughening: Death by: (8 CT) Body Builders</p> <p>Sustaining/Advanced: Death by: Burpees</p> <p>See Notes for “Death by” definition.</p>	<p>Toughening: 5 rounds for time: 10 Pushups 15 Situps 10 Prone Rows</p> <p>Sustaining: 5 rounds for time: 10 Dive Bomber Pushups 20 Situps 5 Jumping Close-Grip Pullups</p> <p>Advanced: 5 rounds for time: 5 HSPU 20 Situps 5 Close-Grip Pullups</p>	<p>Toughening: 5 rounds for time: 5 Prone Rows (4 CT) 10 Leg Raises 10 Pushups</p> <p>Sustaining: 7 rounds for time: 10 Reverse-Grip Pullups (negatives) 10 Leg Tucks 10 Diamond Pushups</p> <p>Advanced: 10 rounds for time: 10 Reverse-Grip Pullups 10 Heel Hooks 10 Diamond Pushups</p>	<p>Toughening, Sustaining, Advanced: Long Slow Distance (LSD) Run, Walk, Ruck, or Bike and/or Yoga or stretching for at least 30 minutes.</p>	<p>Toughening: 30-20-10 Pushups Prone Rows</p> <p>Sustaining: 40-30-20-10 Pushups Jumping Pullups</p> <p>Advanced: 50-40-30-20-10 Pushups Pullups</p>

20141027	20141028	20141029	20141030	20141031
<p><b>Toughening:</b> AMRAP 10 6 Forward Lunges (4 CT) 6 Rear Lunges (4 CT) 10s Plank</p> <p><b>Sustaining:</b> AMRAP 15 8 Forward Lunges (4 CT) 8 Rear Lunges (4 CT) 20s Plank</p> <p><b>Advanced:</b> AMRAP 20 10 Forward Lunge (4 CT) 10 Rear Lunge (4 CT) 30s Plank</p>	<p><b>Toughening:</b> For time: 15 Squats, Run/Walk 400m 15 Jumping Squats, Run/Walk 400m 15 Y Squats, Run/Walk 400m 15 Sumo Squats, Run/Walk 400m</p> <p><b>Sustaining:</b> For time: 25 Squats, Run 400m 25 Jumping Squats, Run 400m 25 Y Squats, Run 400m 25 Sumo Squats, Run 400m</p> <p><b>Advanced:</b> 2 rounds for time: 25 Squats, Run 400m 25 Jumping Squats, Run 400m 25 Y Squats, Run 400m 25 Sumo Squats, Run 400m</p>	<p><b>"4 for the Core"</b> <b>Toughening:</b> 30s Bent-Leg Raise 30s Side Bridge (ea side) 30s Back Bridge (ea leg) 30s Quadraplex (ea side)</p> <p><b>Sustaining:</b> 60s Bent-Leg Raise 60s Side Bridge (ea side) 60s Back Bridge (ea leg) 60s Quadraplex (ea side)</p> <p><b>Advanced:</b> 2 rounds: 60s Bent-Leg Raise 60s Side Bridge (ea side) 60s Back Bridge (ea leg) 60s Quadraplex (ea side)</p>	<p><b>Toughening, Sustaining, Advanced:</b> Long Slow Distance (LSD) Run, Walk, Ruck, or Bike and/or Yoga or stretching for at least 30 minutes.</p>	<p><b>Toughening:</b> 1 round for time: 10 Burpees 31 Rower (2 CT) 14 Dive Bomber Pushups</p> <p><b>Sustaining:</b> 3 rounds for time: 10 Burpees 31 Rower (2 CT) 14 Dive Bomber Pushups</p> <p><b>Advanced:</b> 5 rounds for time: 10 Burpees 31 Rower (2 CT) 14 Dive Bomber Pushups</p> <p>Happy Halloween!</p>

**Notes:**

1. All WODs/exercises can be modified/substituted. If you are not sure how to modify/substitute a WOD/exercises contact SSG Michael Barber (POC Info below).
2. All exercises can be found on Youtube, in the PRT App, or in the PRT Manual. If you have further questions about the exercises contact SSG Michael Barber.
3. "AMRAP" = As Many Repetitions/Rounds As Possible. Typically specified as AMRAP 20 or AMRAP 30, meaning As Many Repetitions/Rounds As Possible in 20 or 30 minutes, respectively.
4. "Tabata" = a protocol of 20 seconds of exercise followed by 10 seconds of rest, conducted in 8 rounds totaling 4 minutes.
5. "Death by" = with a continuously running clock perform 1 repetition of the designated exercise(s) the first minute, 2 reps the second minute, 3 reps the third minute, etc. until failure.
6. "buy-in" = in order to complete a "buy-in" the athlete will start their watch for the AMRAP then proceed to completing the "buy-in" exercise. Once the "buy-in" exercise has been completed the athlete does NOT repeat that exercise. The athlete will proceed to completing the other exercises in the AMRAP. The rounds/reps will be however many rounds/reps the athlete completed after the "buy-in".
7. "Round" = the completion of all exercises and repetitions listed in a given WOD once. For example, if the WOD calls for 3 rounds: 20 Pushups and 20 Situps; 1 round would be 20 Pushups and 20 Situps.
8. "HSPU" = Handstand Pushup
9. "WOD" = Workout of the Day

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