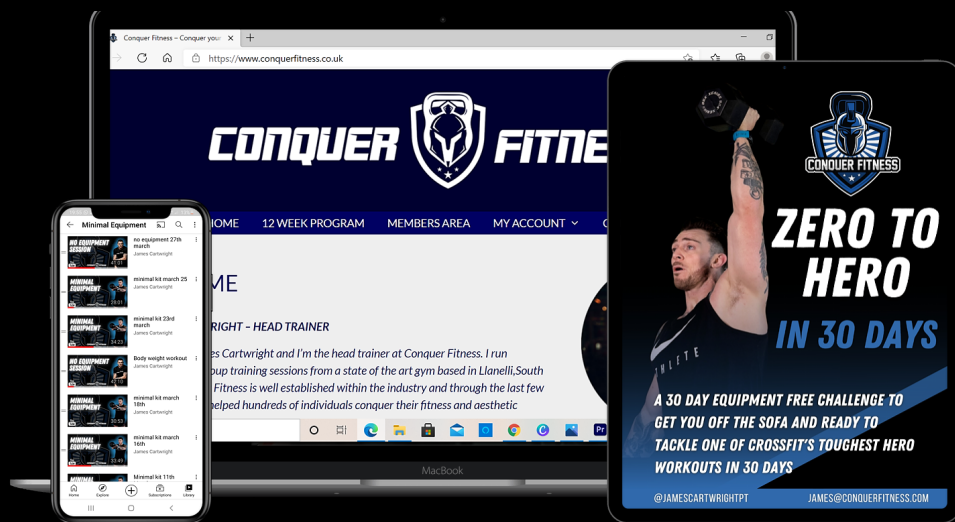


# WELCOME TO YOUR FREE TASTER PACKAGE



- IF YOU HAVE DOWNLOADED THIS DOCUMENT YOU'RE EITHER INTERESTED ON JUMPING ON THE 12 WEEK FUNCTIONAL HYBRID PROGRAM OR WOULD LIKE A FREE SAMPLE.
- IN THIS DOCUMENT YOU WILL FIND A LINK TO THE "ZERO TO HERO" E-BOOK, LINKS TO SOME OF MY MINIMAL EQUIPMENT WORKOUT VIDEOS, 3 FREE RECIPES AND SAMPLE SESSIONS OF THE FUTURE FUNCTIONAL HYBRID PROGRAMMING





- THIS E-BOOK IS DESIGNED TO TAKE YOU FROM THE SOFA TO SMASHING ONE OF CROSSFIT'S TOUGHEST HERO WORKOUT (TAP THE IMAGE TO ACCESS)
- THERE ARE SUITABLE SCALES FOR ANY FITNESS LEVEL
- IN THE DOCUMENT ARE 3 LIVE WORKOUTS, ACCESS THESE BY TOUCHING OR CLICKING ON THE PICTURES, YOU WILL NEED TO JOIN THE FACEBOOK GROUP.
- IF YOU NEED ANY HELP ALONG THE WAY SEND ME A DM



# MINIMAL KIT SESSIONS

You  
Tube



## SESSION 1

30 MINUTE EMOM



## SESSION 2

MECHANICAL DROPSET SESSION



## SESSION 3

5 X 5 MINUTE AMRAP'S



# CHICKEN FAJITAS WITH GUACAMOLE AND SALSA

## Ingredients:

2-3 chicken breasts sliced into strips.  
2 tsp smoked paprika  
1 tsp cayenne pepper  
½ tsp oregano  
½ tsp garlic salt  
Glug of olive oil  
Coloured bell peppers sliced into sticks.  
3 red onions  
1 avocado  
3 tomatoes  
1 lime juiced.  
1 clove garlic crushed.  
Handful chopped coriander.  
Crispy lettuce – Iceberg  
Cucumber cut into sticks.  
Chilli flakes  
Tsp mint sauce

## METHOD:

1. Drizzle olive oil to coat chicken and coat with paprika, cayenne, oregano and garlic salt.
2. Heat large griddle or sauté pan, drizzle with olive oil then add chicken. Cook for 4-5 minutes, add thinly sliced onion and approx. ¼ of each coloured pepper along with a splash of water. Cook until vegetables are just soft, and chicken is cooked through.
3. Chop avocado roughly, finely chop ½ small red onion, deseed the tomato chop roughly and add along with a crushed garlic clove, juice of a lime and some chopped coriander. Season.
4. For the salsa, chop 1-2 tomatoes, ½ red onion, tsp mint sauce.
5. Enjoy with your choice of tortilla wraps.

# CHICKEN SATAY SKEWERS AND FRIED BROCCOLI PAK CHOI

Ingredients: 2 chicken breasts diced or cut into thick strips.

2 tbsp light soy sauce

2 tbsp fish sauce

1 garlic clove minced.

Broccoli cut into bitesize chunks.

Pak choy chopped.

1 red chilli (optional)

Sesame oil

Sprinkle of sesame seeds

## SATAY SAUCE

150g of peanut butter

1 red chilli

1 shallot roughly chopped.

1 knob of ginger peeled and grated.

2 tsp honey

1tbsp soy sauce

1 tbsp fish sauce

200ml coconut milk (low fat optional)

2 garlic cloves minced.

1 lime juiced.

Method. If using wooden skewers soak in water.

1. Marinate the chicken in the soy, fish sauce and garlic for 30 minutes or longer.

2. Make satay sauce. Place chilli, garlic, ginger in a blender (or finely grate and chop chilli) add honey, soy sauce and fish sauce to form a smooth paste.

3. Heat the paste in a pan over a medium heat. Cook for 2 minutes then add the peanut butter, keep stirring making sure it doesn't stick. Add the coconut milk and mix well, if the sauce is too thick add more. Stir in the lime juice and leave to cool.

4. Thread chicken onto skewers and place under a medium grill or onto a griddle pan, cook for a few minutes on each side or until slightly charred all over but cooked through (try not to overcook or it will become dry)

5. While the chicken rests heat a pan or wok add enough water to fill the bottom, once boiling add the broccoli and stalk of the Pak choy (not the leaves). Once soft but with a little crunch drain any excess water. Sprinkle a small amount of sesame oil or plain oil if preferred, add chopped red chilli if using, along with broccoli and all of the the pak choy including leaves. Stir fry for a minute.

6. Serve with a sprinkle of sesame seeds. ENJOY

# KEBAB FLAT BREADS AND SLAW

## Ingredients:

- 1 pack of mince (lean beef, turkey or Quorn)
- 4-5 mushrooms
- Spices
- 2-3 garlic cloves crushed. Mix of peppers.
- 1 red onion
- 1 white onion chopped.
- 1 packet mangetout sliced.
- 1 red 1 green chilli deseeded and sliced lengthways.
- 1-2 carrots
- ½ red cabbage
- 1 apple
- 1-2 limes
- 200ml natural yoghurt
- 2 tbsp tahini or you're go to chilli sauce.

Flat breads – Asda stock a lovely authentic range of skinny flatbread (can't remember the company)

Alternatively have a go of mine: Makes 4

- 300g plain flour
- 50g butter or olive oil
- 185ml milk or soya milk
- 1 tsp salt
- Oil for brushing

## Method

1. warm butter into milk to melt (don't boil)
2. mix all ingredients, it will feel wet and sticky for a bit, DON'T PANIC just keep kneading it or just moving it around, after a few minutes you'll have a smooth dough.
3. this can now be used but I like to leave it to rest for 30 minutes.
4. cut into 4 and roll out to about 1cm thick.
5. brush a hot non-stick pan with oil and cook each side until brown and bubbled. For the kebab:

1. heat some oil in a hot pan fry the onion until soft add the garlic and sliced mushrooms and a chopped pepper and chopped red chilli.
2. once soft throw in the mince of your choice along with any of your favourite spices to taste. Cook until mince is crispy.
3. get a box grater and grate red onion, red cabbage, apple, carrots, add sliced mangetout, green chilli, squeeze of lime salt and pepper to taste and that's your slaw.
4. mix yoghurt with tahini or a chilli sauce of your choosing and assemble your scrummy kebab.

# FUNCTIONAL HYBRID "PUMP DAY" SAMPLE

Warm up Handstand push up practice Progressions

- 10 shoulder taps e/s
  - 5 -10 pike push ups or pike shoulder taps
  - Kick up into handsand hold for 10 seconds/1 wall walk or a pike push up hold off a box
- 3 rounds take additional time to work on any HSPU progressions specified by myself

Get strong or die TRI-ing

- 10 Narrow Grip Bench press @60% of 1RM
  - 10 Straight arm tricep cable pull down
  - 10 Cable tricep Extensions
- Rest 60s x 4
- "Aerobic pump"
- 6 Pull ups – wide grip or weighted/scale TRX row
  - 9 hanging Knee raises or toes to bar
  - 12 barbell Push press at @30kg/40kg (scale weight as needed)
  - 12/15 Calorie assault bike
- Rest 90s – x 4

"Ski you later" Finisher EMOM finisher

- Minute 1: 6 high pulls, 6 hang power cleans, 6 bent over row @30kg/40kg
  - Minute 2: 12/15 cal ski
- X 4

Scale weight and calories if needed.

# FUNCTIONAL HYBRID ENGINE DAY SESSION

4 X 2:30 MINUTE ROUNDS 1 MINUTE REST

15 AIR SQUATS

10 PUSH UPS

5 BURPEE X2

INTO MAX CAL SKI IN REMAINING TIME

REST 2 MINS

4 X 2:30 MINUTE ROUNDS 1 MINUTE REST

12 JUMPING SQUATS

9 SIT UPS

6 PIKE PUSH UPS

X 2 INTO MAX CAL ASSAULT BIKE IN REMAINING TIME

4 X 2:30 MINUTE ROUNDS 1 MINUTE REST

9 BOX STEP UPS

6 BOX JUMPS

3 BURPEE BOX JUMPS

X 2

INTO MAX CALORIE ROW IN REMAINING TIME



**WHERE MINDSET  
MEETS FITNESS**

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**OUR MISSION IS PRIMING  
ATHLETIC PERFORMANCE AND  
FORGING MENTAL FORTITUDE.**