

BLOCK BASE TRAINING

WARM UP

Click each movement to view video

- A1) Standing Forward/Reverse Leg Swing: x 8 each
- A2) Standing Lateral Leg Swing: x 8 each
- A3) Standing Single Leg Hip Circle Inside/Out: x 5 each
- A4) Standing Single Leg Hip Circle Outside/In: x 5 each
- A5) Standing Straddle Torso Circle: x 5 each
- A6) Standing Straddle Eyes to Hand Rotation: x 5 each
- A7) Good Morning, Single Leg: x 5 each
- A8) Squat, Overhead to Gorilla: x 8
- A9.1) Crawl, Spider, Forward: 2 x 10 yards
- A9.2) Bum Kicks, Low Level: 2 x 10 yards
- A9.3) High Knees, Forward, Low Level: 2 x 10 yards
- A9.4) Skip-A, Lateral, Low Level: 2 x 10 yards

*Always prep your
training with the
WARM UP*

COOL DOWN

- E1) Supine-Legs Extended on Wall: x 60 seconds
- E2) Supine-Legs Straddled on Wall: x 60 seconds
- E3) Supine-Piriformis Stretch on Wall: x 30s each

*Always recover
from your
training with the
COOL DOWN*

BLOCK BASE TRAINING

DAY 1 |

[Click each movement to view video](#)

B1) Squat, Arm Swing: 3 x 22

B2) Hip Bridge, Supine, Single Leg, 3s Iso at Top: 3 x 8 each

B3) Prone Superman, 3s Iso: 3 x 10

C1) Push up, 5s Iso: 3 x 10

- *Modifier: Push up, 45*, 3s Iso: 3 x 10*

C2) Elbow Plank, Front, Single Leg Elevated, Alternating: 3 x 8 each

C3) Bicycle Crunch: 3 x 15 each

D1) 6-8 Min. Interval Cardio, 75-85% APMHR
(i.e. deliberate jaunt on an aggressively undulating hill course)

DAY 2 |

35 Min. Steady State Cardio, 60-75% APMHR
(i.e., rapid walk on mildly undulating terrain)

DAY 3 |

B1) Lunge, Multi-Directional: 3 x 7 each

B2) Quadruped Alternating Fire Hydrant/Donkey Kick: 3 x 12 each

B3) Prone YWTI Iso Holds: 3 x 8 secs each

C1) Push up, 1/2&1: 3 x 10

- *Modifier: Push up, 45*, 1/2 & 1: 3 x 10*

C2) Elbow RKC Plank, Alternating On/Off: 3 x 4 x 5 secs/5 secs

C3) Star Crunch: 3 x 8 each

D1) 6-8 Min. Interval Cardio, 75-85% APMHR
(i.e. deliberate jaunt on an aggressively undulating hill course)

DAY 4 |

25 Min. Steady State Cardio, 75% APMHR
(i.e., purposeful trek on a moderately undulating trail)