

A 30 DAY EQUIPMENT FREE CHALLENGE TO GET YOU OFF THE SOFA AND READY TO TACKLE ONE OF CROSSFIT'S TOUGHEST HEROWORKOUTS IN 30 DAYS



ANY GOOD PROGRAMMING STARTS WITH A TEST

START THE CLOCK AND START YOUR PLANK ON YOUR ELBOWS, NO DROPPED HIPS OR BUMS IN THE AIR. GO TILL FAIL, LOG YOUR TIME. YOUR 1 MINUTE REST STARTS.

2 MINS MAX BODY WEIGHT SQUATS, ALL SQUATS SHOULD BE HIPS BELOW KNEE CREASE AT THE BOTTOM AND FULL EXTENSION AT THE TOP AND MAINTAINING NEUTRAL SPINE. IF YOUR A BEGINNER IM HAPPY FOR YOU TO SQUAT OR SIT ON TO A CHAIR OR SOFA AS A BOX SQUAT. WRITE DOWN YOUR REPS. 1 MINUTE REST.

2 MINS MAX REPS SIT UPS - SOMEONE CAN HOLD YOUR FEET, YOUR KNEES MUST BE TOGETHER, ARMS
CROSSED ACROSS THE TORSO AND ELBOWS TUCKED INTO RIB CAGE, IF YOU FIND THIS DIFFICULT YOU MAY
DO BUTTERFLY SIT UPS. RECORD REPS. REST 1 MINUTE

2 MINS MAX PUSH UPS - YOUR REPS HERE WILL DEPEND ON YOUR ABILITY. IF YOU CAN DO FULL PRESS UPS DO SO, IF NOT YOUR OPTIONS ARE KNEELING, HANDS ELEVATED OR DEADSTOP. LINKS WILL BE IN THE COMMENTS FOR THOSE. RECORD YOUR REPS. REST 1 MINUTE

MAX DURATION WALL SIT. BACK SHOULD BE FLAT, NO HANDS ON THE LEGS AND LEGS 90 DEGREES.



THIS IS NOT A TIME TRIAL.

RPE STANDS FOR RATING OF PERCEIVED EXERTION.

10 BEING YOUR ALL OUT MAX AND 1 BEING YOUR RELAXED STATE. RUN 5KM AT WHAT IS
YOUR 7RPE. YOU SHOULD BE OUT OF BREATH, FEELING SLIGHTLY UNCOMFORTABLE BUT BE
ABLE TO HOLD A SENTENCE.

TO SCALE THE OPTIONS ARE TO RUN 4K OR 3K. THERES MIXED ABILITIES WITHIN THE GROUP SO PICK AN OPTION THAT SUITS YOU BEST BUT CHALLENGE YOURSELF. IF YOU HAVEN'T RUN FOR YEARS OR HAVE AN INJURY THAT PREVENTS YOU FROM RUNNING, WALK 5K OR YOU COULD DO A LOADED WALK CARRYING A RUCKSACK LOADED WITH WEIGHTS OR 2 LITRE BOTTLES OF WATER. BETWEEN 5-10KG.

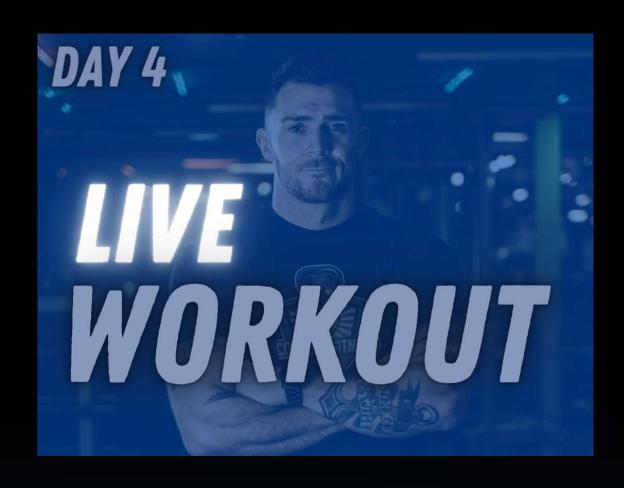
PLEASE USE A DATA TRACKING APP OR YOUR SMART WATCHES TO RECORD YOUR RUN AND
HR IF YOU HAVE ONE.

### DAY 3

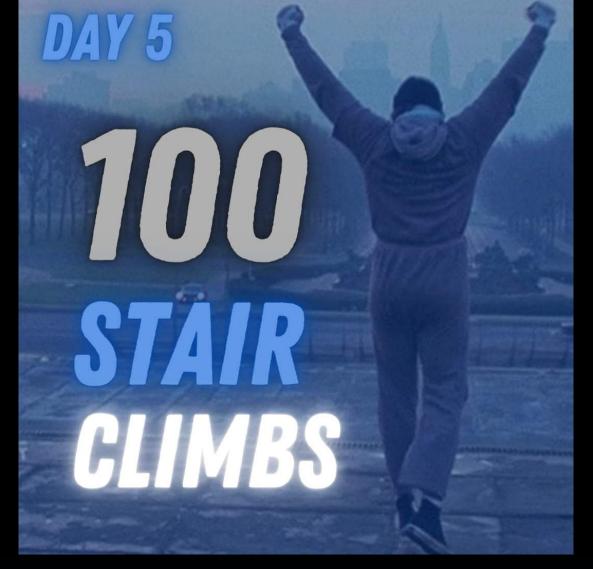


THIS IS ANOTHER BASELINE TEST. THERE ARE 4 VARIATIONS OF THE BURPEE IN THE LINKS IN THE COMMENTS. THESE ARE FOR ABSOLUTE BEGINNERS, IF YOU PHYSICALLY ABLE BUT DON'T LIKE BURPEES THIS DOESN'T GIVE YOU THE RIGHT TO DO THESE IF YOUR PHYSICALLY ABLE TO DO A FULL BURPEE PLEASE DO IT.

REMEMBER YOUR NOT IN COMPETITION WITH OTHERS, THIS IS ABOUT YOUR JOURNEY OVER THE 30 DAYS SO ATTACK IT AS BEST YOU CAN AND DON'T BE PUT OFF BY DOING THE FULL BURPEE BECAUSE YOU THINK IT WILL TAKE YOU AGES, IF IT TAKES YOU 30 MINS, DOESN'T MATTER. IF YOU SCALE PLEASE WRITE WHAT SCALE YOU USED ALONG SIDE YOUR FINISHING TIME.

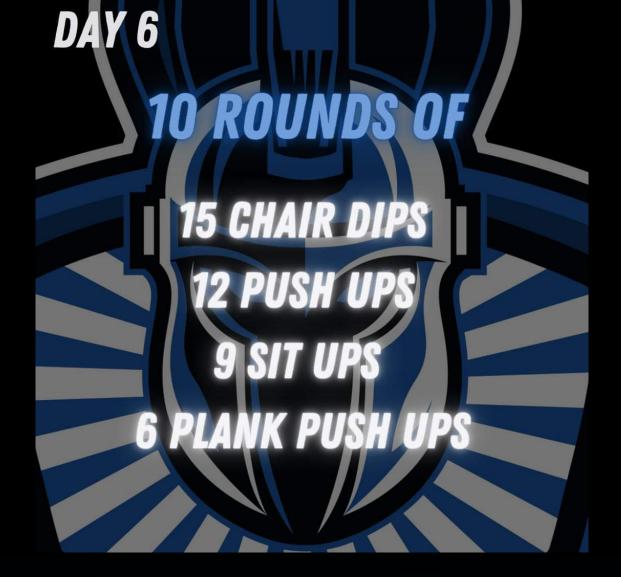


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100 STAIR CLIMBS IN A DAY - THESE CAN BE PORTIONED HOWEVER YOU LIKE. YOU CAN DO THEM THROUGHOUT THE DAY OR AS ONE WORKOUT.

IF YOU WANT TO DO THEM AS ONE WORKOUT YOUR WELCOME TO SCALE AS REQUIRED, SCALED REPS WILL BE 75 OR 50 CLIMBS. 100 WILL TAKE YOU AROUND AN HOUR AT A STEADY PACE. SO SCALE TO YOUR FITNESS LEVEL. HAVE A PEN AND PAPER HANDY BREAK YOUR REPS IN 10 TO KEEP TRACK. YOU CAN USE THE STAIRS AT HOME OR ANY OUTDOOR STEPS YOU CAN THINK OF LIKE SUBWAYS OR LIKE THE ONES NEAR FESTIVALS FIELDS DOWN THE BEACH.



GIVING THE LEGS A BREAK FOR TOMORROW WITH SOME UPPER BODY AND CORE. NICE AND SIMPLE, IDEAL CONDITIONING FOR WHAT WERE BUILDING TOWARDS IN WEEK 4. THOSE TRICEPS ARE GONNA BE ON FIRE

SCALING OPTIONS ARE KNEELING PUSH UPS, USING YOUR LEGS
SLIGHTLY ON THE DIPS, BUTTERFLY SIT UPS TO ASSIST YOU ON THE SIT
UPS AND SHOULDER TAPS INSTEAD OF THE PLANK PUSH UPS BUT
DOUBLE UP ON THOSE.

### DAY 7



IF YOU'VE MISSED DAYS USE TOMORROW TO CATCH UP ON OTHER CHALLENGES.

IF YOUR DOING THIS CHALLENGE ALONGSIDE OTHER TRAINING, YOU COULD SKIP THIS.

BUT IF THIS IS YOUR ONLY FORM OR TRAINING GET IT DONE AS YOU NEED TO KEEP

YOUR TOTAL DAILY ENERGY EXPENDITURE UP. KEEP IT CASUAL THERES A BIG FEW DAYS

COMING UP.

WALK FROM YOUR FRONT DOOR, WALK TO SOMEWHERE YOU HAVEN'T WALKED BEFORE, FIND SOME PATHS OFF ROAD, ALONG SIDE THE RIVER MAYBE. IF THERE'S A HIGHEST POINT NEAR YOU WALK TO IT. WALK DURING THE SUN RISE OR THE SUNSET BUT DON'T MAKE IT A CHORE. EXPLORE YOUR LOCAL VILLAGE OR TOWN, KEEP YOUR PHONE IN YOUR POCKET AND TAKE IN WHATS AROUND YOU.

### DAY 8

## DEATH BY SQUAT



150 STAR JUMPS
100 MOUNTAIN CLIMBERS
50 BURPEES

EVERY MINUTE ON THE MINUTE: BODY WEIGHT SQUAT 3

REPS.

+3 REPS EACH ROUND TILL FAIL

150 STAR JUMPS 100 MOUNTAIN CLIMBERS 50 BURPEES

SO THE WORKOUT IS AS FOLLOWS 150 STAR JUMPS, 100 MOUNTAIN CLIMBERS, 50 BURPEES (USE WHATEVER SCALE YOU USED FOR THE 100REPS WORKOUT IF YOU NEED TO ADAPT IT)

WHEN YOU FINISH YOUR LAST BURPEE YOU IMMEDIATELY GO INTO AN EMOM

#### **EVERY MINUTE ON THE MINUTE**

ROUND YOUR TIMER UP TO THE NEAREST MINUTE AND IN THAT FIRST MINUTE COMPLETE 3 BODYWEIGHT SQUATS. YOU THEN ADD 3 REPS EACH ROUND UNTIL YOU CANNOT COMPLETE THE REPS WITHIN THE MINUTE. WORK TILL FAIL. YOUR SCORE WILL BE THE LAST FULL MINUTE THAT YOU COMPLETED.

MINUTE 1: 3 REPS MINUTE 2: 6 REPS MINUTE 3: 9 REPS MINUTE 4: 12

AND SO ON. KEEP ADDING THEM UP UNTIL YOU CAN NO LONGER GO ON.

YOU THEN CASH OUT WITH THE 150 STAR JUMPS, 100 CLIMBERS, 50 BURPEES.

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DAY 9 - INTRODUCES LOADED RUNNING. BY THIS I MEAN CARRYING WEIGHT IN A RUCK SACK IF YOU HAVE A WEIGHTED VEST USE THAT. IF YOU DON'T LIKE MOST PEOPLE, HERES WHAT YOU SHOULD DO

OPEN A RUCKSACK AND STUFF WITH A THICK FOLDED BLANKET SO THAT THE BOTTOM OF THE BACK IS MADE UP MY THE BLANKET. LEAVING THE TOP HALF FREE. THIS IS TO KEEP WHATEVER YOUR GOING TO PUT IN THERE AT THE TOP OF YOUR BACK INSTEAD OF LOWER.

PLACE DUMBELLS, A WEIGHT PLATE, A KETTLEBELL OR 2 X 2 LITRE BOTTLES OF WATER WILL DO IN ANOTHER BLANKET WRAPPED UP INSIDE THE BAG.

WERE LOOKING TO ADD WEIGHT OF BETWEEN 5KG - 10KG. 5KG FOR COMPLETE BEGINNERS, 7.5KG INTERMEDIATE AND 10KG IF YOU KNOW YOUR BODY

WELL AND TRAIN REGULARLY.

AS A GUIDE 2 X 2 LITRE BOTTLES IS EQUIVALENT TO 4.5KG.

PULL THE STRAPS RELATIVELY TIGHT ON YOUR BACK BUT NOT STUPIDLY TIGHT IT NEEDS TO BE ABLE TO MOVE SLIGHTLY AS YOU DO OR IT WILL BE UNCOMFORTABLE.

IF YOU HAVE BACK PROBLEMS AND KNOW THIS WILL BE AN ISSUE FOR YOU. YOU HAVE THE OPTION TO WALK WITH A LOAD OR JUST RUN THIS ONE AND TRY HIT YOUR LAST 5K TIME.

YOUR TIME YOU SHOULD BE WITHIN ABOUT 2-3 MINS OF YOUR LAST 70% FREE RUN 5K. IF YOU WENT HELL FOR LEATHER ON THAT LAST 5K AND DIDN'T

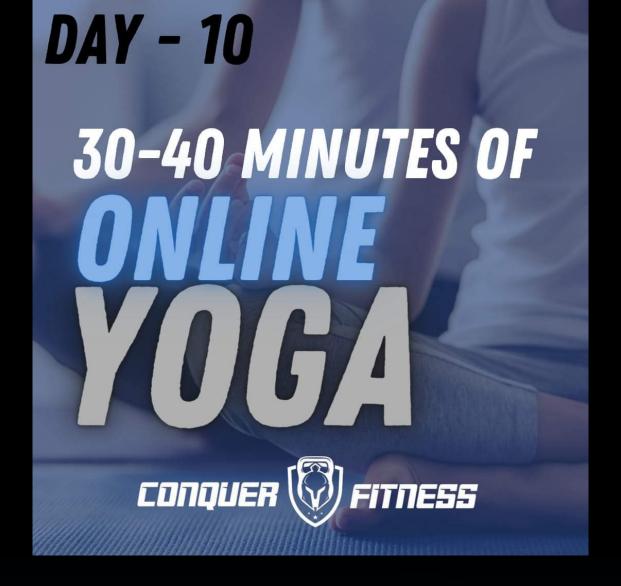
BEARING IN MIND EVERYONE'S LEGS ARE TENDER AND LOADED RUNNING IS NEW TO MOST THIS SHOULD BE CHALLENGING.

LISTEN YOU GOT A TOUGH ONE TOMORROW.

**GROWTH BEGINS WHERE YOUR COMFORT ZONE ENDS.** 

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NORMALLY SUNDAY IS A DAY OF REST FOR ME, BUT WERE ON A CHALLENGE. SO A WELCOMED SIGHT FOR MOST, YOUR CHALLENGE IS FIND A YOGA ROUTINE YOUTUBE OR A FB LIVE AND DO THAT. RD'S OWN STRETCH AND FLEX YOGA HAS A FB PAGE AND LIVE SESSIONS ON THERE OR THERE ARE A LOAD ON YOUTUBE.

PLEASE DON'T LOOK AT THIS AND GO OH I'M NOT DOING THAT ILL HAVE A REST DAY.

PLEASE ENGAGE WITH IT. IF ITS SOMETHING YOU'VE NEVER DONE BEFORE, WE'LL THATS

EVEN MORE REASON TO TRY IT. I CAN GUARANTEE SO MANY OF YOU WILL BENEFIT FROM

IT ESPECIALLY THE BOYS, SO DONT SNUB IT AND TAKE THE DAY OFF.

IF YOU ARE BEHIND ON YOUR DAYS OR MISSED ONE THIS WEEK IM HAPPY FOR YOU TO CATCH UP ON A CHALLENGE. THE LAST FEW DAYS HAVE BEEN INTENSE AND IF YOU'VE DONE EVERYONE SO FAR, YOU WILL BE FEELING PRETTY BEATEN UP ABOUT NOW, SO YOU'LL NEED THIS.

# CLIMB THE LADDER 20 MINUTE AMRAP

START A RUNNING CLOCK, COMPLETE 2 OF EACH MOVEMENT

ADD 2 REPS EACH ROUND. EVERY TWO MINUTES, PERFORM 25 DOUBLE TAPS AND

PICK UP WHERE YOU LEFT OFF AND KEEP CLIMBING UP THE REPS



20 MINUTES OF CONTINUOUS WORK, START WITH 2 REPS OF EACH MOVEMENT, THEN 4, THEN 6... ETC BUT YOU HAVE TO STOP EVERY 2 MINUTES WHATEVER NUMBER YOUR ON COMPLETE 30 DOUBLE TAPS THEN RESUME WHERE YOU STOPPED AND CARRY ON SO YOUL STOP ON 2MINS, 4 MINS, 6 MINS, 8 MINS ETC ALL THE WAY THROUGH TO DO THOSE DOUBLE TAPS. BUT KEEP CLIMBING UP THE NUMBERS ON THE MOVEMENTS.

FOR THE STEP UPS ID USE THE SECOND OR THIRD STEP ON YOUR STAIRS DEPENDING HOW TALL YOU ARE, PLEASE DON'T USE THE BOTTOM ONE. IF YOU DON'T HAVE STAIRS YOU CAN USE A CHAIR OR YOU COULD DO A FORWARD LUNGE INSTEAD. THE STEP UP REPS ARE REPS IN TOTAL NOT EACH LEG.

IF YOU FIND THE DOUBLE TAPS ARE REALLY SLOWING YOU DOWN AND STOPPING YOU GETTING MUCH WORK IN SCALE THEM TO 20 OR 15.

ANY QUESTIONS DROP ME A MESSAGE. YOUR SCORE IS THE NUMBER YOU REACHED BY MINUTE 20. GO HARD

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BIT OF A TRICKY ONE LOGISTICALLY BUT CAN EASILY BE DONE. THE WAY I WOULD DO IT IS, ID GO TO THE HILL IM GOING TO DO MY HILL SPRINTS ON, ID THEN RUN 800M AWAY FROM THERE THEN RUN BACK THE SAME ROUTE THEN THAT WILL BE A MILE. GRANTED YOUR NOT GOING TO GET THE 50M DISTANCE SPOT ON BUT JUST GO BY EYE OR YOU MAY BE ABLE TO MEASURE OUT WITH YOUR WATCHES AND STRAVA, AFTER YOU'VE DONE ONE SPRINT (50M UP AND WALK DOWN) IT SHOULD BE GOING UP IN 100M OR 0.1K EACH TIME.

IF YOU'VE BEEN VERY LUCKY AND CLEVER YOUL BE FINISHING OFF WITH 5,200M (5.2K) TOTAL.

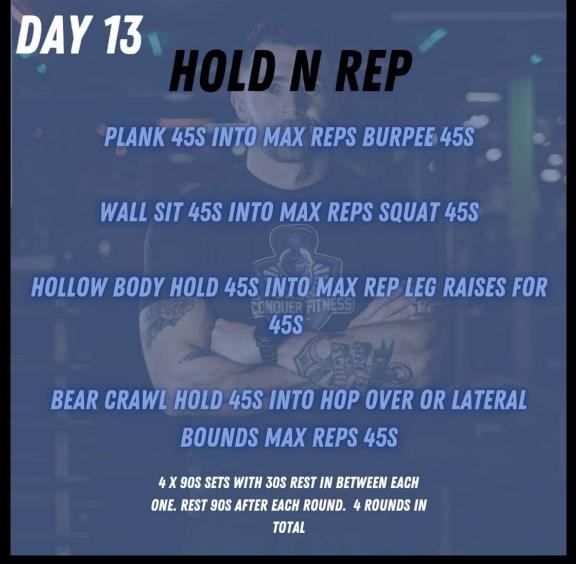
AS LONG AS YOUR MOVING UP HILL QUICKLY FOR A SUBSTANTIAL DISTANCE IM HAPPY. SO DONT WORRY TOO MUCH ABOUT BEING PARTICULAR ABOUT THE DISTANCE. SPRINT/JOG QUICKLY UP AND WALK DOWN. GET THEM DONE AS QUICKLY AS YOU CAN THEN RUN ANOTHER MILE UNDER FATIGUE.

SCALING OPTIONS WOULD TO BE TO GO FOR A LOADED WALK OR POWER WALK THE MILE AND HIT 20 FLIGHTS OF OUTDOOR STEPS INSTEAD OF SPRINTING AND BACK INTO 1 MILE POWER WALK.

IF YOU WANT TO MAKE IT HARDER ADD SOME LOAD LIKE

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THIS IS ONE OF MY FAVOURITE HOME/MINIMAL EQUIPMENT METHODS. ALSO ONE I USE A LOT WITH CLIENTS AND CLASSES.

USING A HOLD AS A "PRE EXHAUST".

YOU MAY HAVE NOTICED BY NOW WERE DOING A LOT OF THESE MOVEMENTS UNDER FATIGUE AND ITS FOR GOOD REASON.

THE WORKOUT IS...

4 X 90S SETS (45 HOLD, 45 MOVEMENT) WITH 30S REST IN BETWEEN EACH HOLD AND MOVEMENT. REST 90S AFTER EACH ROUND (A ROUND BEING THE 4 HOLDS AND 4 MOVEMENTS) 4 ROUNDS IN TOTAL. WILL TAKE YOUR AROUND 40 MINS.

COUNT ALL YOUR REPS AS ONE BIG TOTAL THROUGHOUT EVERY ROUND. SO ADD BURPEEES TO THE SQUATS, THEN ADD THE LEG RAISE ON AND ADD THE BOUNDS ON. THEN ADD YOUR ROUND 1 SCORE TO ROUND 2 AND SO ON TO MAKE A GRAND TOTAL OF REPS ACCUMULATED OVER THE 4 ROUNDS. YOUL NEED A PEN AND PAPER.

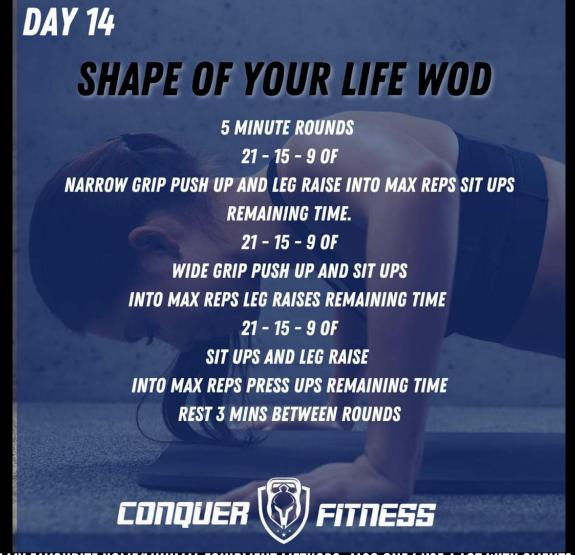
PLANK 45S INTO MAX REPS BURPEE 45S

**WALL SIT 45S INTO MAX REPS SQUAT 45S** 

HOLLOW BODY HOLD 45S INTO MAX REP LEG RAISES FOR 45S

BEAR CRAWL HOLD 45S INTO HOP OVER OR LATERAL BOUNDS MAX REPS 45S

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CONTINUING TO BUILD MUSCULAR ENDURANCE UNDER FATIGUE!

SO THERE'S A FEW WAYS YOU COULD DO THIS. YOU COULD GO ON A ROUTE YOU KNOW WELL RUN 800M LOOK AT YOUR WATCH OR PHONE STOP AT 800M, LUNGE WALK WHERE YOU ARE FOR 80 PACES THEN KEEP RUNNING IF YOU DON'T MIND LOOKING A BIT MENTAL. PROBABLY WOULDN'T BOTHER ME BUT EVERYONE IS DIFFERENT.

ANOTHER OPTION WOULD BE SET UP BASE AT PARK, QUIET SPOT OR YOUR BACK GARDEN RUN HALF THE REQUIRED DISTANCE AWAY FROM THAT SPOT SO ON THE FIRST SET RUN 400M AWAY, RUN 400M BACK THEN DO YOUR WALKING LUNGES IN A PLACE YOU FEEL COMFORTABLE THEN THE NEXT ONE WOULD BE 350M AWAY THEN 350M BACK THEN 70 WALKING LUNGES AND SO ON.

IDEALLY YOUR PACE SHOULD INCREASE SLIGHTLY ON EACH RUN BUT THAT IS GOING TO BE TOUGH AFTER THE LUNGES. FIRST FEW SETS WILL BE TIME CONSUMING BUT ONCE YOUR PAST 500M IT WILL FLY BY.

IF YOU CANT LEAVE THE HOUSE BECAUSE OF CHILDCARE YOUR OPTIONS ARE THESE

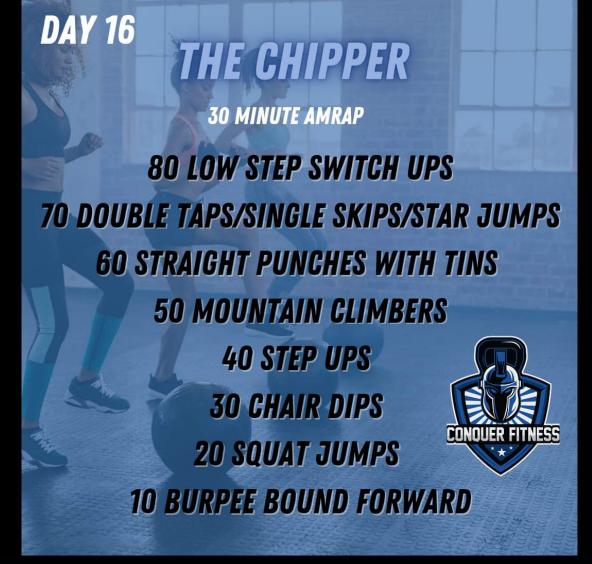
100 DOUBLE TAPS OR 10 STAIR CLIMBS - 100 WALKING LUNGES OR ALTERNATING STATIC LUNGES
90 DOUBLE TAPS OR 9 STAIR CLIMBS - 90 WALKING LUNGES OR ALTERATING STATIC LUNGES

AND SO ON.... IF YOUR REALLY KEEN YOU COULD DO THE DOUBLE TAPS AND THE STAIRCLIMBS INSTEAD OF THE RUN. THAT WOULD BE HELL OF A SWEAT.

IF LUNGING IS TOO PAINFUL FOR YOU YOU CAN SUBSTITUTE IT FOR A SQUAT OR A STEP UP.

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YOU WILL BE ABSOLUTELY DRENCHED AFTER THIS, THIS A STEADY ISH HEART RATE, LOW IMPACT SESSION. IF YOUR ALREADY ACHING THIS SHOULD LEAVE YOU FEELING GOOD AFTERWARDS.

YOU WORK FOR 30 MINS TO THE BEST OF YOUR ABILITY, WHEN YOU FINISH THE MOVEMENTS TAKE A QUICK SWIG THEN START AT THE TOP AGAIN. KEEPING WORKING THROUGH AT A STEADY PAGE. REGORDS HOW MANY ROUNDS YOU HIT.

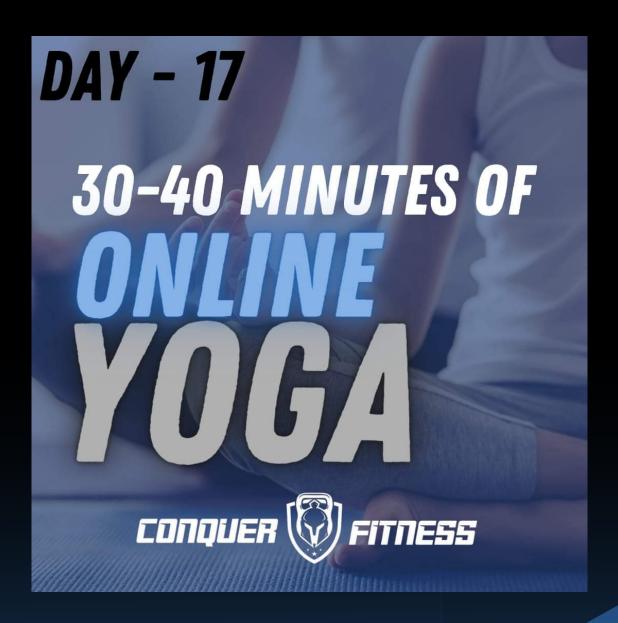
ID POSITION MYSELF AT THE BOTTOM OF MY STAIRS FOR THIS ONE AS YOU COULD USE THEM FOR THE LOW STEP SWITCH UPS, THE STEP UPS AND THE DIPS. THE LOW STEP SWITCH UPS CAN LITERALLY BE DONE ON ANYTHING EVEN A THICK CATALOGUE OR STEP

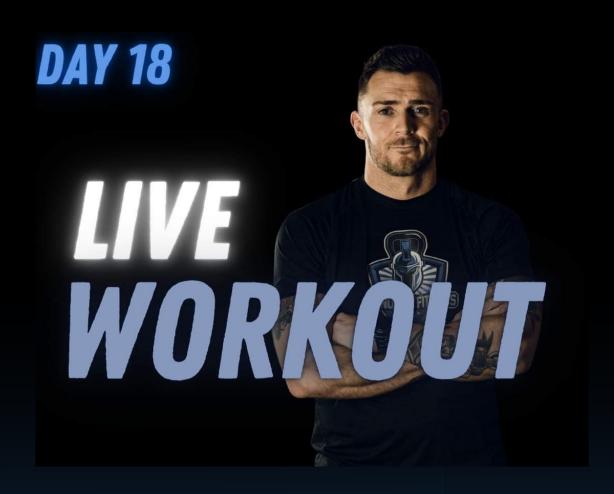
TO CLARIFY IVE GIVEN YOU THE OPTION FOR THE 70 REPS PICK ONE!

THE STRAIGHT PUNCHES WITH TINS, ITS LITERALLY 60 FAST JABS WITH ANY TINS OF YOUR CHOICE. TOTAL PUNCHES NOT 60 EACH ARM. KEEP YOUR HANDS HIGH TRY DO THEM UNBROKEN, IT WILL BE A LOVELY BURN ON THE SHOULDERS.

YOU DON'T NEED TO BOUND ON THE BURPEES BUT IF YOU HAVE THE SPACE GO FOR IT.

A SIDE NOTE: IF YOU DON'T OWN A SKIPPING ROPE. ID INVEST IN ONE CAN GET A DECENT ONE ON AMAZON FOR UNDER A TENNER. ITS A MASSIVE CALORIE BURNER FOR SUCH A LOW IMPACT MOVEMENT. BRILLIANT FOR DEVELOPING COORDINATION, BALANCE AND STAMINA. A 10 MINUTE SKIP IS THE EQUIVALENT TO RUNNING A MILE IN 8 MINS. SO WORTH GETTING TO SUBSTITUTE THESE DOUBLE TAPS AND IF YOUR HOUSEBOUND WITHOUT CHILDCARE AND CANT TO THE RUNS.





TAP ON THE IMAGE TO ACCESS VIDEO



I WANT YOU TO REALLY PUSH TO AN UNCOMFORTABLE PACE AND HIT THIS AS HARD AS YOU CAN. I WANT TO SEE SOME HIGH HEART RATES ON YOUR TRACKER DATA. COMPLETE THE 80, 60, 40 ID RUN 1KM AWAY FROM THE HOUSE RUN BACK THERES YOUR 2K THEN GET STUCK INTO THOSE LAST REPS.



## COMPLETE AS MANY ROUNDS AS POSSIBLE OF THE TWO MOVEMENTS IN THE GIVEN TIME FRAME.

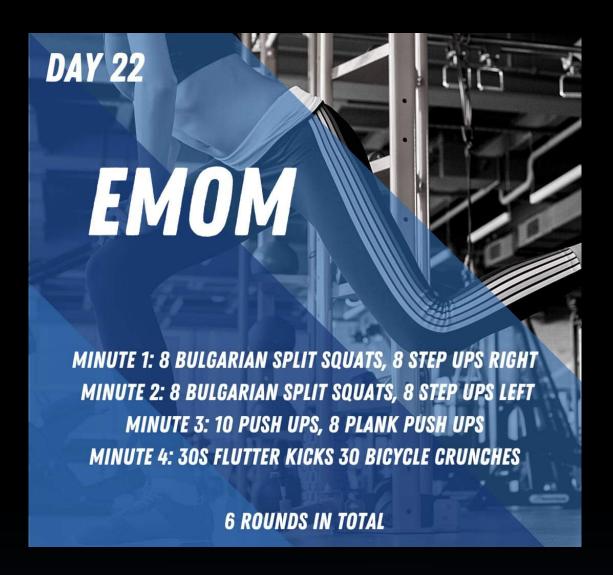
REST 1 MINUTE MOVE ONTO THE NEXT.

IF YOU NEED ANY EASIER ALTERNATIVES MESSAGE ME DIRECTLY



AT THE BEGINNING YOU DID A 5K AT AROUND 70%, WELL IT WAS SUPPOSED TO BE. SO IF YOUR FAMILIAR WITH PACING ON YOUR SMART WATCHES OR STRAVA YOU NEED TO WORKOUT YOUR AVERAGE PACE FOR YOUR 5KM, SO FOR ARGUMENTS SAKE I RAN IT IN 25 MINS, ID DIVIDE IT BY 5. MEANING I'D HAVE TO RUN MY 400'S AT A 5 MINUTE KILOMETER PACE, BUT THAT 5K I LAST RUN WAS A 70% EFFORT AND I'M FITTER NOW... SO I'D TRY RUN A LITTLE FASTER. SAY A 4:45 KILOMETER PACE.

IF ALL THAT IS A LOAD OF JARGON TO YOU THAT YOU DON'T UNDERSTAND YOU CAN EITHER MESSAGE ME AND ILL HELP YOU DICTATE A PACE OR YOU CAN JUST GET OUT THERE AND RUN 10-12 X 400M NICE AND FAST.



NICE LITTLE MUSCULAR ENDURANCE EMOM FOR YOU TOMORROW. NOTHING TOO STRENUOUS
ON THE LUNGS BUT YOU WILL DEFINITELY FEEL THE BURN.

COMPLETE THE TWO LOWER BODY MOVEMENTS ON THE RIGHT SIDE IN MINUTE 1, THE SAME FOR LEFT LEG IN MINUTE 2. THE 2 PUSH UP VARIATIONS IN 3 AND THEN THE WHOLE OF MINUTE 4 WILL BE TAKEN UP 30S OF FLUTTER KICKS, 30S OF BICYCLE CRUNCHES. THEN STRAIGHT BACK INTO MINUTE 1. REPEAT 6 TIMES. IF YOU STRUGGLE WITH BULGARIAN SPLIT SQUATS GO FOR A SPLIT SQUAT OR A LUNGE. USE THE 2ND STEP OF THE STAIRS FOR THE STEP UPS. THE LEG YOUR STEPPING UP ON CAN STAY ON THE STEP TO SPEED THEM UP.

IF 8 IS TOO HARD LOWER THE REPS, IF 8 IS TOO EASY MAYBE GO FOR 10. ADAPT TO SUIT YOURSELVES. IF YOU HAVE A DUMBELL OR KETTLEBELL BELL TRY INTEGRATING INTO THE SPLIT SQUATS AND STEP UPS.



IT IS EXACTLY WHAT IT SAYS ON THE TIN.

400M OF WALKING LUNGES. IF YOU ARE PHYSICALLY ABLE, FIT, STRONG, NO INJURES ID LIKE YOUR BACK KNEE TO TOUCH THE FLOOR FOR EACH REP.

IF LUNGES ARE AN ISSUE FOR YOU, AN ALTERNATIVE WOULD BE 300 BOX STEP UPS.

WE HAVE WORKED A LOT ON LOWER MUSCULAR ENDURANCE SO THIS SHOULDN'T LEAVE YOU IN A MESS FOR DAYS IF YOU'VE BEEN KEEPING UP WITH THE PLAN. BUT IF YOU'VE DROPPED OFF AND THINK OH I FANCY THAT AND GO FOR IT BULL AT A GATE TOMORROW YOUR GOING TO ACHE FOR DAYS.

BE SENSIBLE. IF ITS TOO MUCH, SCALE IT TO 300 OR 200 OR DO MAX REPS IN 10 MINS.



TAKE A WELL DESERVED RECOVERY DAY



TAP ON IMAGE TO ACCESS WORKOUT

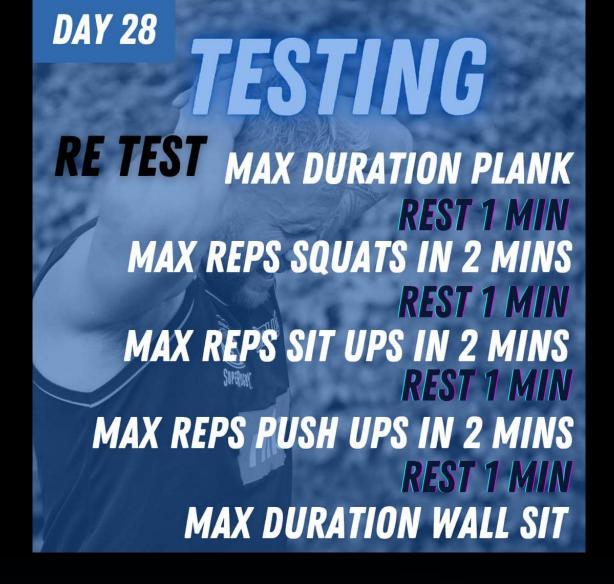


THIS FIRST IN A SERIES OF LOVELY RE TESTS AND CHALLENGES. TIME TO SEE HOW FAR YOU'VE COME IN THE LAST FEW WEEKS. GET YOUR PREVIOUS TIME IN FRONT OF YOU AND SMASH IT. WEVE DONE ENOUGH OF THEM GO FOR IT



WE HAVE DONE A TON OF SINGLE LEG WORK, STEP UPS, LUNGES AND 20 MINUTE MUSCULAR ENDURANCE BLASTS SO WE SHOULD SEE SOME IMPROVEMENTS HERE TOO.

USE THE SAME STEPS YOU USED FIRST TIME AROUND.



IM SURE YOU REMEMBER THIS FROM DAY ONE, GET YOUR OLD SCORES INFRONT OF YOU AND SMASH IT.
YOU SHOULD SEE SOME GREAT RESULTS



## THE TWO TESTS TO FOLLOW WILL TEST YOU TO YOUR LIMITS SO REST WELL



#### **5K TIME TRIAL**

IF YOU RAN THE 10 X 400M LAST WEEK IT SHOULD HAVE GIVEN YOU AN AVERAGE PACE AS A PACEMAKER FOR THIS ONE. IF NOT JUST GO FOR IT. YOU SHOULD BE A GOOD FEW MINS OFF YOUR FIRST 5K WHICH WAS MEANT AT 70% SO WE SHOULD SEE SOME BIG IMPROVEMENTS.

GET OUT THERE AND HIT IT HARD, MAKE A PLAYLIST BEFORE YOU GO OF SONGS THAT GET YOU GOING. GET THAT FIRE GOING IN YOUR BELLY, WELCOME THE NERVES AND THE BUTTERFLY'S THEY WILL MAKE YOU FASTER....RUN LIKE THE WIND, RUN AWAY FROM YOUR DEMONS OR RUN TOWARDS THEM, RUN INTO THE DARKNESS, RUN OUT OF YOUR COMFORT ZONE AND INTO UNCOMFORTABLE TERRITORY.



THIS IS WHAT YOU HAVE BEEN WORKING TOWARDS FOR THE LAST 30 DAYS! ONE OF THE TOUGHEST CROSSFIT HERO WODS CALLED MURPH. THIS YOU HAVE THE OPTION TO DO THIS IN A WEIGHTED VEST OR BACK BACK 5KG FOR THE LADIES AND 10KG FOR THE MEN, HOW YOU PARTITION THE REPS IS UP TO YOU. YOU CAN DO 10 ROUNDS OF 30, 20, 10 OR 20 ROUNDS OF 15, 10, 5. AS LONG AS YOU GET ALL THE DESIRED REPS DONE, SCALE MOVEMENTS HOW EVER YOU NEED TO, ENJOY



THANK YOU AND WELL DONE FOR COMPLETING THE 30 DAY CHALLENGE. THIS WAS ORIGINALLY BUILT DURING COVID-19 LOCKDOWN TO TEST AND MOTIVATE PEOPLE THROUGH A TOUGH TIME. IF IT HAS SERVED A PURPOSE FOR YOU!