



# ORIGINS 2001

AN ADVENTURE IN PROGRAMMING

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## Day-1: Feb 10 2001



## Workout

For time: Fast and heavy

Dumbell "Thruster" 21 reps

Run 1/4 mile (400m)

Dumbell "Thruster" 18 reps

Run 1/4 mile (400 m)

Dumbell "Thruster" 15 reps

Run 1/4 mile (400 m)

#### **Workout Note**

"Thruster" is a deep front squat to a push press all in one explosive movement.

Time routine from start to finish.

Ranking is a composite of load used in "Thruster" and total time.

Submit body weight because load value is based on percentage of body weight.



# Day-2: Feb 11 2001



#### Workout

Dumbbell deadlift 10 reps

Hang from pull-up bar and slowly curl body until toes touch the bar 15 reps

Dumbell deadlift 8 reps

Hang from pull-up bar and slowly curl body until toes touch the bar 15 reps

Dumbell deadlift 6 reps

Hang from pull-up bar and slowly curl body until toes touch the bar 15 reps

Dumbell deadlift 4 reps

Hang from pull-up bar and slowly curl body until toes touch the bar 15 reps  $\,$ 

Dumbell deadlift 2 reps

Hang from pull-up bar and slowly curl body until toes touch the bar 15 reps

Cycle two minutes at high resistance

Cycle two minutes at high RPM

Cycle two minutes at high resistance

#### **Workout Note**

Increase the deadlift weight each set.

Maintain perfect form or you'll cripple yourself.

Cycle effort is all out; this is not a cruise.

On the bar-toe touch, move in slow motion, i.e, no swing at all.

## Other Thoughts

Look at the Clean & Jerk and Snatch performed by a champion, frame by frame. Notice that he is not pulling the bar up his body, but pulling himself to the bar. Notice, also, the elbows pointed straight ahead in the racked position (tremendous flexibility).

Finally, given that each frame represents an even time interval.

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# Day-3: Feb 12 2001



#### Workout

Today's workout is a simple yet elegant whole-body circuit. Thirty reps of 20 lb. Medicine ball squats.

30 reps assisted pull-ups with 1/2 your body weight as assistance.

Repeat at 25, 20, 15, and 10 reps for a total of five rotations. Record and report your total time for all five rotations.

#### **Workout Note**

FASTEST TIME TAKES IT!

Take a prolonged stretching warm-up and cool-down.

## **Other Thoughts**

The Eades' book Protein Power is a classic in responsible nutrition. Publishers of best-selling books are typically not interested in publishing the author's bibliography. Here are the foundations for Protein Power.

Next time someone tells you that reduced carbohydrate diets are

fads with no scientific basis ask them if they've read any of the

hundreds of scholarly works cited by Michael and Mary Dan Eades.

# Day-4: Feb 13 2001



#### Workout

- 1) "Warm Up": Bike 20 minutes at a warm-up pace. We are doing three sets of back squats at twenty-one reps each. Choose a weight that you feel you can handle comfortably for twenty-one reps of regular back squats. These specialized movements are tough! Make damned sure you warm-up thoroughly with "air squats" and stretching first.
- 2) "Power squat": Lower and rise as quickly as you can while maintaining PERFECT form. Repeat 20 times.
- 3) "Bottom to bottom": Lower to full squat position (thighs parallel to floor), hold for a full ten seconds, rise and immediately upon full extension of hip and leg return to bottom and hold for ten seconds. Repeat 20 times.
- 4) "Super slow": Take twenty seconds to reach the bottom and twenty seconds to reach the top again. Repeat 20 times.
- 5) Finally, how long can you maintain a 2:00 min. 500-meter pace average?

#### **Workout Note**

ninute avera	ge (2:00 fo	r men and	1 2:10 for v	women).	

# Day-5: Feb 14 2001



#### Workout

On Monday, we worked gymnastics/calisthenic movements; on Tuesday, we worked metabolic conditioning with a short, middle, and long-distance effort; on Wednesday, we worked through some of the classics of weightlifting and weight training. Today we are taking a day of active rest. If you've performed to expectation, you'll welcome the break. If you know our methods, you'll make an intelligent inference about tomorrow (hint).

The idea here is to engage in some sport or activity at an intensity above recreational while being below our regular training intensity. Don't count your primary sport! This is a cross-training opportunity.

#### **Workout Note**

Step outside your normal bounds. Below are some suggestions.

Bicycle Hill Climb

Hoops! (Basketball)

Rollerblade

Surf Paddle

Swimming Handball or racquetball

Mountain Hike Tennis

## **Other Thoughts**

Let us not be content to wait and see what will happen, but give us the determination to make the right things happen.

~ Peter Marshall ~ (1902-1949, American Presbyterian Clergyman)

The bench press is a classic exercise. Though overvalued in popular lore, it is still, without a doubt, indispensable to your weight training program. Here is an article on bench press technique from a champion and coach of champions, Dave Tate, of Westside Barbell Club, an epicenter of Powerlifting achievement.

# Day-6: Feb 15 2001



How far can you continue this sequence within one hour? If you can't do the push-ups, do them from the knees. If you can't do the pull-ups, do them with half your body weight as assistance.

## **Workout Note**

Rankings are separate for those doing either assisted pull-ups or push-ups from the knees.



	/

# Day-7: Feb 16 2001



## Workout

Find your best back squat at 5,3, and 1 reps Find your best deadlift at 5,3, and 1 reps Find your best bench-press at 5,3, and 1 reps

## **Workout Note**

Submit your total weight lifted in all nine sets along with your bodyweight.

Rankings are based on total weight divided by body weight.

P. Nor.

# Day-8: Feb 17 2001



#### Workout

Rope climb and do push-ups non-stop for 30 minutes.

The objective here is to climb and push until you can do neither.

Thoroughly exhaust both functions within 30 minutes.

Report the details of the experience both today and the effects tomorrow.

#### **Workout Note**

Count the number of trips up the rope (the CF® rope is a 13' "shorty") and the number of push-ups within the half hour. Remember the CF® push-up is a very rigid body, deep, controlled movement.

No cheating on the push-up!! Find a swimming hole/pool and pound out 15 fast laps!!

## **Other Thoughts**

pulling movement, and yet the exercise is nearly extinct except for police and military training.	

The rope climb is functional, and arguably the ultimate

# Day-9: Feb 18 2001



## Workout

Jump rope for two minutes rest for one minute.

#### **Workout Note**

Can you continue this for thirty minutes?
This is just twenty minutes of cardiovascular exercise.

Go for it!! If you have considerable jump rope experience, "double under" for two minutes rest for one.

Anyone who can keep this up for thirty minutes is an extraordinary athlete.

Jumping or skipping rope is a good tool for developing cardiovascular and respiratory endurance, stamina, coordination, agility, accuracy, and balance.  (This is six of the ten adaptive components.)	

# Day-10: Feb 19 2001



#### Workout

Row 4000 meters @ a 2 min 500 meter pace Within the next 16 mins hang clean 50% of your body weight 21 times

Row 2000 meters @ a 2 min 500 meter pace

Within the next 8 mins hang clean 50% of your body weight 18 times

Row 1000 meters @ a 2min 500 meter pace

Within the next 4 mins hang clean 50% of your body weight 15 times

Row 500 meters @ a 2 min 500 meter pace

Within the next 2 mins hang clean 50% of your body weight 12 times  $\,$ 

## **Workout Note**

There's no rest here other than the time allowed for the hang clean.

Not everyone can make the numbers, do what you can safely, effectively.

# Day-11: Feb 20 2001



#### Workout

Bike 5 mins hard. Dumbbell Bench-press 15 reps. Bike 5 mins hard. Dumbbell Bench-press 15 reps. Bike 5 mins hard. Dumbbell Bench-press 15 reps.

## **Workout Note**

After a warm-up make your first effort a heroic effort on the bike and record the distance. Take any rest needed and give the best dumbbell bench-press you can at fifteen reps or less. Again, rest as long as you want then repeat both efforts. Use the same weight for each bench press set.

If the first cycling and bench-press effort are true max efforts, then the second and third efforts are not repeatable no matter how long the rest.

To test the quality of the first efforts and demonstrate the point of the workout take a LONG break after each couplet.

Keep the rest between cycle effort and bench-press constant for each couplet.

Attila the H	un			

# Day-12: Feb 21 2001



## Workout

Row 500 meters

Rest as needed

Deadlift max at 15 reps, immediately on last rep, come up and...

Max set of pull-ups.

Rest as needed.

Repeat deadlift set again, come up immediately on last rep and...

Max set of pull-ups.

Rest as needed.

Repeat deadlift set again, come up immediately on last rep and...

Max set of pull-ups

Rest as needed.

Row 500 meters

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amous specificit		General	who	understood	training

# Day-13: Feb 22 2001



## Workout

You deserve a break today!! IT'S AEROBIC DAY!

Today's workout is a long (1/2 hour +), slow (low intensity), recreational (keep it fun) effort. Bike, Run, Swim, or Row.

#### **Workout Note**

This is an active rest for any accomplished athlete. If you'd itch for some additional work, do some ab work. Otherwise, take it easy.

"Bodily exercise, when compulsory, does no harm to the body; but
knowledge which is acquired under compulsion obtains no hold or
the mind "

Plato, The Republic
Mid-distance running is anaerobic work. Anaerobic work comprises the bulk of athletic training and yet it is tragically neglected by gyms, trainers, popular magazines, and the general public. This ignorance can be demonstrated quantitatively, to wit: We did a search for "anaerobic training" on Alta Vista and came up with 17 hits for the term, when we repeated this for "aerobic training" I found 14,598 hits. Interestingly, the popular (gyms, magazines, internet, etc.) ignorance of anaerobic training is not shared by professional sports, or NCAA Div 1 University Programs and of course CF®.

# Day-14: Feb 23 2001



#### Workout

Hollow Rock for 1 Minute

(Lie on your back, place your arms overhead, and rock smoothly back and forth like a rocking chair.)

Arch Rock for 1 Minute

(Lie on your stomach, place your arms overhead, lift your heels with straight legs, and rock smoothly back and forth like a rocking chair.)

Ten one legged squats, left leg

(Hold your jump rope strung over your pull-up bar for balance and assistance if you've not developed the fitness for this yet.)

Ten one legged squats, right leg

(Same assistance if needed.)

Repeat the above twice for a total of three circuits.

## **Other Thoughts**

"To exercise at or near capacity is the best way I know of reaching a true introspective state. If you do it right, it can open all kinds of inner doors."

Al Oerter - 4 time Olympic Gold Medalist in Discus

No gym is complete without paralettes. The exercises done on paralettes contribute immeasurably to being CF®.

Here is a simple plan for building your own pair.

Parallette Construction - A very useful piece of exercise equipment that can be made quickly and cheaply. What you need: About 6-9 feet of PVC or ABS pipe (decide how much you need based on the measurements below). Four T connections. Four elbow joints. Eight end caps. (the diameter can be 3/4-1 1/2 in. depending on the size of the person to use the parallettes) Your local hardware store should have this great stuff.

- 1. Cut two 10-14 in. pieces of pipe. (These will be the portions you hold onto) Stick an elbow on both ends of both of these pieces.
- 2. Cut four 3-8 in. pieces depending on the height you want, keep in mind the elbows and T joints will add to the total height. The most important part of this step is to keep all these pieces the same length. Place these in the other end of the elbows, and attach the T joints to the free ends.
- 3. Cut eight 4-6 in. pieces depending on the base width you desire. Wider is more stable, but takes up more space. Place these pieces in the available slots in the T joints and cap the other ends. You now have parallettes.
- 4. You will want to score the surface of the grip portion of the parallettes with a wire brush or scouring pad so that chalk will stick to itfor a better grip.

# Day-15: Feb 24 2001



#### Workout

Rope Climb X 3 Box Jump 2mins (50 jumps @ 20" box) 21 Dips

Box Jump 90secs (40 jumps @ 20" box)

15 Dips

Box Jump 60 secs (30 jumps @ 20" box)

12 Dips

Box Jump 30 secs (20 jumps @ 20" box)

9 Dips

Rope Climb X 3

#### **Workout Note**

Submit time for completion of entire workout. Ranking requires completion of jumps on time and at height. CF® rope is 13ft.

Though the "Workout of the Day" is designed to meet the needs of elite athletes readying for the highest levels of competition, they can be toned down to provide an acceptable challenge for even the novice exerciser. Choose lighter loads, reduce reps, slow the pace, and substitute one pulling, pushing, or leg exercise for tamer versions of the same function.

The "Workout of the Day" is engineered to elicit an adaptive response consistent with the CF® philosopy (see CF® Foundations).

Following the workout daily provides a substantial volume of exercise at HIGH intensity while minimizing the likliehood of burnout and overtraining or orthopedic over-stress. Considerable thought and energy has been given to the precise order and nature of the workouts. Alterations of this pattern potentially risks burnout, injury, or gaps in your fitness.

"He's soft and he's fat and he's wearing my clothes and he's

stop run	setting too old and he was born on my birthday and i'm airaid in stop running, he'll catch up with me." The Nike poster definition of masters athlete motivation				
	o poster de		ascers acri		

# Day-16: Feb 25 2001



#### Workout

1) Bike 20 minutes at a warm-up pace.

We are doing three sets of back squats at twenty-one reps each.

Choose a weight that you feel you can handle comfortably for twenty-one reps of regular back squats. These specialized movements are tough! Make damned sure you warm-up thoroughly with "air squats" and stretching first.

2) "Power squat":

Lower and rise as quickly as you can while maintaining PERFECT form. Repeat 20 times.

3) "Bottom to bottom":

Lower to full squat position (thighs parallel to floor), hold for a full ten seconds, rise and immediately upon full extension of hip and leg return to bottom and hold for ten seconds. Repeat 20 times.

4) "Super slow":

Take twenty seconds to reach bottom and twenty seconds to reach top again. Repeat 20 times.

5) Finally, how long can you maintain a 2:00 min. 500-meter pace average?

Set the rower for "Avg 500 meter pace" and stop and record the time at the instant you fall under the 2:00 minute average (2:00 for men and 2:10 for women).

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# Day-17: Feb 26 2001



#### Workout

If nobody minds, we'll give the legs a little break today-How many pull-ups can you do in an hour? Success comes here by pacing and not going to failure on any set.

Rankings will be by weight class.

#### **Workout Note**

Don't be foolish and fill in with any met-con (cardio) or other work. You don't know what looms! Also, if you're current with the path the other athletes have been following and your intensity has been worthy of your best efforts you are long overdue for a reduced metabolic load.

Our "Workout of the Day" is engineered with great dilligence to care for ALL of your fitness needs. If some days seem too easy that is because workouts either before or coming are tortuous and the backing off is warranted. We are feeding you a regimen that represents the ultimate challenge for the world's best athletes.

If you are concurrently training for sport, like most of our athletes, temper your efforts to allow for successful sport training. This is a learned skill requiring a finely honed sense of self. On the days when your sports training regimen is lighter, tear it up with our strength and conditioning workout. On days when your sports training regimen is tough, moderate your efforts. Many of our athletes are able to engage the "Workout of the Day" right up to and during competition by just "going through the motions" while still "doing" the daily workout.

Again, the "Workout of the Day" is designed to accomodate additional sport training, recreational activity, or stand alone by simply modulating the intensity of your effort. If you need help with this concept email at feedback@CF®.com and one of our coaches will gladly help you come to terms with this.

## **Other Thoughts**

"Trample the weak. Hurdle the dead."

Anonymous

Fred Hatfield has great instincts regarding fitness and performance.

He is a powerlifting champion but brings valuable insight to our concerns.

# Day-18: Feb 27 2001



#### Workout

We are due for a little circuit work. Circuit training is an excellent test of your overall fitness. At CF® intensities it becomes debilitating.

We use it sparingly and go all out! This is "combat" or "getting out of the burning building" fitness.

Decide loads and assistance (if absolutely necessary to get ALL reps)

before starting. Be smart, shelve your ego and shoot for rapid completion with NO rest. Submit record of total time, weights for each lift, and assistance (if needed on pull-ups and dips). Set up recording sheet ahead of time. Rip!!

Bike for 3 miles Twenty ball-squats (20 lb. Med ball) Twenty push-ups Twenty pull-ups

Row 500 meters Box step up (20") with dumbbells, 25 right , 25 left Bench-press 15 reps Rope climb Jump rope 200 jumps Lunge 20 steps alternating right-left Push-press 15 reps Upright row 15 reps

Run 800 meters (app. ½ mile) Deadlift 15 reps Twenty dips Twenty power-cleans

Box Jump (20") 50 jumps Dumbbell "Thruster" (Deep front squat/push-press) 20 reps Twenty push-ups Twenty pull-ups

Superficial goals lead to superficial results." attila the Hun				

# Day-19: Feb 28 2001



## Workout

Swim leisurely for thirty minutes. Make this relaxing. If you're not a strong swimmer this may be more difficult. In that case, you need the exposure.

#### **Workout Note**

If you are tempted to do more, either you've been loafing or you're just tuning in.

This is a much-needed break for the athletes in synch with the program.

ime thing Isworth Lo		stronger.	

# Day-20: March 1 2001



## Workout

Today we shift back to weightlifting. Bench Press 5 sets (10,7,5,3,1 reps) Deadlift 5 sets (10,7,5,3,1 reps) Run 400 meters

Rest 5 minutes Run 400 meters Rest 5 minutes

Run 400 meters

## **Workout Note**

Weightlifting exercises and runs must be completed within one hour.

Report your total weight lifted and the three 400-meter times.

those who hustle Abraham Lincoln	e."	e wno wan	, but only	the things	iert by

# Day-21: March 2 2001



#### Workout

We are ready for a break from the neurological and orthopedic stresses of weightlifting and hard and heavy leg work.

Here is an interval that the NSCA identifies as being smack dab in the middle of the lactic acid metabolic pathway. Remember one of the advantages of interval training is that we get extended exposure to cardiovascular work without the muscle wasting consistent with extended aerobic work.

On the Concept II Rower set up for intervals and go all out for 60 seconds

Row easy for two minutes.

Repeat for a total of fifteen efforts.

This is a total of forty-five minutes, yet the work is designed to enhance anaerobic capacity. Now here's the really cool part: even though this work is predominantly anaerobic (lactic acid pathway), it carries a heavy aerobic benefit without the disadvantages of reducing speed, power, and strength known to accompany aerobic training.

This is a total of forty-five minutes, yet the work is designed to enhance anaerobic capacity. Now here's the really cool part: even though this work is predominantly anaerobic (lactic acid pathway), it carries a heavy aerobic benefit without the disadvantages of reducing speed, power, and strength known to accompany aerobic training.

On setup scroll the display to show meters in the lower window. On your first effort throw as many meters up in the minute as you can. On the subsequent fifteen efforts fight for as much of the first distance as you can.

On completion use recall to scroll through all fifteen intervals and record and submit the meters rowed for each interval.

If you need help setting up the rower email us at feedback@CF®.com.

If you don't have access to a Concept II Rower, buy one.

## **Other Thoughts**

"Things may come to those who wait, but only the things left by those who hustle."

Abraham Lincoln

# Day-22: March 3 2001



Rest Day!

## **Other Thoughts**

"The quality of a person's life is in direct proportion to their commitment to excellence."

Well about now you're pretty beat-up. Today is a day of active rest. We want you to stretch thoroughly and participate in some recreational activity, i.e., softball, basketball, mountain bike, surf,

Vince Lombardi

swim, etc.					
Get ready to fire back up on Sunday.					

## Day-23: March 4 2001



#### Workout

This is an amazingly complete workout in only twenty-four minutes. Set-up the rower for intervals of twenty seconds work and ten seconds rest. Set the rower to display meters in the lower window. Go all out on the first effort.

On subsequent efforts work to capture as many meters as in the first effort.

In the same interval pattern, 20on/10off X 8,

Squat (air squat).

Same interval pull-ups.

Same interval push-ups.

Same interval sit-ups.

#### **Workout Note**

If you transition from one exercise to the next in ten seconds, this is a twenty-minute workout. For all but the best athletes this will be all but impossible.

Transition from one exercise to the next as quickly as you can. One-minute maximum transition break! No ranking will be considered for total time that exceeds twenty-four minutes.

Ranking is based on least number of meters in each of eight rowing intervals, and least reps in each of eight intervals for each of the other four exercises.

Submission includes five numbers: least number of meters in rowing, least number of squats, least number of pull-ups, least number of push-ups, and least number of sit-ups.

## **Other Thoughts**

"One shouldn't be afraid to lose; this is sport. One day you win; another day you lose.

Of course, everyone wants to be the best. This is normal. This is what sport is about.

This is why I love it."

Olympic Gold Medallist Oksana Baiul

The 20 seconds on / 10 seconds off interval repeated 8 times is the interval first researched by Dr. Izumi Tabata. The CF® crew was early pioneers of this interval and was first to apply it to the squat. Today we are going to use this interval with five separate exercises. We will row, squat, pull-up, push-up, and sit-up. This represents the range of functional movements (met. con, hip extension, pulling, pushing, and trunk/hip flexion).

# Day-24: March 5 2001



#### Workout

Today we are going to run and deadlift.

This was reported to be a pernicious combination last week,

so here it is again! (Just for you, Garth)

Run 200 meters, then immediately

Deadlift 10 RM load (a load you can lift ten times but not eleven)

10X

Rest as needed

Run 400 meters, then immediately

Deadlift 5 RM load 5X

Rest as needed

Run 600 meters, then immediately

Deadlift 3 RM load 3X

Rest as needed

Run 800 meters, then immediately

Deadlift 1RM load 1X

Done

#### **Workout Note**

These are max efforts at each lift. The runs are all-out, no whimping out!

The entire workout must be completed within an hour. No exceptions.

## **Other Thoughts**

"You have to go into the jungle, find the lion, and spit in his face...then shoot him.

You guys are not good enough to win on talent alone...you have to want it."

Herbie Brooks- coach of the 1980 U.S. Olympic hockey team HOW NOT TO JUMP!

Here is a computer animation that simulates a vertical leap at three heights.

Though the simulation MAY accurately represent typical mechanics of an

untrained athlete, it is flawed from the perspective of optimal performance.

All of this is amusing because the animators are proud of their incorporation

of biomechanical analysis in their work. The biomechanical errors are not

glaring but very real and fairly obvious. Can you report the problem?

(Hint the problem is worse on landing than taking off.)

## Day-25: March 6 2001



#### Workout

200 sit-ups no matter how long it takes. Make them nice!

Stretch thoroughly. Used as a rest to slow down pace and come in to the next phase relatively fresh.

Do 50 dips, with or without assistance. This is a 50RM set, i.e., ideally, 51 should be impossible.

Immediately, run for ten minutes on a "windsprint" bike or a stairclimber at max level.

Rest as needed.

Do 35 dips, with or without assistance. This is a 35RM set, i.e., ideally, 36 should be impossible.

Immediately, run for five minutes on a "windsprint" bike or a stairclimber at max level.

Rest as needed.

Do 20 dips, with or without assistance. This is a 20RM set, i.e., ideally, 20 should be impossible.

Immediately, run for five minutes on a "windsprint" bike or a stairclimber at max level.

200 sit-ups no matter how long it takes. Again, make them nice!

#### **Workout Note**

Do as many of the dips as you can without assistance on failure jump to Gravitron (or like) and complete set with minimal assistance. We are exhausting the pushing function partially with an eye to making the arm supporting contribution on the bike or stairlcimber very tough

## **Other Thoughts**

"There will come a point in the race, when you alone will need to decide. You will need to

make a choice. Do you really want it? You will need to decide." Rolf Arands

We're going back to Dr. Seiler's site today for a look at lactate threshold. For you techies

and coaches this is essential stuff. You may recall that lactate threshold is the second

wave of endurance adaptation. (The first being VO2 max.) At CF  $\!\!\!\! \text{@}$  we are only

interested in the first two waves of adaptive response. The third comes at great cost to

your overall physical capacity.

## Day-26: March 7 2001



#### Workout

Row 5k

## **Other Thoughts**

"The heights which great men reached and kept, were not attained by sudden flight,

they, whilst their companions slept, were toiling upwards in the night.

I know I've discussed high intensity training protocols versus periodized protocols with some of you. Here is a coach, Jim

Henry Wadsworth Longfellow

Kielbaso, defending the high intensity training (HIT) protocol with remarkable candor. In the world of strength and conditioning, the coach is still the authority, not the scientist.

## Day-27: March 8 2001



## Workout

Today we are employing a drill the CF® crew calls the "wall-ball." The wall-ball drill is a deep front squat followed through with a push-press and overhead throw. The ball, a 20 lb Dynamax medicine ball should make contact with the wall at about two feet over your reach and rebound to your hands where you immediately bring the ball back to your chest and squat to absorb the impact. The movements up and down are mechanically identical. Stand about 18 inches away from the wall. The idea is to be in constant motion either on the way up or catching and lowering. The major faults here are either to not squat to parallel and to let the ball contact with a thud rather than gently absorbing the impact with the arms and legs.

Run 800 meters.

Stretch for ten minutes.

Wall-ball for 50 throws within 2 minutes.

Immediately do as many pull-ups as possible in five minutes.

Rest 5 minutes.

Wall-ball for 50 throws within 2 minutes.

Immediately do as many pull-ups as possible in five minutes.

Rest 5 minutes.

Wall-ball for 50 throws within 2 minutes.

Immediately do as many pull-ups as possible in five minutes.

Rest 5 minutes.

Run 800 meters.

Stretch for ten minutes.

## **Other Thoughts**

"Don't worry about upgrading your equipment. Upgrade your body."

-Anonymous cyclist

There are adaptations to endurance training that are inconsistent with the needs and aims of most athletes. Endurance work is vital, yet must be limited if you want optimal fitness and health. Here is Dr. Seiler articulating the third wave of adaptation to endurance training. The adaptation he reviews in this article is essential to elite endurance performance. Can you explain precisely what it is about this adaptation that seriously curtails elite high intensity performance?

# Day-28: March 9 2001



#### Workout

Jump rope, double under for two minutes.

(Double under is where the rope passes under the legs twice for each jump)

Lunge forty steps, twenty each leg, alternating right and left.

Bench-press body weight for max reps.

Lunge twenty steps, ten each leg, alternating right and left leg with dumbbells totaling 1/3 your weight.

Bench-press body weight for max reps.

Lunge 10 steps, five each leg, alternating right and left leg with dumbbells totaling ½ your weight.

Bench-press body weight for max reps.

Jump rope, double under for two minutes.

#### **Workout Note**

These are walking lunges, not the ineffective ones! Submit time and bench press reps for ranking.

## **Other Thoughts**

catch avcallance "

Vince Lombardi
Paul Chek runs a program in San Diego that shares many of the CF® precepts.

"Perfection is not attainable, but if we chase perfection we can

# Day-29: March 10 2001



## Workout

Today we are swimming. This is a breathing exercise designed to improve anaerobic performance. We're taking a bit of a break. Get ready for Monday!!

Swim the entire length of an Olympic Pool underwater.

When able, return surfacing once at about the middle of the pool.

Again, as soon as able cross. This time surfacing only twice, once at about 1/3 across and again at 2/3 across.

Repeat this pattern 4 times for a total of 5 times or fifteen lengths.  $\,$ 

Record your total time to complete the exercise.

Done right, this has much of the feel of drowning. Good luck!

#### **Workout Note**

Rankings based on total time to completion. Rest after each pass only as long as needed to complete the next pass. If you should have to surface more than the pass requires, rest andrepeat the effort.

## **Other Thoughts**

derives from the

severe justice of strenuous play in a circumscribed universe of rules that protect
the integrity of competition. Records are worth recording, and worth striving to
surpass, because they serve as benchmarks of excellence achieved under the
pressure of competition."
George F. Will

"Part of the beauty and much of the moral seriousness of sport

# Day-30: March 11 2001



Rest Day!

"If you believe in yourself, have dedication and pride and never quit, you'll be a winner.
The price of victory is high, but so are the rewards." Paul "Bear
Bryant
(Late, great coach of the Alabama Crimson Tide football team)

# Day-31: March 12 2001



#### Workout

Here we go again!!

We're returning to the "CF® Challenge":

Apply the "Tabata Interval"

(20 secs of work followed by 10 secs of rest repeated 8 times) to:

Rowing

Squatting

Pull-ups

Push-ups

Sit-ups

#### **Workout Note**

For the Rowing record the number of meters you complete in each interval.

For the other exercises record the number of reps you complete in each interval.

You get a minute break between each exercise.

The lowest numbers from each exercise are added for a total score.

This is an extremely challenging workout. It takes exactly 24 minutes to completion.

Your final score is an excellent measure of your total fitness

"The doctor of the future will give no medicine, but will interest his
patients in the care
of human frame, and in the cause and prevention of disease."
T. A. Edison

# Day-32: March 13 2001



#### Workout

Today we're on bikes. Find a climb, close to home, of about 1,000 feet.

Tackle this thing with every once of effort you can muster. This is a 100% effort.

Submit/save the time for posterity

## **Workout Note**

The psychological and metabolic benefits of high intensity hill climbing, i.e., competitively and for time, are enormous. If you don't like it, good. If you think it's fun it's doing you no good. Be tough, be aggressive.

All men are created equal, some are just faster than others" arren Franklin, amateur mountain biker				

# Day-33: March 14 2001



#### Workout

Stretch: back, hips, legs, chest, shoulders.

Trunk flexion: sit-ups.

Trunk extension: back extension.

Hip flexion: knee ups.

Hip extension: air squats.

Push: dips.

Pull: pull-ups.

Weightlifting: deadlift

Row: 2K meters

Stretch: back, hips, legs, chest, shoulders.

#### **Workout Note**

See how tough you can make this workout. This is a high intensity training session.

We're just doing one set of each exercise make it a killer! Each set should be a max effort.

No resting during set. Rest as needed between exercises.

Report your efforts for feedback. Include times in your workout, but don't include stretch time in total.

"Even the strongest have their moments of fatigue." Friedrich Nietzsche					

## Day-34: March 15 2001



#### Workout

Start with a calisthenic, whole body, single set per exercise miniroutine. We will explore dozens of these "mini workout warmups". They all contain elements of hip/trunk flexion & extension, pushing and pulling.

Stretch (hips, legs, back, chest, and shoulders)

Sit-ups

Back extensions

Squats

Rope climb or pull-ups

Dips or push-ups

Clean and Jerk 15,12, and 9 reps (If you need help with this movement contact us.

We offer regular free seminars in the Olympic lifts)

Finish with the same effort coming in.

Sit-ups

Back extensions

Squats

Rope Climb or pull-ups

Dips or Push-ups

Stretch

#### **Workout Note**

No metabolic conditioning today. That suggests something about tomorrow to those of you who are paying attention.

slow aerobics and bodybuilding routines."
-Greg Glassman

# Day-35: March 16 2001



## Workout

Row a 2K for a personal best.

We will continue today on our recurrent theme of core-focus.

1) Hanging from the pull-up bar SLOWLY lean back and lift your feet towards your

hands until your tows gently touch the bar. Repeat for a total of twenty times.

- 2) Arch rock for one minute.
- 3) Fifty sit-ups with substantial support (towel or abmat, etc.) under the lumbar spine.

Knees up and apart, feet together.

- 4) Thirty back extensions.
- 5) Hollow Rocks for sixty seconds.
- 6) 20 Stiff legged deadlifts. These are performed with an arched back! From the stand,

bow down letting the chest lag behind as far as possible. Do not surrender the arch in

your lower back. Done right you won't get anywhere near the floor with the barbell. If

your mechanics are correct you will feel an extraordinary tightness in the hamstrings.

- 7) Hold an L for sixty seconds. Repeat two times for a total of three efforts.
- 8) Twenty five times perform a "hug-a-twinky".

#### **Workout Note**

Some of you may be tempted to slough off the moves that you can't perform. You need to understand that what you can't do here clearly defines your deficiencies as an athlete.

Any reasonably conditioned athlete can do all of these without much difficulty. If you find a chink in your armor, work daily on correcting it.

"Man is not cut out for defeat. Man can be destroyed but not

## Other Thoughts

-1 - 6 - - 4 - -1 11

E. Hemingway			

## Day-36: March 17 2001



### Workout

Today's workout is a "gimme." We are doing five sets of bench press.

We are giving the "power-zone" (mid-section) a rest. Know why?

Perform your bench press at 5-4-3-2-1 reps. Increase weight at each set.

Take long break between sets. Go for max weight at each lift.

Stretch.

"Excess, upon occasion can be exhilarating, because it prevents moderation from
acquiring the deadening effect of a habit."
Somerset Maugham

## Day-37: March 18 2001



#### Workout

Today: Find your way to a track with a place for pull-ups. Often, there will be parallel bars as well as a pull-up bar. Run 400 meters (once around for those new to the track) Do 50 pull-ups in as many sets as required (if you don't have 10 pull-ups, do 200 jumping pull-ups) Run 400 meters

Do 50 dips or 75 push-ups in as many sets as required  ${\rm Run}\ 400\ {\rm meters}$ 

Do 75 air squats

Run 400 meters

Ranking based on total time for workout

### **Other Thoughts**

even though checkered by failure . . . than to rank with those poor spirits who neither enjoy much nor suffer much, because they live in a gray twilight that knows not victory nor defeat." Theodore Roosevelt

"Far better it is to dare mighty things, to win glorious triumphs,

## Day-38: March 19 2001



### Workout

Back Squat for five sets each at ten reps:

1st Super-slow, 20 seconds round trip

2nd Bottom-to-bottom (rest at bottom, no stop at top)

3rd Ten second pause at bottom of each rep

4th Eyes closed (better use spotter or you'll die)

5th Ease down, EXPLODE-UP!!!

Swim a mile. This is about 30 lengths of a 50-meter pool

for elite ath	
	bility, control of the major body axis, is a CF® constant.

## Day-39: March 20 2001



#### Workout

Today we start and end with our calisthenic warm-up and cool down and throw a little rowing and power cleans in the middle. There's no break between the rowing and the power cleans. The warm-up and cool down are max or near max rep sets with lots of rest between efforts. This is a tough one.

Ab bench

Back extensios

Air Squat

Pull-up

Dip

Row 500 meters

Power Clean 21 reps

Rest 5 minutes

Row 500 meters

Power Clean 15 reps

Rest 5 minutes

Row 500 meters

Power Clean 9 reps

Rest 5 minutes

Ab bench

Back extension

Air Squat

Pull-up

Dip

## **Other Thoughts**

he's	t keep nis for salivating etarian diet	and	trembli		I've	got	him	on	the	best
20,										

"I don't know what's wrong with my damned dog; he's dying. He

# Day-40: March 21 2001



### Workout

Five sets of the triple, Sit-up Back extension Bench-press 5-10RM

### **Workout Note**

Move methodically, deliberately, with precise SLOW movement. Don't hurry; minimize the cardiovascular quality. This is strength training only!

Make each effort a serious challenge.

## **Other Thoughts**

he certainly has developed in more ways than physical. It raining? That doesn't matter. Am I tired? That doesn't matter, either. Then willpower will be no problem." Emil Zatopek	s it

"When a person trains once, nothing happens. When a person forces himself to do a thing a hundred or a thousand times, then

## Day-41: March 22 2001



#### Workout

Jump Rope 300 jumps Sit-up 30 Back extension 20 Walking Lunge 30 steps Push-ups 30 Pull-ups 15

Bike 1.5 miles Ab bench 25% BW X 25 Stiff Legged Deadlift 50% BW X 21 Deadlift 75% BW X 15 Bench-press 75% BW X 12 Upright Row 50% BW X 10

Row 1000 meters Hollow Rock 1 min Arch Rock 1 min Back Squat 75% BW X 15 Push-press 50% BW X 12 Power Clean 50% BW X 10

Calculate loads (BW = body weight) before beginning. Time entire workout. Shortest time "takes it."

"A True Warrior Than Oneself."T.	without a	Purpose	inat is	Greater

## Day-42: March 23 2001



### Workout

Today is trunk work and a run.

30 sit-ups and 21 back extensions
Run 1 mile for time

No rest between sets for the following:

50 sit-ups

21 back extensions

Hang from bar and slowly raise legs, curl and touch toes to bar 25 times.

Arch rock 1 minute

25 crunches on glute-ham back extension apparatus (upside down on back extension app.)

Stiff-legged deadlift 50 % BW for 25 reps

Stretch

"Wisdom is be strong man." Book of Wisdo	trengtn. <i>A</i>	and a Wise	e man is r	etter tnan a

## Day-43: March 24 2001



#### Workout

You guessed it, today we are determining our total for the three Powerlifting lifts,

the deadlift, bench-press, and the squat.

Take your time. Warm-up with sets of three to five reps. Rest. Increase the weight,

drop the reps, and lift again. Repeat this process until you've established a max

weight for each lift. Total the lifts and submit for ranking. The total is comprised of

your max lift at one rep for each exercise

### **Other Thoughts**

"We keep going back, stronger, not weaker, because we will not allow rejection to beat us down. It will only strengthen our resolve. To be successful there is no other way."

Our weight training culminates in the sport of Weightlifting; this is

the Olympic sport that includes the "Clean and Jerk" and the

"Snatch." The squat, bench-press, and deadlift are used to support

~ Earl G. Graves ~

of Powerlif therefore	ting. CF® e of both Olgight training	mploys the	training t	echniques	and lifts
	.6.16 6161111118				

## Day-44: March 25 2001



Rest Day!

### **Other Thoughts**

I am responsible. Although I may not be able to prevent the worst from happening,

I am responsible for my attitude toward the inevitable misfortunes that darken life.

Bad things do happen; how I respond to them defines my character and the quality of my life. I can choose to sit in perpetual sadness, immobilized by the gravity of my loss, or I can choose to rise from the pain and treasure the most precious gift I have

- life itself.
- ~ Walter Anderson ~ (American Trainer, Author)

## Day-45: March 26 2001



#### Workout

Ab-bench (or other sit-up that ranges from trunk extension through to flexion) 30 reps at max weight
Back extension 25 reps
Air Squat 50 reps

For the next phase we are doing pull-ups and dips or muscle-ups if you've got one!

Six sets of pull-ups (max effort, record the total, take as much time as needed between sets)

And,

Six sets of dips (max effort, record the total, take as much time as needed between sets.

OR, if you have a muscle-up,

Ten muscle-ups (max effort, take as much time as needed, record the time to complete all ten)

One rope climb with no legs or five with legs.

Twenty handstand push-ups by any means. Have spotter pull you up by ankles if needed.

Practice lowering from handstand to planche (body parallel to floor, arms locked) Have spotter support your ankles and lower you to parallel. Hold at parallel, with spotter minimally helping, for five full seconds.

Repeat for ten attempts. Do on padded mat, crash pad, or other padded surface!!

Ab-bench (or other sit-up that ranges from trunk extension through to flexion) 30 reps at max weight  $\,$ 

Back extension 25 reps Air Squat 50 reps

the demands of a gymnast's workout.

#### **Workout Note**

This	is a re	ally to	ugh d	ay. D	on't	hold	bac	k. Tomo	orro	ow is	met-c	on
only,	so you	ı will b	e able	to re	est							
your	arms,	back,	and s	houl	ders.	You	are	getting	а	small	taste	of

	0)		

## Day-46: March 27 2001



### Workout

Today is metabolic conditioning:

Warm-up through stretching then,

Row 500 meters

Rest 10 minutes

Row 1000 meters

Rest 10 minutes

Row 2000 meters

Rest 10 minutes

Hang from pull-up bar and slowly touch toes to bar 20 times

Back extension 20 reps

Rest 1 minute

50 sit-ups, use ab mat

Back extension 20 reps

Rest 1 minute

25 Pike-ups (laying face up flex rapidly at the hip only touching the toesbefore unfolding, minimize trunk flexion)

30 slow reverse back extensions (lie across something dangling legsand hips freely then slowly without throwing bring legs and hips up toparallel, hold and relax)

### **Other Thoughts**

When you blame others you give up your power to change.

~ Author Unknown ~

Here is a good article on hamstring anatomy and physiology that I recommend you all read.

Mr. Poliquin is a first tier trainer. The anatomy here is indispensable. The physiology is good.

The exercise prescription is OK

## Day-47: March 28 2001



#### Workout

Each of these exercises is one set at five reps. Take any rest needed between exercises.

Deadlift

Bench-press

Upright row

Back Squat

**Push-press** 

Power Clean (from ground)

Dumbbell "Thruster" (front squat/push-press)

Clean and Jerk

Snatch

#### **Workout Note**

Add your total lifted for all nine exercises and divide by your body weight.

Highest ratio leads ranking.

### **Other Thoughts**

One of the rules of caution is not to be too cautious.

~ Bahya ibn Paquda ~

Picking up The Anatomy Coloring Book and following its fun prescription for learning anatomy through coloring in the anatomical charts provides a major advance to your understanding of your body and how it functions. If you think you are too sophisticated for this approach consider that the book has been used by professional schools of medicine, dentistry, and pharmacology for 25 years. Get the book and fine tip felt markers in no fewer than twenty colors, and color a couple of plates a week. Within a year you'll have seriously advanced your understanding of the human body.

## Day-48: March 29 2001



### Workout

On Monday we worked gymnastics/calisthenic movements, on Tuesday we worked metabolic conditioning with a short, middle, and long distance effort, Wednesday we worked through some of the classics of weightlifting and weight training. Today we are taking a day of active rest. If you've performed to expectation you'll welcome the break. If you know our methods, you'll make an intelligent inference about tomorrow (hint).

The idea here is to engage in some sport or activity at intensity above recreational while being below our regular training intensity. Don't count your primary sport! This is a cross-training opportunity. Step outside your normal bounds. Below are some suggestions.

Bicycle Hill Climb Hoops! (Basketball) Swimming Mountain Hike Rollerblade Surf Paddle Handball or racquetball Tennis

### **Other Thoughts**

us the determination to make the right things happen. ~ Peter Marshall ~	
(1902-1949, American Presbyterian Clergyman)	

Let us not be content to wait and see what will happen, but give

## Day-49: March 30 2001



#### Workout

Today is a hybrid effort from several training modalities and tough!!

After a warm-up:

Move through the following with a 60 second break between exercises.

Row 500 meters for a record time.

Squat 20 RM weight 20 reps (20 RM is a weight you can squat 20 reps but not 21.)

Pull-up for PR (shoot for personal best)

Deadlift 10 RM weight 10 reps

Dips for PR (shoot for personal best)

Rest 10 minutes

Move through the following with a 2-minute break between exercises.

Row 500 meters match first effort

Squat same weight for twenty reps

Pull-ups for same count as first set

Deadlift same weight for 10 reps

Dips for same count as first set

Rest 10 minutes

Move through the following with a 3-minute break between exercises.

Row 500 meters match first effort

Squat same weight for twenty reps

Pull-ups for same count as first set

Deadlift same weight for 10 reps

Dips for same count as first set

The idea today is to strive to match the performance of the first pass on the second and third

#### Other Thoughts

"Egotism is the anesthetic that dulls the pain of stupidity."

- Frank Leahy, former University of Notre Dame football coach

Yesterday we had David Tate coaching bench press technique. Today we've got Mr. Tate coaching the squat. The squat is absolutely essential to your athletic development. Tate has a 900-pound squat and has coached hundreds if not thousands of others to enormous lifts. Our emphasis is broader than the powerlifter's so there are certain elements of the squatting approach where we differ, namely in the use of a belt and the use of the belly (secret #7). We want you to gloss over that advice.

## Day-50: March 31 2001



### Workout

Warm-up with easy mile run and stretch Clean and Jerk 15 RM load 15 reps

One set of sit-ups and one set of back extensions both at 21 reps Clean and Jerk 15 RM load 12 reps

One set of sit-ups and one set of back extensions both at 18 reps Clean and Jerk 15 RM load 9 reps

One set of sit-ups and one set of back extensions both at 15 reps

## **Other Thoughts**

watch!"
Garth Taylor, Brazilian Jiu Jitsu World Champion on seeing running back
Matt Mast "fold" during the CF® Challenge.

III doubt know what happened to the gray I was just helding the

# Day-51: April 1 2001



### Workout

Today we are going to run twenty miles.

### **Workout Note**

If this seem to far you are right. You are also the victim of our little April Fool's Day Joke. Actually, today is a rest day. Stretch, play, and relax. Make it active rest though. Do something active and fun

There are some things you learn best in calm, and some storm.	e in
~ Willa Cather ~	
(1876-1947, American Author)	

# Day-52: April 2 2001



### Workout

Row 1K
Pull-up (max set)
Dumbell Thruster\* (21 reps)
Dumbell Thruster (21 reps)
Pull-up (max set)
Row 1K

#### **Workout Note**

The idea here is to match the numbers of the second half with the number of the first half.

Go through this slowly! Take as much time as you need.

Work for your best effort in each exercise.

\*Dumbell Thruster is from a full squat to a push press overhead

	1

## Day-53: April 3 2001



#### Workout

1 mile run 50 sit-ups and 25 back extensions Deadlift/high-pull 18,15,12, and 9 reps 50 sit-ups and 25 back extensions 1 mile run

#### **Workout Note**

Our Deadlift high-pull is a slow deadlift and slow deliberate upright row to under the chin with brief hold at top. Very slow, very deliberate. Tough.

Power through the trunk work and run. Move slowly and deliberately through the deadlift/high-pull.

### **Other Thoughts**

Serious sport has nothing to do with fair play. It is bound up with hatred, jealousy, boastfulness, disregard of all rules and sadistic pleasure in witnessing violence.

In other words, it is war minus the shooting

Company to 1917 and the state of the 1991 and

- George Orwell

- Ted Turner			

## Day-54: April 4 2001



### Workout

"Tabata Interval" Squat

(Squat for 20 seconds, rest for ten, repeat for total of 8 efforts in 4 minutes)

Rest 4 minutes

20 Pull-ups (assisted if needed), followed immediately by 20 reps Bench press

Rest 3 minutes

15 Pull-ups, followed immediately by 15 reps Bench press

Rest 2 minutes

10 Pull-ups, followed immediately by 10 reps Bench press

Rest 1 minute

"Tabata Interval" Squat

(Squat for 20 seconds, rest for ten, repeat for total of 8 efforts in 4 minutes)

#### **Workout Note**

Take note of the weakest number of squats in each of the 16 intervals. Use the least amount of assistance possible to complete the pull-ups and use max load on bench press.

This entire workout takes just over twenty minutes. Take note of the devastation. Ask yourself what it is that your friends are doing in the gym for hours at a time.

### Other Thoughts

the front page, nothing but man's failure."  - Earl Warren, former Chief Justice, U.S. Supreme Court	accomplishments;

III always turn to the sports page first. They record populate

## Day-55: April 5 2001



### Workout

Most of you are a little beat up by now. Let's work a little triathlon CF® style, short and hard.

Bike 3 miles Swim 500 meters

Run 1000 meters

#### **Workout Note**

The challenge will be to set up the transitions to minimize the transition time.

Share with us your total time for all three legs and your transition strategy.

We're leaving the order of events to your discretion!!

If the triathlon community competed at these distances or shorter, the triathlete

would be a much better athlete!

And finally, for our athletes, today represents a day of active rest. Some rest, huh?

### **Other Thoughts**

"The test and the use of man's education is that he finds pleasure in the exercise of his mind."

Jacques Barzun, Dean of Graduate School, Columbia University

We routinely get requests for basic information on exercise science. If you own only one reference on exercise it ought to be the National Strength and Conditioning Association's Essentials of Strength Training and Conditioning. The NSCA is a non-profit agency that publishes several peer-reviewed journals of exercise science. They have no peer in the field of strength and conditioning research.

## Day-56: April 6 2001



#### Workout

Row a record 2K.

When able,

Hang Clean 50% of bodyweight (.5BW), 21 reps

Rest only as needed

Row a 1K at 2K pace from first pass

When able,

Hang Clean .5BW, 21 reps

Rested only as needed

Row 500 meters at 2K pace from first pass

When able,

Hang Clean .5BW, 21 reps

Warm-up, of course, before beginning.

#### **Workout Note**

Each pass is easier than the one before except for fatigue.

Keep your faith and keep moving. Submit time for entire workout. \\

If you are up to the challenge, Hang Clean at 75% Body Weight

### **Other Thoughts**

Take rest; a field that has rested gives a bountiful crop. Ovid, BC 43-18 AD, Roman Poet Bob Anderson's Stretching has become an industry standard on the subject of stretching. Noted for it's utter simplicity, Stretching has just celebrated its 20th anniversary.

## Day-57: April 7 2001



### Workout

You've got 20 minutes to do as many pull-ups, squats (free-squat, or air squat),

push-ups, and sit-ups and back extensions as possible.

#### **Workout Note**

There's one rule; the total number of reps must include equal counts of each exercise. Work hard and fast.

(I'd suggest you try reps of five of each and see if you can move continuously for the thirty minutes.)

## **Other Thoughts**

factors as will power,
the ability to apply effort during extreme fatigue and the acceptance of pain - have a radiating power that subtly influences one's life.
Jim Fixx

The qualities and capacities that are important in running - such

## Day-58: April 8 2001



### Workout

Let's put some energy in to the five CF® Challenges (No's 1-5)

- 1. Vertical-leap 1/2 your body height.
- 2. Muscle-up 10 times in a row without touching ground or coming off of the rings.
- 3. Run 1 mile then complete a single set of bench press at body weight 21 reps, all within 10 minutes.
- 4. Beat Garth Taylor's 1:25.5 500-meter Row.
- 5.21 reps of dumbbell "thrusters" at 1/2 your body weight.

#### **Workout Note**

Don't let the enormity of the challenge deter your trying! Make a serious attempt at each challenge and record the result. Save for late comparison. If you cannot do a muscle-up, try anyway; the struggle is more important than the accomplishment.

Daniel Kawika Bennett has achieved number 2, number 4 is Garth Taylor's, and number 5 belongs to Cameron Earle. No one has completed two challenges

"Suffering isn't ennobling; recovery is." Christiaan Barnard	

# Day-59: April 9 2001



### Workout

50 dumbbell Thrusters with 25% of your bodyweight, immediately,
Jump on 20 ox 50 times within 2 minutes, immediately,
Walking lunge of 50 steps with dumbbells at 25% of your bodyweight, immediately,
Run 1 mile

"Courage i use."	is very importa	nt. Like a m	uscle, it is s	trengthene	d by
Ruth Gord	on				

## Day-60: April 10 2001



### Workout

Let's give the hips and legs a little break today! We've got three options today depending on your fitness ability. Pick one.

Warm-up, including sit-ups and back extensions.

Do 100 pull-ups and 100 dips on the Gravitron or other assisted pull-up/dip device.

OR

Do 50 pull-ups and 50 dips without assistance.

OR

Do 15 muscle-ups on the rings.

Finish with sit-ups and back extensions.

### **Workout Note**

Regardless of which option you choose submit the number of sets and time it took to complete the assignment. In the case of assisted pull-ups/dips also submit the amount of assistance.

virtue at the testing point."  C.S. Lewis

## Day-61: April 11 2001



#### Workout

Today we are rowing some intervals that take us to the middle of the lactic acid pathway.

Set the CII Rower for intervals a minute long with a minute's rest. We are going to row ten of the intervals. This is a twenty-minute

workout.

On the efforts, set the rower to projected meters and row the first interval at 95%

On the rest, row easy, maximizing your recovery.

On subsequent intervals attempt to repeat the distance covered on the first interval.

Submit your total distance for each of the ten intervals.

#### **Workout Note**

IF YOU CAN'T ROW,

On a track run a lap, walk the next. Repeat until you've run ten and walked ten.

Time only the runs, total and submit.

### **Other Thoughts**

"You sit at the board and suddenly your heart leaps. Your hand trembles to pick up the piece and move it. But what chess teaches you is that you must sit there calmly and think about whether it's really a good idea and whether there are other, better ideas."

As athletes we endeavor to show courage and determination.

Endurance: Shackleton's Incredible Voyage may be the greatest

-Stanley Kubrick

story (true!) of perseverance ever told.

We encour	age all ou	t athletes	to read	it.	

# Day-62: April 12 2001



### Workout

Tomorrow is a rest day.

Warm-up with three sets of sit-ups and back extensions
Bench press 21 Reps max weight (21RM load 21 Reps)
Two minute all out sprint on stationary bike
Rest as needed before you...
Bench same weight as before, got 21?
Two minute all out sprint on stationary bike
Rest

Done right, you're done

"Industry is a better horse to ride than genius." Walter Lippman						

# Day-63: April 13 2001



Rest Day!

	cannot rest, cannot work; he who cannot let go, canno
hold on;	
he who d	cannot find footing, cannot go forward."
Harry En	nerson Fosdick
IronMInd	d sells strength-training equipment and publishes
	Milo. Everything
-	ssen and IronMind has put together has been reputabl
	ng, and valuable.
ii itei estii	ig, and valuable.

## Day-64: April 14 2001



#### Workout

Clean and Jerk (Deadlift, hang-clean, push-press if you must) 15,12, and 9 reps of 50-100% of your bodyweight.

Snatch 15,12, and 9 reps.

Climb a thousand to two thousand foot climb on your mountain bike or road bike.

Sent report as to your lift and climb. Who can plow through both fastest?

### **Other Thoughts**

"Words of encouragement fan the spark of genius into the flame of achievement."

Check out the Encyclopedia of Weightlifting. This is the standard

reference to the sport of weightlifting. Every coach and athlete

Wilfred A. Peterson

who uses the Clean and Jerk and the Snatch needs this book. The Weightlifting Encyclopedia

## Day-65: April 15 2001



#### Workout

Do three sets of chin-ups. Give yourself entirely to this task. 100% Take any rest needed between sets. Total three sets and submit.

Do three sets of squats on a ten-inch box. Squat to seated, relax, and squat to stand with no sudden movements or postural shifts. The "landing" should be invisible to the observer. 50,35,20 reps with one minute break between sets.

Time one hundred push-ups. Submit time.

How many sit-ups (good controlled ones, like the abmat sit-up) can you do in five minutes? Submit count.

Can you do thirty back extensions without "throwing" a single rep?

"Failure is only the opportunity to more intelligently begin again." Henry Ford

## Day-66: April 16 2001



### Workout

Warm-up with back extension, sit-up, pull-up, push-up, squat, and stretching.

About ten to twelve minutes of near constant movement.

One minute of jump rope (double under if you're able) followed by one minute of rest.

Repeat for a total of five times.

Practice your handstand and handstand push-up.

Try for three sets of handstand push-ups.

One set of back squats at twenty-one reps. Max weight.

Cool-down with back extension, sit-up, push-up, squat, and stretching.

About ten to twelve minutes of near constant movement

Nothing noble is done without risk."	
indre Gide	

## Day-67: April 17 2001



### Workout

Row three 500-meter efforts separated by not more than 5 minutes.

Anyone sub 1:30 all three?

One set of push-ups. Please, only count the ones that lower the body rigidly as a unit to the floor and rise to full extension. T hese are RARE! Who's got 50?!

Two sets of deadlift. 5RM and 3RM loads. Warm-up sets don't count.

Anyone twice body weight?

## **Other Thoughts**

row, squat, dead, bench, pull-up, and dip. Now you are a more formidable being." - Greg Glassman

"Significantly improve your 400 meter run, two thousand meter

## Day-68: April 18 2001



#### Workout

Warm-up EZ sit-up, back ext., pull-up, push-up, air squat and stretch

21 Rep push-press followed immediately by max set of pull-ups. Rest as needed; you don't need more than three minutes Repeat for total of five combined sets.

Run 1 mile.

### **Other Thoughts**

"Self-pity is easily the most destructive of the nonpharmaceutical narcotics:

it is addictive, gives momentary pleasure and separates the victim from reality."

- John W. Gardner, President, Carnegie Foundation

The obstacle course has spectacular training potential yet is still seen primarily in military and police applications. CF®Y C-cubed program was an attempt to radically increase the breadth of demand in an obstacle like manner. Here is a good yet fairly typical obstacle course/program. Notice the quality of the development the women featured (yes, they run and teach their program) have acquired.

## Day-69: April 19 2001



### Workout

Warm-up with five minutes of cardio, a single set each of sit-up, back extension, air squat, pull-up, push-up, and finally stretch. (This is the default CF® warm-up. Remember it, please.)

Complete your warm-up with each of the following using comfortable loads.

Deadlift, 1 set, 10 reps Power Clean, 1 set, 10 reps Front Squat, 1 set, 10 reps Push Press, 1 set, 10 reps Go heavy: Clean and Jerk, 5 sets, 5,3,2,1,1 reps

Snatch, 5 sets, 5,3,2,1,1 reps

### **Other Thoughts**

or the first time." TS Elliot

"We must not cease from exploration. And at the end of all our

exploring will be to arrive where we began and to know the place

# Day-70: April 20 2001

### Workout

Max set of pull-ups Run 800 meters Max set of pull-ups Run 400 meters Max set of pull-ups Run 200 meters

Report entire time for workout and total for pull-ups.

	must sionally				is	not	spor	t. S	Sports	playe
	3runda;				tio	nal C	)lympi	ic C	ommit	tee
,	•		•				, ,			

# Day-71: April 21 2001



## Workout

Max set of pull-ups Run 800 meters Max set of pull-ups Run 400 meters Max set of pull-ups Run 200 meters

Report entire time for workout and total for pull-ups

rofessio very Bri	-					nal C	Nymnic	Commit	tee
very bre	mage,	110310	iciic, i	iiicii	iatio	iiai C	riyiripic	Commi	

# Day-72: April 22 2001



Rest Day!

## **Other Thoughts**

The breaking wave / and the muscle as it contracts / obey the same law.

/ Delicate line / gathers the body's total strength / in a bold balance. /

Shall my soul meet  $\prime$  so severe a curve, journeying  $\prime$  on its way to form?

Dag Hammarskjold		

# Day-73: April 23 2001



#### Workout

Rope Climb & Push-up: climb rope then perform 25 push-ups, repeat for total of four times
Squat three sets, 15, 5, and 3 reps
Row 1000 meters

### **Other Thoughts**

- Woody Hayes

I've had smarter people around me all my life, but I haven't run into one yet that can outwork me. And if they can't outwork you, then smarts aren't going to do them much good. That's just the way it is. And if you believe that and live by it, you'd be surprised at how much fun you can have.

# Day-74: April 24 2001



#### Workout

Run 800 meters two times Sit-ups & Back Extension, superset three sets Bench Press five sets all at ten reps, total weights Jump-rope practice double under for ten minutes

## **Other Thoughts**

quarter and
moving the ball, they can't fire you.
-Lou Holtz
EGG HOILE

A lifetime contract for a coach means if you're ahead in the third

# Day-75: April 25 2001



### Workout

Push-ups & Pull-ups, do max set of push-ups then max set of pullups, repeat for total of three times Clean and Jerk, three sets, 15,12, and 9 reps Row 500 meters three times

A sportswriter is entombed in a prolonged boyhood. -Jimmy Cannon				

# Day-76: April 26 2001



#### Workout

Swim 400 meters three times
Handstand & Pull-up, do as many pull-ups as the number of minutes
it takes you to do twenty handstand push-ups

Deadlift 5 sets all at three reps Bike 20 sec's on 10 sec's off 8 times

## **Other Thoughts**

the one who dropped it. -Lou Holtz	,	

The man who complains about the way the ball bounces is likely

# Day-77: April 27 2001



#### Workout

Jump-rope, 1 minute double under/1 minute rest 5 times
Muscle-up & Dip: do five muscle-ups with ten dips after each
muscle-up
Snatch two sets, 15 and 12 reps
Swim 100 meters 4 times

Boys, baseball is a game where you gotta have fun. You do that by winning.
-Dave Bristol, Cincinnati Reds manager

## Day-78: April 28 2001



#### Workout

Rope Climb & Handstand, six ascents and twenty minutes of handstand practice.

Squat 4 sets, 10,8,6,4 reps

Row 2000 meters

Jump rope, double under for two minutes.

(Double under is where the rope passes under the legs twice for each jump)

Lunge forty steps, twenty each leg, alternating right and left.

Bench-press body weight for max reps.

Lunge twenty steps, ten each leg, alternating right and left leg with dumbbells totaling 1/3 your weight.

Bench-press body weight for max reps.

Lunge 10 steps, five each leg, alternating right and left leg with dumbbells totaling ½ your weight.

Bench-press body weight for max reps.

If you break 100, watch your golf. If you break 80, watch your business.  -Joey Adams

# Day-79: April 29 2001



Rest Day!

People are about as happy as they make up their minds to be" Abe Lincoln				

# Day-80: April 30 2001



#### Workout

For time:

Jump rope "Double under"; 90 seconds

- 8 Clean and Jerks; 1/2 body weight
- 6 Clean and Jerks; 3/4 body weight
- 4 Clean and Jerks; body weight

(no resting weight on ground)

Jump rope "Double under"; 90 seconds

Carl Sandbur	g			

# Day-81: May 1 2001



#### Workout

Three rounds of:

25 Sit-ups

12 Back extension/glute-ham raises

Then,

Three rounds of:

Max set of pull-ups

Max set of push-ups

Walking lunge twenty steps each right and left leg

"All of the top achievers I know are life-long learners Looking for
new skills, insights, and ideas. If they're not learning, they're not growing not moving toward excellence."  - Dennis Waitley

# Day-82: May 2 2001



### Workout

Deadlift 5-4-3-2-1 reps (total weight)
Rest 5 minutes
Box jump (20" box) 50 reps in 2 minutes (record time)
Rest 5 minutes
Row 1000 meters (record time)

Submit deadlift total weight, 50 jump time, and 1K row time.

"In nature the distinction between strength training and
cardiovascular
training isn't always clear. It is the aim of effective athletic
strength and
conditioning prescription to deliberately blur that distinction."
Greg Glassman
Greg Glassman

# Day-83: May 3 2001



#### Workout

Bike hard for ten minutes. (Record distance)

Rest three minutes

One set of pull-ups followed immediately by bench press at body weight.

Rest one minute

Second set of pull-ups followed immediately by bench press at body weight.

Rest one minute

Third set of pull-ups followed immediately by bench press at body weight.

Rest two minutes

"Wall Ball" drill for two minutes, attempt 50 throws

Rest only as long as it takes to complete 50 sit-ups, slow and controlled.

Back extension/glute-ham raise 15 reps followed immediately by 50 sit-ups

Without rest, repeat back ext./glute-ham raise and sit-ups.

This is a hard workout. Try to complete it in less than 40 minutes

Health is the vital principle of bliss, and exercise, of health." James Thomson (1700-1748)			th."

Day-84:	May	4	2001
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MONLESS

No WoD

1

# Day-85: May 5 2001



#### Workout

Back extension 15-15-15 slow and pretty. Snake or wave up. Dumbbell "thruster" from 10" box 20-15-10 max weight each set. No "rocking up" or "plunking down" 1000 meter row.

(Thruster is a front-squat/push-press combo movement.)

### **Other Thoughts**

"And thou wilt give thyself relief, if thou doest every act of thy life as if it were the last."

- Marcus Aurelius

Louie Simmons has had as much impact on strength training as any coach in the world.

He has mentored many of the best coaches in the U.S. It would be a foolish athlete that would not be interested in his advice on squatting.

# Day-86: May 6 2001



Rest	Day
Rest	Day.

# **Other Thoughts**

CF® would like to give a big congratulations to BJ Penn! BJ won his fight in the UFC last night in round one.

We are proud of you BJ		

# Day-87: May 7 2001



#### Workout

Muscle snatch 15-12-9 reps with same load and 1 minute between sets.

Five supersets of back extension and sit-ups.

Make each exercise slow and tough.

Add weight to back extension if ready. Go SLOWLY!

Muscle snatch 15-12-9 reps with same load and 1 minute between sets.

#### **Workout Note**

The muscle snatch is a snatch without the dive under the bar. The idea is to deadlift and as you pass the knees, rapidly explode the hip and follow through with an explosive pull straight through to locked out overhead. This snatch is a regular support exercise from the Olympic lifting repertoire. It places a heavy emphasis on the upper body compared to the Snatch.

#### **Other Thoughts**

and don't	
drink too much. Then again, don't drink too little."	
- Hermann Smith-Johannson, 103-year-old cross-country skier	

"The secret to a long life is to stay busy, get plenty of exercise

# Day-88: May 8 2001



#### Workout

Time five muscle-ups and 50 box jumps on 20" plyo box. Stretch/rest 20 minutes.

Time five muscle-ups and 50 box jumps on 20" plyo box.

We're interested in both times and decay rate from first to second effort.

#### **Workout Note**

If you can't do muscle-ups, substitute fifteen pull-ups and twenty dips for each muscle-up.

If you can't do pull-ups and dips use assistance device (Cybex, Gravitron, etc.)

If you mix muscle-ups and pull-ups/dips report numbers of each with time.

### **Other Thoughts**

"Suffering, once accepted, loses its edge, for the terror of it lessens,  $% \left( 1\right) =\left( 1\right) \left( 1\right) \left$ 

and what remains is generally far more manageable than we had imagined."

- Lesley Hazelton

John Cissek is a reliable source of information about the Olympic lifts.

We need to expose ourselves to as many descriptions and analysis as

we can in addition to regular practice in both the clean and jerk and the spatch

# Day-89: May 9 2001



### Workout

Warm-up with about ten minutes of EASY rowing. Then...

Row a 1K for time. Submit time.

Squat (10" box sqaut) 5-3-1 reps, submit total weight for all three sets  $% \left( 10^{\circ }\right) =0$ 

## **Other Thoughts**

for you.	a very good ath	loto vot "	
- Coach Glas		iete yet.	
200011 0.00	5111411		

"If you think these workouts aren't tough enough, I've got news

## Day-90: May 10 2001



### Workout

Repeat this circuit three times with no rest. Push hard; make each set a worthy effort.

Use your judgement on the reps. Great athletes will make each set a challenge and execute the movements with great control and technique.

Max heart rates are readily available here. For you fighters, this is a fight.

Bike a fast mile
Sit-ups
Back extension
Max set of pull-ups
Bench press @ body weight
Upright row @ 1/3 body weight
Push-ups

"Life is too short to waste. Dreams are fulfilled only through action,
not through endless planning to take action."
~ David J. Schwartz

# Day-91: May 11 2001



### Workout

Three rounds for time of: Row 500 meters Back extension/sit-up, high rep Deadlift 5 reps Rest

"There will always be a sacrifice required for results. It is the early bird
who gives up sleeping in to get the worm. To get what you want, right
on the heels of deciding what that is, you must also decide what you will
do in exchange for the results you desire." - James Ball

# Day-92: May 12 2001



#### Workout

Five rounds for time of: 25 Squats 10 Pull-ups 10 Dips

Submit time and level of assistance for pull-ups and dips. If assisted, keep assistance at same level throughout workout. Total time and assistance amount is excellent indicator of your overall fitness. Rush through!

## **Other Thoughts**

strength and conditioning.  There's no compromise on this. Everyone deadlifts!"
- Coach Glassman

"Every athlete who doesn't deadlift is yet to begin serious

# Day-93: May 13 2001



Rest Day!

· Victor Hugo ~ 1802-1885, French Poet, Dramatist, Novelist)					
	ing about			,	

# Day-94: May 14 2001



#### Workout

Five sets of Dips. Total the five sets. Then...

Three rotations for time of: Snatch 1/3 body weight, 10 reps Powerclean 1/3 body weight, 10 reps 20" box jump, 15 reps

## **Other Thoughts**

"In the sweat of thy face shalt thou eat bread." Genesis 3:19

American weightlifting equipment manufacturers. Their equipment is beautiful. They publish a quarterly journal on	
weightlifting that is always worth perusing.	

The York Barbell Company is the oldest and most respected of

# Day-95: May 15 2001



### Workout

 ${\it 5 Sets of pull-ups.} \ {\it Fast-slow-fast-slow-fast.}$ 

The fast ones are fast and sloppy; the slow ones are excruciatingly perfect.

This is, of course, high rep and low rep, alternating.

The following circuit contains three elements and is a powerful whole body workout.

Each element is 45 seconds with a fifteen second rotation (not one second more or you start over).

Make five rotations. That's exactly fifteen minutes.

#### **Workout Note**

If you don't know the elements you haven't been paying attention. (It's partly our fault; we're working on a page of descriptions and illustrations.)

Email us for details if you can't find them off of the archived routines and links.

"Wall Ball"

Hollow Rock

Romanian Deadlift/Upright Row combo movement

- BJ Penn	

# Day-96: May 16 2001



#### Workout

2000 meter row. Establish PR (personal record) if able.

Three rounds for time of: 20 Powerclean 20 Walking Lunges 20Push-ups

### **Other Thoughts**

"Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has."

"There is one thing stronger than all the armies in the world, and

- Margaret Mead

that is an idea whose time has come."

- Victor Hugo

# Day-97: May 17 2001



### Workout

Squat, 10" box, with weight 20-10-5-3-1

Three rounds each for time of:
Three minute stand on bike at 70 rpm
Twice up the rope (rope climb)
Twenty sit-ups
Fifteen back extensions

## **Other Thoughts**

ever been accomplished without passion." - George Hegel

"We may affirm absolutely that nothing great in the world has

# Day-98: May 18 2001



#### Workout

Bench press 10-8-6-4-2 reps. Total weight for all five sets and submit with body weight. Rest as needed before,

How many passes of this circuit can you make in 20 minutes? Count each element (Box jump, Muscle-up, Leg raise) as a single point,

so that, for instance, four complete circuits and once more 20 box jumps and one more muscle-up would be 14 points. If you still can't do the muscle-up substitute twenty assisted pull-up and dips.

Box Jump 20" X 20 jumps Muscle-up Hanging leg raise, toes to bar X10

### **Other Thoughts**

"The belief that you can develop great musculature with isolation movements and without steroids is the bodybuilders pipe dream."

Coach Glassman

For you coaches, Dr. Cornelius maintains that when analyzing athletic movement "exact or precise points of muscle attachments and the technical names for these locations are not essential; in fact, only the line of action is needed. Consequently, a mental image of the muscle location and line of action is quite useful." This is of particular interest to CF® because we've long maintained that what wasn't understood about human biomechanics could typically be explained via stick figures and vector force diagrams.

# Day-99: May 19 2001



#### Workout

Powerclean 3X10-10-10 (Three sets of 10 reps). Rest as needed before...

Complete as many rounds in 20 minutes as you can of: Rope climb

15 Sit-ups

10 Thrusters off 10" box with dumbbells totaling 30% of your weight  $\,$ 

15 Back extensions

Give one point for each exercise completed.

eorge Herbe		th the can		

# Day-100: May 20 2001



Rest Day!

## Other Thoughts

"There is never a better measure of what a person is than what he does when he's absolutely free to choose." - William Bulger

## Day-101: May 21 2001



#### Workout

Wall-Ball for 30 seconds, 60 seconds, 90 seconds, and 120 seconds.

All throws two feet above reach!

Beat 20 throws in 30s, 30 in 60s, 40 in 90s, and 50 in 120s And.... Rest only as long as last effort....

30seconds on, 30 seconds off, 60 seconds on, 60 seconds off, 90 seconds on, 90 seconds off, 120 seconds on, done.

Total exercise 8 minutes. 20 lb medicine ball, and full squat for each throw.

Submit total throws for all efforts and bodyweight.

Roll through this circuit as many times as you can in 20 minutes. Each station is one point. Submit number.

Rope climb, 2 trips

Lunge ten steps each leg, alternating

Clean & Jerk, 50% bodyweight X 10 reps

If you can't rope climb, do 15 pull-up, or twenty five assisted at minimal assistance.

"The work of the individual still remains the spark that moves mankind ahead even more than teamwork." - Igor Sikorsky

# Day-102: May 22 2001



#### Workout

Bike two minutes all out, three times with five minute break between efforts.

Record and submit distance for each effort.

How many rotations can you do within 15 minutes? One point each station.

Back extension 15 reps with 25 lb. plate

Muscle-up

Deadlift/High-pull X 10 reps 50% body weight

If you can't do a muscle-up, do 15 pull-ups and 15 dips instead.

## **Other Thoughts**

of happiness. But even here it is a work that has to be earned by labor in one's earlier years. One should labor so hard in youth that everything one does subsequently is easy by comparison." Ashley Montagu

"It is work, work that one delights in, that is the surest guarantor

# Day-103: May 23 2001



#### Workout

Push press 21-18-15 reps, rest as needed before,

Complete as many rounds in 15 minutes as you can of: Two handstand push-ups. Jump rope "Double-Unders"; 1 minute Run 400 meters

#### **Workout Note**

#### Notes:

- 1. If you can't do a handstand push-up, struggle for thirty seconds and hold handstand for 60 seconds each pass
- 2. If your technique sucks just jump furiously for one minute

"Is it normal to wake up in the mornings and want to beat the guts out of people?"					
Joe Kapp, former Minnesota Vikings quarterback.					

# Day-104:May 24 2001



### Workout

Deadlift 3-2-1-2-3 reps Rest as needed before,

Complete as many rounds in 15 minutes as you can of: 500 meter row 15 Knees to Elbows 20 Squat swith 20 lb. medicine ball to 10" box

Pain is no Charles	ot evil, un Kingsley	less it cor	nquers us	."	

# Day-105:May 25 2001



#### Workout

Dumbbell "Thrusters" from 10" box 15 - 12 - 9 reps with same weight Rest as needed before,

Complete as many rounds in 10 minutes as you can of:: 25 Push-ups

7 Pull-ups

7 Glute-ham raise

## **Other Thoughts**

on Joy in wo ow to do soi		execuenc	С.

IIThe course of invite work is contained in one word evenlings

# Day-106:May 26 2001



#### Workout

Five sets of Dips. Total the five sets. Then...

Three rounds for time of: 10 Snatches, 1/3 body weight 10 Powercleans ,1/3 body weight 20 inch Box jump, 15 reps

"In the sweat of thy face shalt thou eat bread." Genesis 3:19				

# Day-107:May 27 2001

MOMITER

Rest Day!	

# Day-108: May 28 2001



### Workout

Jump 50 times on 20" box for time
Hang from bar and raise toes to bar SLOWLY 20 reps
Dumbbell thruster 15 reps off 10" box
Bench Press 15 reps
Bench Press 15 reps
Dumbbell thruster 15 reps off 10" box
Hang from bar and raise toes to bar SLOWLY 20 reps
Jump 50 times on 20" box for time

"l'm not the best; l just wanted it more." - Bruce Jenner	

# Day-109: May 29 2001



#### Workout

Bike two minutes

Muscle-snatch 10 reps

(muscle snatch is snatch with no drop under, pull to overhead

lockout)

Pull-ups

Rope climb

Bike two minutes

Rope climb

Pull-ups

Muscle-snatch 10 reps

Bike two minutes

### **Other Thoughts**

"Do you want to get bigger and stronger? Then do this: stop trying to make training complicated. Forget about this theory and that theory.

Don't over-analyze the situation. Quit wasting time on arid intellectual debates. Leave the theorizing for the rest of the world. Go to the gym and train."

Brooks D. Kub	ik		

# Day-110:May 30 2001



#### Workout

Bike two minutes

Muscle-snatch 10 reps

(muscle snatch is snatch with no drop under, pull to overhead

lockout)

Pull-ups

Rope climb

Bike two minutes

Rope climb

Pull-ups

Muscle-snatch 10 reps

Bike two minutes

### **Other Thoughts**

- Brooks D. Kuhik

"Do you want to get bigger and stronger? Then do this: stop trying to make training complicated. Forget about this theory and that theory.

Don't over-analyze the situation. Quit wasting time on arid intellectual debates. Leave the theorizing for the rest of the world. Go to the gym and train."

Di cons Di masin		

# Day-111:May 31 2001



### Workout

Run 400 meters

Three to Five rounds of: 5 Muscle-up, 5 reps 12 Glute-ham raise

Skip rope 5 minutes try not to stop

U.S. Marine	saying		

# Day-112:June 1 2001



### Workout

Row 1000 meters @ a 2:00/500 meter pace or greater Sumo deadlift/high pull (1/2, 1/3, or 1/1 body weight) X 21 reps Row 500 meters @ a 1:45/500 meter pace or greater Powerclean (from ground) same load as Sumo dead/highs X 21 reps

Row 250 meters @ a 1:30/500 meter pace or greater Front Squat, same load as Sumo dead/highs on 10" box X 21 reps

Yeah! Oh, you're welcome.

## **Other Thoughts**

lack of strength, will." - Vince Lombardi	not a la	ck of	knowledge,	but rather	a lack of

"The difference between a successful person and others is not a

# Day-113: June 2 2001



### Workout

Three rounds for time:
Dips, max reps
Walking Lunge, 20 Steps
Push-press, max reps @ 1/3 bodyweight
Walking Lunge, 20 Steps
Handstand Push-ups, max reps
Walking Lunge, 20 Steps

"There is no scientific evidence to suggest that 'periodization' is
superior to intervals of high-intensity strength training, and rest.
Nor is there any evidence to support the absurd principles of
periodization, which claim that different numbers of sets and
repetitions, performed with different percentages of 1RM, with
different rest periods between sets and exercises, will
specifically effect different variables such as muscle size,
strength, power, endurance, or definition. How long the
periodization myth is perpetuated is dependent on the public's
acceptance of nitwittery probably, in perpetuity."
Dr. Ralph Carpinelli

# Day-114:June 3 2001

ENOWLESS

Rest Day!	
•	

# Day-115:June 4 2001



### Workout

250 meter Row

21 Powerclean; 1/3, 1/2, or 1/1 body weight

250 meter Row

5 Muscle-up

250 meter Row

Pull-ups, max set

250 meter Row

ile shrinks Anais Nin	or expands	in propo	rtion to or	ies courag	e.

# Day-116:June 5 2001



### Workout

Run 1 mile

5 rounds for time of:

15 Back Extensions

15 Knees to Elbows

50 Thrusters from 10" box with dumbbells.

Don't stop or pause; pump them out. Go as heavy as you can!

Without da George Her	bert			

# Day-117:June 6 2001



### Workout

Bench-press 5-3-1 reps, heroic efforts! Lunge 50 alternating steps with dumbbells @ 1/4, 1/3, OR 1/2 your bodyweight Push-press 5-3-1 reps, heroic efforts! Glute-ham raise, three sets, 15-12-9, hold a plate if you are able. Your pick.

## **Other Thoughts**

emains,	ملطه طمعمم	manust bast		
	nprobable,	must be t	ne truth.	
Sherlock	Holmes			

"Whenever you have eliminated the impossible whatever

# Day-118:June 7 2001

Clean and Jerk 1/2 body weight 15 reps



### Workout

Set up weights ahead of time and plow through this workout with no resting or stalling.

Bike hard and fast for five minutes

Clean and Jerk 1/2 body weight 15 reps

Deadlift bodyweight for max reps

Clean and Jerk 1/2 body weight 15 reps

Squat body weight for max reps

Nice!

### Other Thoughts

A creative man is motivated by the desire to achieve, not by the desire to beat others." - Ayn Rand

"Competition is a by-product of productive work, not its goal.

# **Day-119:June 8 2001**



#### Workout

For Time:

Jump Rope "Double Unders"; 2 minutes

10 Handstand push-ups

Jump Rope "Double Unders"; 2 minutes

Sumo Deadlift High Pull @ no less than for 1/2 your body weight

for:

12-10-8-6-4 reps. Use same load for each set.

Jump Rope "Double Unders"; 2 minutes

50 Dips, as many sets as required. If able use rings.

Jump Rope "Double Unders"; 2 minutes

Can you do this in twenty minutes?

### **Other Thoughts**

positions.	ca 110111	people	Willo to	ok an	oopaiai
- Adlai E. Stevenson					

All progress has resulted from people who took uppopular

# Day-120:June 9 2001



### Workout

Four rounds for time of: 2 Rope Climb 20 pound Wall-ball, 25 shots, two feet above reach, FROM DEEP SQUAT EACH REP!! 15 Muscle Snatch, catch overhead at full hip extention, not in squat, 15 reps @ 1/2 body weight 20 inch Box Jump, 20 reps

## Other Thoughts

spends himself in a worthy cause; who at best, if he wins, knows the thrills of high achievement, and, if he fails, at least fails daring greatly, so that his place shall never be with those cold and timid souls who know neither victory nor defeat."  - John F. Kennedy

"The credit belongs to the man who is actually in the arena,

whose face is marred by dust and sweat and blood, who

knows the great enthusiasms, the great devotions, and

# Day-121:June 10 2001

ENOWLEDGE

Rest Day!	

## Day-122:June 11 2001



### Workout

Continuous rotation of these two until you cannot do ONE pullup. No rest, no pause. 20 pound Wall-ball, 25 shots 10 Pull-ups

Continuous rotation of these two for five rotations. No rest, no pause.

Glute-ham raise 10 reps Hang from bar raise knees to elbows 10 reps

### **Workout Note**

The "Wall-ball" drill is performed from a deep squat EACH rep.

The ball is shot overhead two feet above reach

"The more you sweat in peace, the less you bleed in war." - Adm. Hyman G Rickover				

# Day-123:June 12 2001



### Workout

Row 1,000 meters Hollow Rock 90 seconds

Three rounds for time of: 20 Dumbell thruster off 10" box, three times up rope 3 Rope Climbs

Hollow Rock 90 seconds Row 1,000 meters

'The man of tl · Proverbs	ninking ab	oilities is h	nated."		

# Day-124:June 13 2001



### Workout

Tabata Squats (no less than 15 squats per interval) 50 Sit-ups Ten muscle ups 50 Sit-ups Tabata Squats (no less than 15 squats per interval)

We've seen this done in twenty minutes!

"Periodizatior								scapable.
Periodization	as pl	anned	variat	ions	in	intensity	to	optimize
performance:	witchc	raft."						
- - Greg Glassm	nan							
0.08 0.000.								

# Day-125:June 14 2001



### Workout

Three rounds for time of:

20 Walking Lunges; with dumbbells 1/4 your body weight, alternating legs.

20 Push-ups, as few sets as possible.

20 Pull-ups, as few sets as possible.

20 Pike-ups (On back, arms overhead, flex at hip only until toes and fingers

meet above hips joint. No trunk flexion).

Adversity caus Anonymous			

# Day-126:June 15 2001



### Workout

For time:

Row 500 meters (max effort after warm-up).

Hang from bar and slowly bring knees to elbows 15 reps (no lurching).

Powerclean 15 reps (max load).

Hang from bar and slowly bring knees to elbows 15 reps (again, controlled).

Row 500 meters (all out!).

Powerclean 15 reps (same load as before).

## **Other Thoughts**

and sets.

What there is, is confidence, belief, hard work on a consistant basis, and a desire to succeed. This is what I mean when I say accept your limits and when the time is right, you will push right	/ t
through your limits time and time again, mentally and physically." - Steve Justa	i

"There is no secret routine, there is no magical number of reps

# Day-127:June 16 2001



### Workout

For time:

50 Sit-ups

Standing two minute sprint on stationary bike

Push-press, 1/3 body weight 21 reps

Standing two minute sprint on stationary bike

Push-press, 1/3 body weight 15 reps

Standing two minute sprint on staionary bike

Push-press, 1/3 body weight 9 reps

50 Sit-ups

### **Other Thoughts**

"There is no comparison between that which is lost by not succeeding and that which is lost by not trying." - Francis Bacon

# Day-128:June 17 2001

MONTER

Rest Day!	

# Day-129:June 18 2001



### Workout

Hang from bar and touch knees to elbows, 15-12 and 9 reps. 20 Dips

Run 400 meters, max effort.

With no rest between deadlift and pull-ups with only 60 seconds rest between superset:

Deadlift 15 reps (body weight)/Pull-ups 15 reps

Deadlift 12 reps (body weight)/Pull-ups 12 reps

Deadlift 9 reps (body weight)/Pull-ups 9 reps

Run 400 meters, max effort.

20 Dips

Hang form bar and touch knees to elbows, 15-12 and 9 reps.

### **Other Thoughts**

happy state wish for." - John Locke	in	this	world;	he	has	these	two	has	little	more	to

"A sound mind in a sound body is a short but full description of a

# Day-130:June 19 2001



### Workout

Row 500 meters Clean and Jerk 15 reps Rest 3 minutes Row 500 meters Clean and Jerk 15 reps Rest 3 minutes Row 500 meters Clean and Jerk 15 reps

Our best athletes will C & J their bodyweight for each set and row sub 1:30 - 500's.

## **Other Thoughts**

come some level of achievement, and from this achievement will come your pride." - Unknown	

"You have to discipline yourself, and through this discipline will

# Day-131:June 20 2001



### Workout

Three rounds for time of: Jump-rope for two minutes Pull-ups Bench-press, body weight Rest 1 minute

Our best will:

Double under without fouling for two minutes on the jump-rope.

Twenty five pull-ups, then twenty, then fifteen.

Twenty five, then twenty, then fifteen on the bench press.

Sub maximal intensities will get you sub maximal results." cott Savor - Strength Coach Moorhead State University					

# Day-132:June 21 2001



### Workout

Three rounds for time of: 25 Sit-ups 25 Thrusters (off 10" box), (~25 RM load) 3 Rope Climb

#### **Workout Note**

- 1. Try this sit-up: touch fingers from opposite hands together behind thighs without touching your legs with your arms, hands, or fingers then lower back to flat on ground with hands overhead.
- 2. Thruster, as a reminder, is a front squat/push-press. With what percentage of your body weight can you complete the 25 reps?
- 3. Climb rope in "L" if you're able.
- 4. Minimize time to completion.

### **Other Thoughts**

"I don't understand how it is that someone with only seven pullups could ask me how they could increase their muscle mass or strength. The obvious answer is, "work until you've got thirty pull-ups and you'll come back with five new pounds of lats and biceps alone." This kind of thing is true of squats, deadlifts, pushpress, muscle-ups, dips and any other fundamental, functional movements. Athletes regularly working the basic movements never ask how they can get stronger or bigger they already know."

# Day-133:June 22 2001



### Workout

Three rounds for time of: Muscle Snatch, 15 reps Box Jump, 15 reps Back Extension/Glute-ham raise, 15 reps

Our best will:

Snatch 2/3 body weight.

Jump 26" box.

Back extension/Glute-ham raise with 20 pound medicine ball.

Complete three rounds in ten minutes.

That which does not kill me makes me stronger." Friedrich Nietzsche						

## Day-134:June 23 2001



### Workout

Three rounds for time of: 5 Muscle-ups 400 meter Run

#### **Workout Note**

1. If you can't do a muscle-up substitute ten slow pull-ups and ten slow dips for each muscle up.

### **Other Thoughts**

"Energy and persistence conquer all things."

- Ben Franklin

influential bodybuilders is clearly a tragedy. Nonetheless, the tragedy is compounded if none consider the likely role that years of steroid abuse played in sending two brothers to an early death by "natural causes." From their site notice the effort to explain away the brother's death as being bad luck.

Brothers Mike and Ray Mentzer both died of "natural causes" within a day of one another a little over a week ago. The

premature death of these intelligent, articulate, and highly

# Day-135:June 24 2001

ENOWLESS

Rest Day!	

# Day-136:June 25 2001



### Workout

Three rounds of:
Two minute sprint on stationery bike.
Two minutes of sit-ups.
Two minutes of dips.
Two minutes of rest

## **Other Thoughts**

muscularly larger and stronger due to very hard, focused work on a limited number of exercises, using a limited number of sets, with a controlled and relatively limited training frequency." - Dr. Ken E. Leistner

"HIT (High Intensity Training) is anything that makes one

# Day-137:June 26 2001



### Workout

- 1 Jump on plyo box/ 1 clean pull-up
- 2 Jumps on plyo box/ 2 clean pull-ups
- 3 Jumps on plyo box/3 clean pull-ups...
- n Jumps on plyo box/ n clean pull-ups

You've got 20 minutes to carry this sequence as far as you can.

### **Workout Note**

The pull-ups need not be within a single set to count. Just alternate between jumping and pull-ups. Complete the needed number of pull-ups before the next round of jumps. Pick a challenging height for the box jump. No jumping on pull-ups.

not many different supplements."  - Jamie LaBelle

## Day-138:June 27 2001



#### Workout

Clean and Jerk one minute on, one minute off for twenty minutes. Start with a load that you can C& J 10 reps in one minute without undue strain.

#### **Workout Note**

- 1. Our best male athletes will be able to complete this with 95 pounds, our females 65 pounds.
- 2. Tough, beware!

### **Other Thoughts**

"Typically the worlds best athletes are minimalists when it comes to their training. They work hard and fast with few exercises. They master the fundamentals and work with them for years. This is the secret that no one wants to hear."

"Pure Power" is a website dedicated to basic strength training.

They employ a no frills high intensity low volume regimen built

- Greg Glassman

around a minimal number of exercises.

They aren't trying to forge athletes so there is no conditioning component, but the site is worth lookin over.

# Day-139:June 28 2001



### Workout

Two rounds for time of: Farmer's walk 100 feet Rope climb X 2 Back Squat, 10 reps Row 500 meters

### **Workout Note**

Our best will,

- 1. Squat and Farmer's Walk at your bodyweight
- 2. Row a sub 1:30 500-meters if you're able

"The biggest mistake people make in life is not trying to make a living at doing what they most enjoy." - Malcomb S. Forbes

# Day-140:June 29 2001



### Workout

Perform each of these for 1 minute and work through the cycle 3 times.

Hollow Rock

Hollow Arch

Sit-up

**Back Extension** 

Knees to Elbows

Stiff legged deadlift

Rest

## **Other Thoughts**

never se	commonplace en outside e, if not dan	of the gy	-	
Greg Glas	sman			

"Build your workouts around movements that have some

# Day-141:June 30 2001



### Workout

Four rounds for time of: Run 400 meters Powerclean 15 reps Bench Press 15 reps Rest 2 minutes

### **Workout Note**

- 1. Use as big a load for the bench and powerclean as you can handle.
- 2. Don't rest in mid round

## **Other Thoughts**

"The conciousness of self is the greatest hindrance to the proper execution of all physical action." - Bruce Lee

# Day-142:July 1 2001

ENOWLESGE

Rest Day!	

## Day-143: July 2 2001



### Workout

This is the CF® Challenge done as a circuit rather than prioritized. We refer to this as the "Vertical Tabata Challenge."Perform each of the following for only twenty seconds. Rest for ten seconds while quickly transitioning to next movement.Rest for 1 minute after each round and repeat seven times for a total of eight rounds. Total your weakest output from each exercise from all eight rounds. This time your rowing score is in calories.

Squat Pull-up Push-up Sit-up

Row

### **Other Thoughts**

Theodore Poosevalt

"It is not the critic who counts. Not the man who points out how the strong man stumbled or where the doer of deeds could have done better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly; who errs and comes short again and again; who knows the great enthusiasms, the great devotions; who spends himself in a worthy cause. Who, at the best, knows in the end the triumph of high achievement, and who at the worst, at least fails while daring greatly, so that his place shall never be with those timid souls who know neither victory nor defeat."

# Day-144: July 3 2001



### Workout

2 rounds of this circuit: 50 20" Box Jumps in 2 minutes Lunge 2 minutes, record steps Bike 2 minutes for distance Squat 2 minutes, record reps Rest 5 minutes

"The important thing is Albert Einstein	not to sto	p questio	ning."	

# Day-145:July 4 2001

ENOWLESGE

Rest Day!	

# Day-146:July 5 2001



#### Workout

Complete the following in as few sets as possible, yet within thirty minutes.

50 Ring Dips 50 "L" Pull-ups

If you can't do the ring dips or L pull-ups, do regular pull-ups and bar dips.

If you can't do those use a Gravitron or Cybex for assisted pull-ups and dips.

mpossible			impossible	TIOW	VVIII	1100	De
-	Baker Mot						
		-					
First Black	American	Woman Fed	derai Judge				

# Day-147: July 6 2001



### Workout

Run 400 meters
15 Knees to Elbows
Squat 15 Rep max weight, 15 reps, off 10" box
15 Knees to Elbows
Squat 10 Rep max weight, 10 reps, off 10" box
15 Knees to Elbows
Squat 5 Rep max weight, 5 reps, off 10" box
Run 400 meters, repeat starting run time

# **Other Thoughts**

all aspects of my life." - Anonymous	

"I exercise because the victories I achieve in the gym translate to

# Day-148: July 7 2001



#### Workout

Powerclean 15 reps Tabata Squat Powerclean 15 reps Tabata Squat

What is the minimum number of squats in any twenty second interval?

What percentage of your weight did you powerclean? How long did the workout take?

### **Other Thoughts**

"The greatest stumbling block to high intensity training to productive training, is that it's too hard for most people, and that's why many gym members, even those who are serious about getting 'better', never really do. They won't pay the price in terms of dealing with the emotional and physical discomfort, or with the ego bruising effect of using relatively light weights during the actual training periods. They also can't take the heat from their peer group in the gym which says 'That won't work, Arnold didn't do that'."

Dr. Ken E. Leistner			

# Day-149:July 8 2001

ENOWLESS

Rest Day!	

# Day-150:July 9 2001



#### Workout

Powerclean, 15 reps Tabata Squat Powerclean, 15 reps Tabata Squat

What is the minimum number of squats in any twenty second interval?

What percentage of your weight did you powerclean? How long did the workout take?

# **Other Thoughts**

within the powers and province of man, believe that it is within your own compass also."  Marcus Aurelius121-80 AD, Roman Emperor, Philosopher

"Because your own strength is unequal to the task, do not

assume that it is beyond the powers of man; but if anything is

# Day-151:July 10 2001



### Workout

Complete as many rounds in 20 minutes as you can of: 400 meter Run 10 L pull-ups

Can you run a 1:30 400-meters then perform 10 L pull-ups ten times in twenty minutes? If you can you are CF®!!

### **Other Thoughts**

the time, though we must regularly and every day give it a little chance to start flowing, prime it with a little solitude and idleness." - Brenda Ueland

"I learned inspiration does not come like a bolt, nor is it kinetic,

energetic, striving, but it comes to us slowly and quietly and all

# Day-152:July 11 2001

# ENOMIERGE

#### Workout

Row 1000 meters Rest 4 minutes Tabata Dumbell Thrusters

Who can row a 3:30 1,000 meters and Tabata Thruster 50% of their bodyweight no fewer than 10 reps in each interval?

# Day-153:July 12 2001



#### Workout

Three rounds for time of: 15 Knees to Elbows 5 Muscle-ups 15 Knees to Elbows

If you can't muscle-up substitute 25 pull-ups and 25 dips at each round,  $\,$ 

and.... get themuscle-up soon. Power through this workout, but don't cheat the movements.

pounds." - Henry Rollins	anu	go,	but	200	pourius	vviii	aiways	De	200

# Day-154:July 13 2001



#### Workout

Three rounds for time of:

20 inch Box Jump, 25 reps, in sixty seconds Powerclean, 15 reps Rest 1 minute

No rest during jumps or powercleans. Each round is about three minutes including rests. Fit: 20" box and 50% bodyweight powerclean Superfit: 26"; box and 75% bodyweight powerclean CF®: 32" box and 100% bodyweight powerclean

### **Other Thoughts**

form versus function. And, training for form rather than function is the plague that is preventing more athletes from optimizing performance than any demon outside fad diets."  - Coach Greg Glassman

"Questions like, 'what does this work?' clearly imply a focus on

# Day-155: July 14 2001



### Workout

Three rounds for time of: 1/4 bodyweight Walking Lunge, 20 steps "L" Rope Climb Rest 60 seconds.

### **Workout Note**

Start lunging 20 steps from rope. Lunge to rope and immediately sit and climb.

If you wish to reach the highest, begin at the lowest. ~ Pubilius Syrus ~ (1st Century BC, Roman Writer)	

# Day-156:July 15 2001

ENOWLESS

Rest Day!	

# Day-157: July 16 2001



#### Workout

Back Squat, Tabata Intervals, 10" Box Dips, max set Back Squat, total from Tabata effort, 10" Box, single set Dips, max set

#### **Workout Note**

- 1.Perform the Tabata Squats with 45 to 95 lbs, work for twelve reps at each of the eight intervals.
- 2.On the second set of Squats perform in a single set the total (96, hopefully)

performed in all eight Tabata Intervals.

- 3. Rest no more than two minutes after both Squat efforts.
- 4. Anyone ready for "L" Dips? Whose got 30?

### **Other Thoughts**

intensity is only briefly sustainable. Two hou conditioning sessions are a farce."  Coach Greg Glassman	r strength and

"Ontimizing fitness is a product of regular workouts whose

# Day-158:July 17 2001



### Workout

Four rounds for time of: Row 500 meters 12 "L" Pull-ups (good ones Can you complete all 4 rounds in ten minutes or less? OK, how long

# **Other Thoughts**

nutritional products. For the most part, these publications are essentially nutritional supplement catalogs that are neatly packaged with some articles on training"  - Matt Brzycki	

"Several of the most widely sold "muscle mags" are published by

supplements manufacturers and exist mainly to promote their

# Day-159: July 18 2001



#### Workout

Run 800 meters Deadlift 15-12-9-6-3-1 reps, max load @ each set Run 800 meters

#### **Workout Note**

- 1. Rest only one minute between first 400 meters and Deadlift.
- 2. Rest one minute between sets.
- 3. Start second 400 meters one minute after last Deadlift set.
- 4. Max efforts on runs and lifts!
- 5. Submit run times, lift loads, and body weight.

### **Other Thoughts**

MILO (September 1998)

"We also have the cyclers. Born out of the period when the Bulgarians were talking training 3-4 times per day, many coaches got into mini and macro cycles. Sounds impressive and scientific and appeals to academia.

Unfortunately, they completely missed the boat about how long and hard and consistently a lifter must train to warrant any sort of backing off period of training. Cycling is best left for the spandex boys with the two wheels under them, birth control, and the washing machine."

Tom Hirtz - Two Time National Weightlifting Champion, American Recorder Holder

# Day-160:July 19 2001



### Workout

Hang powerclean/push-press 21 Jump rope 2 minutes Hang powerclean/push-press 15 Jump rope 2 minutes Hang powerclean/push-press 9 Jump rope 2 minutes

#### **Workout Note**

- 1. Double under if able on jump rop
- 2. No rest from start to finish
- 3. Hang powerclean is from knees to racked position (shoulders)

### **Other Thoughts**

to do, provided he keeps doing them until he gets a record of successful experiences behind him." - Eleanor Roosevelt

"I believe that anyone can conquer fear by doing things he fears

# Day-161:July 20 2001



#### Workout

One Muscle-up per minute for as long as you can go!

Can anyone do one muscle-up per minute for twenty minutes? How far can you get?

#### **Workout Note**

1. A muscle-up is pulling yourself from below the rings to above and dipping to full arm extension. It is an unrivaled move for developing upper body strength.

It is much more difficult than any pull-up or dip and consequently a move of much greater potential for strength development.

- 2. If you don't have rings, buy them!! Rings have no rival for upper body strength development. If you are serious about your sport/fitness you'll pick some up.
- 3. We've listed some vendors within the message board.
- 4. If you can't do a muscle up, see how many pull-ups and dips can you do in an hour?

### **Other Thoughts**

Dr. Ken Leistner

"For most bodybuilders, the belt is an unnecessary part of the lifting uniform, one that serves to help a bit in demonstrating strength and that sought after "barn-door lat" look, but does little to help you build strength."

# Day-162:July 21 2001



#### Workout

Row 500 meters Dumbbell walking lunge, 30 steps Row 1000 meters Dumbbell walking lunge, 30 steps Row 2000 meters Dumbbell walking lunge, 30 steps

### **Workout Note**

- 1. Row a moderate paced 500 and then attempt that pace for the  $1\mbox{K}$  and  $2\mbox{K}$  efforts.
- 2. Use 1/4, 1/3, or 1/2 your body weight for the lunges depending on your fitness.
- 3. No resting, none.

### **Other Thoughts**

He who knows others is wise.

He who knows himself is enlightened. He who conquers others has physical strength. He who conquers himself is strongTao-te Ching	

# Day-163:July 22 2001

ENOWLEDG

Rest Day!	
Nest buy.	

# Day-164: July 23 2001



#### Workout

Tabata Squat

Rest 2 minutes.

Push-press 1/3 bodyweight 50 reps.

Rest 2 minutes.

Perform Tabata total from earlier, in one set, in less than 4 minutes.

Rest 2 minutes.

### **Other Thoughts**

the success of an undertaking. If I felt it was the right thing to do, I was for it regardless of the possible outcome." - Golda Meir

"I can honestly say that I was never affected by the question of

# Day-165:July 24 2001



### Workout

Clean & Jerk (50,75, or 100% BW) 15 reps Row 500 meters Rest two minutes Clean & Jerk, same load, 15 reps Row 500 meters Rest two minutes Clean & Jerk, same load 15 reps Row 500 meters

# **Other Thoughts**

Thomas	Jefferson	g mental a			
743-182	6, Third P	resident c	of the USA)	)	

"Nothing can stop the man with the right mental attitude

# Day-166:July 25 2001



### Workout

For twenty minutes: Bench Press Rope Climb

#### **Workout Note**

- 1. Use bodyweight for bench press.
- 2. Add total reps.
- 3. Add total feet of rope climbed.

"I'm pretty darn lucky. I'm thankful for every day I have strength to exercise. I'll still dream about setting personal records, and some of them might even pertain to lifting heavier weights." -Paul Barber

# Day-167: July 26 2001



#### Workout

Three rounds for time of: 12 Single arm snatches, alternate arms. 20 inch Box Jump, 25 reps Rest 1 minute

#### **Workout Note**

- 1. Warm-up shoulders substantially before snatches.
- 2. What percent of bodyweight can you use on snatch?
- 3. How about 32" box?
- 4. Rest only during 1 minute break between rounds.

### **Other Thoughts**

if we did not sometimes taste adversity, prosperity would not be so welcome." - Anne Bradstreet

"If we had no winter, the spring would not be so pleasant;

# Day-168:July 27 2001



# Workout

Complete as many reps in 20 minutes as you can of: Back extension "L" Pull-up

"The supreme excellence is not to win a hundred victories in a hundred battles. The supreme excellence is to subdue the armies of your enemies without even having to fight them."  - Lao-Tzu
(BC 600-?, Chinese Philosopher, Founder of Taoism, Author, "Tao Te Ching")

# Day-169: July 28 2001



### Workout

500 meter Row 20 Dumbbell Thrusters 20 Pull-ups

Rest as needed

Row 500 meters

10 Dumbbell Thruster

20 Pull-ups

Rest as needed

Row 500 meters

5 Dumbbell Thruster

20 Pull-ups

#### **Workout Note**

- 1. Can anyone row 1:30, 1:35, then 1:40 500's and "Thruster" with 45, 60, then 90 pounds, while getting 20 reps each pull-up set?
- 2. Modify as needed to finish.
- 3. No rests other than where specified.

"True winners are made when nobody is watching." - A wall of a locker room	

# Day-170: July 29 2001

ENOWLESGE

Rest Day!	
Rest Day:	

# Day-171: July 30 2001



#### Workout

20 pound Wall-ball, 50 shots Bike for 1 mile 20 pound Wall-ball, 50 shots Rest 3 minutes Bike 1 mile 20 pound Wall-ball, 50 shots Bike 1 mile

### **Workout Note**

 Count only those Wall-Ball shots that clear your reach by at least a foot and start from a deep squat
 Time both rounds. Which was quicker?

### **Other Thoughts**

"More may be better when it comes to knowledge and happiness, but more isn't necessarily better when it comes to strength training. Recall that if you are training with a high level of intensity, you literally cannot exercise for a long period of time."

Coordinator of Health Fitness Strength & Conditioning

Matt Brzycki

Princeton University Strength Training"	From the	Book: "A	A Practical	Approach to

# Day-172:July 31 2001



### Workout

Three rounds for time of: Box Jump, 50 reps Sumo Deadlift High-pull, 15 reps, . Rest two minutes.

#### **Workout Note**

- 1. Use max load on deadlift
- 2. Come to full extension on box before jumping or stepping down
- 3. Use 30" box if able

'Be bold. If you're going to make an error, make a doozey, and don't be afraid to hit the ball." Billie Jean King				
onne Jean Kii	ıg			

# Day-173:August 1 2001



#### Workout

30 Strict Push-ups

15 Back Extensions

25 Push-ups feet elevated 1 foot from floor.

12 Back Extensions

20 Push-ups feet raised 2 feet from floor

9 Back Extensions

15 Push-ups feet raised 3 feet from floor

6 Back Extensions

10 Push-ups feet raised 4 feet from floor

#### **Workout Note**

- 1. Strict push-ups allow for no sag in the body.
- $2.\ \mbox{Don't}$  swing the Glute-ham raise. Move slowly and deliberately.

### **Other Thoughts**

movements, not month after month, so they scratch and search for "breakthroughs", selling the lifting public on the idea that there will always be a better way to become bigger and stronger." Dr. Ken Leistner

"A magazine cannot generate a lot of revenue by calling for

brutally intense work on well known, easily done basic

# Day-174:August 2 2001



### Workout

For time: Row 500 meters Sumo Deadlift High-pull, 15 reps Row 500 meters Thruster, 15 reps Row 500 meters Sumo Deadlift High-pull, 15 reps Row 500 meters

### **Workout Note**

Thruster, 15 reps

- 1. Row 1:45 or less 500's.
- 2. Thruster and Sumo @ ½ your bodyweight.
- 3. Record time to completion.

" Happiness must be cultivated. It is like character. It is not a thing to be safely let alone for a moment, or it will run to weeds"Elizabeth Stuart Phelps				

# Day-175:August 3 2001



#### Workout

Tabata Pull-ups Tabata Dips Tabata Pull-ups Tabata Dips

#### **Workout Note**

- 1. Reminder: The Tabata Interval is 20 secs on/ 10 secs off repeated 8 times.
- 2. Take as much rest between Tabata efforts as needed.
- 3.On the first of the pull-up and first of the dip efforts don't dismount the bar(s)

for the duration of each 20 second interval.

4. On the second pull-up and second dip efforts it is OK to dismount the bar(s)

before the interval concludes (ahead of the 10 second rest).

"Catch on fire with enthusiasm and people will come for miles to watch you burn." -John Wesley				

# Day-176:August 4 2001



### Workout

Clean and Jerk, 21-15-12-9-6-3-1 reps.

#### **Workout Note**

- 1. Add weight to each set. Rest two minutes between sets.
- 2. Total loads for all 7 sets.
- 3. No rest on ground during sets. Touch and go at ground.

"When the archer misses the mark, he turns and looks for the faultnwithin himself. Failure to hit the bull's eye is never the fault of the target. To improve your aim improve yourself." - Gilbert Arland

# Day-177:August 5 2001

MONLESG

Rest Day!	

# Day-178: August 6 2001



# Workout

Three rounds for time: Body weight Deadlift, 15 reps Row 500 meters

# **Other Thoughts**

"Pain is inevitable. Suffering is optional."

-unknown	Ü		

# Day-179: August 7 2001



#### Workout

Three rounds for time of: 3 Muscle-ups 50 sit-ups

#### **Workout Note**

- 1. Perform any sit-up you want.
- 2. If you're new to the site and don't know what a muscle-up is, you can find it in today's link.
- 3. If you still can't perform the muscle up. Give us twenty-five pull-ups and twenty-five dips per round.
- 4. Typically, you'll have the strength for a muscle-up when you can do twenty pull-ups and dips without a pause.

### **Other Thoughts**

"The notion that triathletes are exemplars of fitness is firmly rooted in the common lore.

It's hard to find a group of athletes less deserving of this perception and harder yet to dislodge this belief once it has taken root, yet we can plant a seed of doubt in any triathlete in ten minutes of serious athletic training."

- Greg Glassman		

# Day-180:August 8 2001



#### Workout

Tabata Squats Rest 4 minutes Tabata Squats Rest 4 minutes Tabata Squats

#### **Workout Note**

- 1. The Tabata Interval is 20 seconds of work followed by 10 seconds of rest, repeated 8 times.
- 2. Take the lowest number of squats from all 8 work intervals as the score for each Tabata effort.
- 3. Add the three scores from each effort for a total score for the workout.
- 4. 60 is a good score

### **Other Thoughts**

"Success is having a flair for the thing that you are doing; knowing that is not enough, you have got to have hard work and a sense of purpose."

- Margaret Thatcher

# Day-181:August 9 2001



#### Workout

Five rounds for time of: Body weight Bench press; 12 reps 12 Pull-ups

# **Other Thoughts**

"Don't measure yourself by what you have accomplished, but by what you should have accomplished with your ability." - John Wooden

The progression from bar-dip to ring dip is analogous to the progression from handstand on parallettes or p-bars to handstand on rings. We're working towards handstand presses

on the rings. The payoff for this work is greatly improved balance and uncanny strength.

# Day-182:August 10 2001



### Workout

For time:

1/3 bodyweight Snatch, 25-20-15 reps

### **Workout Note**

- 1) Note time to completion for all three sets.
- 2) No rest during set.
- 3) "Touch and go" at ground.

"I am always doing things I can't do, that's how I get to do them." -Pablo Picasso						

# Day-183:August 11 2001



### Workout

Row 3 X 1,000 meters.

### **Workout Note**

- 1) Rest as needed between efforts.
- 2) Good times would be a 3:15, 3:20, and 3:25 for a 3:20 average  $\,$

# **Other Thoughts**

point where it looks impossible, and then gets discouraged. That's not the place to become discouraged."
-Thomas A. Edison

"Nearly every man who develops an idea works at it up to the

# Day-184:August 12 2001

ENOWLEDG

Rest Day!	

# Day-185:August 13 2001



### Workout

Three rounds for time of: Bike Sprint; 2 minutes 20 Pull-ups 20 Dips. Rest 2 minutes.

### **Workout Note**

- 1. Go as hard and fast as you can on the bike sprint.
- 2. Do as many of the pull-ups and dips as you can without assistance.
- 3. Absolutely no break until the dips are completed.

"Hold yourself responsible for a higher standard than anyone else expects of you. Never excuse yourself." Henry Ward Beecher					
neilly ward	beecher				

# Day-186:August 14 2001



#### Workout

For time:

5 Knees to Elbows

15 Clean and Jerks

10 Knees to Elbows

10 Clean and Jerk s

15 Knees to Elbows

5 Clean and Jerks

20 Knees to Elbows

### **Workout Note**

1. Move SLOWLY on knee raises. No throwing, swinging, lurching, or lunging.

The benefit here is tied to the deliberateness of your efforts.

- 2. It may take more than one set to complete the required number of reps for each knee raise set if done correctly. That's O.K.
- 3. Max load for C&J at each set.

'If strength at high heart rates is fundamental to your sport then you'd best perform your resistance training at high heart rate." - Greg Glassman

# Day-187:August 15 2001



### Workout

Three rounds for time of:

Walking Lunge 50 steps 50 Push-up 4 "L"-Rope Climb

#### **Workout Note**

- 1. Lunge requires trailing knee to "kiss" the ground on each step.
- 2. Push-ups only count if body is perfectly straight and chest comes to ground.
- 3. L-Rope climb is a rope climb with your legs straight out in front of you.

"Pursue truth and people will be true to you." - Arthur Twining Hadley				

# Day-188:August 16 2001



#### Workout

50 Sit-ups 26 inch Box Jump, 25 reps Jump Rope "Double Unders", 1 minute

Deadlift, Bodyweight 18-15-12 and 9 reps

Jump Rope "Double Unders", 1 minute 26 inch Box Jump, 25 reps 50 Sit-ups

#### **Workout Note**

- 1) If you can't "double under" then jump hard and fast for 3 minutes.
- 2) Rest as little as possible.
- 3) Can you do this in ten minutes? How about fifteen? Twenty?

"You gotta believe." - Tug McGraw		

# Day-189:August 17 2001



### Workout

For time:
Bench Press, 5 reps
Row 500 meters
Bench Press, 3 reps
Row 500 meters
Bench Press, 2 reps
Row 500 meters
Bench Press, 1 rep

### **Workout Note**

- 1) Start with a bench press that you can press 5 times but not 6.
- 2) On the first row (try for 1:45), note the meters accomplished and match that distance on the second and third efforts.
- 3) Keep the same load for the bench press throughout the workout.

"Whatever you do don't do it half way." - Bob Beamon					

# Day-190:August 18 2001



#### Workout

On the rower how long can you keep your average 500-meter pace at 2:00 or below?

### **Workout Note**

- 1) Turn the rower on and scroll until average 500-meter pace is showing in bottom window.
- 2) Take a minute or so to drive the average under 2:00 and stay down there as long as you can.
- 3) Note the time at which you show 2:01 or higher.
- 4) Twenty minutes is good. Thirty is great.
- 5) If you absolutely can't get your hands on a C2 Rower, run, bike, or swim for 20 hard minutes.
- 6) If you fail in less than 8 minutes do two attempts.

"Things that matter most must never be at the mercy of things which matter least." - Johann Wolfgang Von Goethe

# Day-191:August 19 2001

ENOWLESGE

Rest Day!	

# Day-192:August 20 2001



### Workout

Three rounds for time of: 20 pound Wall ball, 25 shots 15 Pull-ups

### **Workout Note**

- 1. The Wall-ball drill is a front squat push press throw towards a spot on the wall about two feet above max reach. On rebound catch, recoil to squat and immediately squat, throw, catch, repeat.
- 2. Time workout for all three rounds

# **Other Thoughts**

yourself when you don't do well. Too many times we beat up on ourselves. Just relax and enjoy it. You'll do better. - Patty Sheehan	

"Enjoy the successes that you havae, and don't be too hard on

# Day-193:August 21 2001



### Workout

Four rounds for time of: 1/2 body weight Sumo deadlift High-pull, 15 reps 400 meter Run

# **Other Thoughts**

ne who com Julius Erving	ie snort ei	na."	

"If you don't do what's best for your body, you're the

# Day-194:August 22 2001



#### Workout

- 10 Muscle-ups
- 8 Muscle-ups
- 6 Muscle-ups

#### **Workout Note**

- 1. No hurry here, but the muscle-ups are consecutive at each set.
- 2. Have someone assist/spot you by lifting under your feet.
- 3. Minimize the amount of assistance.
- 4. The final muscle-ups of each set should be agonizingly difficult.

### **Other Thoughts**

"It's lack of faith that makes people afraid of meeting challenges, and I believed in myself." - Muhammad Ali

# Day-195:August 23 2001



### Workout

For time:

5 RM Squat

10 Knees to elbows

3 RM Squat

10 knees to elbows

1 RM Squat

10 knees to elbows

### **Workout Note**

1) A 5 RM Squat is a load that you can squat 5 times but not 6.

Sweat plus sac Charles Finley	·		

# Day-196:August 24 2001



#### Workout

1000 meter Row @ 15 SPM 1000 meter Row @ 25 SPM 1000 meter Row@ 35 SPM

#### **Workout Note**

- 1. "SPM" is strokes per minute.
- 2. SPM is found in the upper right hand corner of the C2 Rower.
- 3. Rest/Stretch ten minutes between efforts.
- 4. In each case row the best time you can within the stroke count indicated.

### **Other Thoughts**

your best each little moment. There's never a break. You must have desire, a very intense desire to keep going." - Janet Guthrie

"Racing is a matter of spirit not strength. It is a matter of doing

# Day-197:August 25 2001



# Workout

1 set of Clean and Jerk @ 5 RM 3 sets of Clean and Jerk @ 3 RM 5 sets of Clean and Jerk @ 1 RM

I always fe	elt that I had elt that I coul y, I still think Vade	d get bett	er. That's t	he whole ir	ncentive.

# Day-198:August 26 2001

ENOWLESS

Rest Day!	

# Day-199:August 27 2001



### Workout

Tabata Squat Handstand walk; 4 minutes Repeat.

### **Workout Note**

If you can't walk on your hands hold a handstand for as much of the 4 minutes as possible.

# **Other Thoughts**

name,
He writes - not that you won or lost- but how you played the
game.
- Grantland Rice

"For when the One Great Scorer comes to mark against your

# Day-200: August 28 2001



#### Workout

Three rounds for time of: 15 Glute Ham Developer Med Ball Sit ups 15 Pull ups

#### **Workout Note**

Lay back to horizontal with a medicine ball held overhead (we're using an 8 pounder for this).

Quickly sit-up and throw the ball forward and level to the ground. At the start, the medicine ball should be closer to the ground than the head or shoulders

### **Other Thoughts**

"It's not necessarily the amount of time you spend at practice that counts; it's what you put into the practice." - Eric Lindros

# Day-201:August 29 2001



### Workout

Three rounds for time of: 1000 meter Row 1/2 bodyweight Push jerk, 21 reps

ation is the al absolutely ne night	nk about ab	solutely no	thing

# Day-202:August 30 2001



### Workout

Snatch, 15 reps
Knees to Elbows , 15 reps
Snatch, 10 reps
Snatch, 10 reps
15 Knees to Elbows
Snatch, 5 reps
Snatch, 5 reps
Snatch, 5 reps
Knees to Elbows, 15 reps
Knees to Elbows, 15 reps

# **Other Thoughts**

and cross-training simply gives you the best return on your investment-
balanced fitness with minimum injury risk and maximum fun."
- Paula Newby-Fraser

Everyone has limits on the time they can devote to exercise,

# Day-203:August 31 2001



### Workout

Complete asy many reps in 20 minutes as you can of: Rope Climb Bench Press; body weight

### **Workout Note**

How many reps of bench press and how many trips up the rope can you get?

"I learned that if you want to make it bad enough, no matter how bad it is, you can make it."
Gale Sayers

# **Day-204: September 1 2001**



### Workout

Tabata 12 inch Jumps Rest 4 minutes Tabata 12 inch Jumps Rest 4 minutes Tabata 12 inch Jumps

### **Workout Note**

Suspend a small object 12 inches above your reach. Now jump up and touch it per Tabata Interval protocol.

"The pressure makes me more intent about each shot. Pressure on the last few holes makes me play better." - Nancy Lopez	

# **Day-205: September 2 2001**

MONTERE

Rest Day!	

# Day-206: September 3 2001



#### Workout

Three rounds of: 20 Walking Lunges; with dumbbells totaling 1/3 your bodyweight 20 Thrusters 20 Pull-ups

Rest three minutes.

#### **Workout Note**

- 1. Measure your pace so that "Thrusters" begin directly under your pull-up bar.
- 2. Each step of the lunge should drop the trailing knee so that it "kisses" the ground.
- 3. "Thrusters" begin in a deep squat and end in full hip, leg, and arm extension.
- 4. No crappy pull-ups. Adam's apple to bar at top, arms completely extended at bottom.
- 5. The twenty pull-ups are consecutive pull-ups. You don't come down from the bar until they're done. Have someone assist you minimally if assistance is required.

### **Other Thoughts**

"Experience tells you what to do, confidence allows you to do it." - Stan Smith

This gentlemen is proposing a new technique for the high jump.

What he doesn't know is that the high jump rules requiring the athlete to take off on one foot and approach on a curve were designed to keep gymnasts from dominating the sport. Any high

school gymnast of merit can break world high jump records by a foot and a half if allowed to approach head on and take of on two feet.

# **Day-207: September 4 2001**



#### Workout

Two minute standing sprint on the bike.

Five minutes of ab work.

Two minute standing sprint on the bike.

Five minutes of ab work.

Two minute standing sprint on the bike.

Five minutes of ab work.

#### **Workout Note**

- 1. Go ALL out on the sprints.
- 2. Be creative with the ab work. (Borrow from Today's Link) Pick a different exercise for each of the three efforts and see how hard you can work for five minutes.
- 3. No hurry between efforts. Give quality sprints and quality ab work.

### **Other Thoughts**

things they truly enjoy. It is difficult to excel at something you don't enjoy." - Jack Nicklaus

"I'm a firm believer in the theory that people only do their best at

# Day-208: September 5 2001



### Workout

Deadlift, 20-18-16-14-12-10 reps

### **Workout Note**

- 1. Use the same load for each set.
- 2. Rest 30 seconds between sets.
- 3. Focus on keeping the stomach "sucked in" throughout the movement.
- 4. Be brave, and go as heavy as the rep scheme will allow.

"Build up your v - Knute Rockne	<i>i</i> eakness unti	l they becom	ne your stron	g points."

# **Day-209: September 6 2001**



#### Workout

Seven rounds:.

Incline dumbbell bench press, 5 reps, immediately, Rope climb, once up.

#### **Workout Note**

- 1. Max load on bench press at each pass.
- 2. Climb the rope without using your legs on the rope. If you can, it's time to do it right.
- 3. Take as much time between rounds as required to max bench load.

### **Other Thoughts**

treat it as a challenge and try to get back on track as soon as possible." - Jimmy Connors

"Rather than viewing a brief relapse back to inactivity as a failure,

# **Day-210: September 7 2001**



#### Workout

Row 5 minutes, record meters

Row 5 intervals of 1 minute on/1 minute off, record total meters Row 10 intervals of 30 seconds on/30 seconds off, record total meters

Row 20 intervals 15 seconds on/15 seconds off, record total meters

#### **Workout Note**

- 1. Rest 5 minutes between intervals
- 2. Use the "m" button to recall meters for each interval
- 3. Go all out.
- 4. Compare results of each effort.

"When you're prepared, you're more confident. When you have a strategy, you're more comfortable." - Fred Couples
·

# **Day-211: September 8 2001**



#### Workout

Two rounds of:

Run 800 meters.

25 Hip Extensions (Back extensions) on Glute-Ham Developer.

30 Hip Flexions (Sit-ups) on Glute-Ham Developer.

1-Arm Barbell Press 20 reps left and right arm.

Powerclean 1/2 bodyweight 20 reps.

#### **Workout Note**

1. 1-Arm Press derives it's impetus from a lateral "shove" of the hip and torso.

Do not lean back. Suggest empty bar for first timers.

- 2. Rest five minutes between rounds.
- 3. Ten minutes is a good time for each round.

"Confidence is a very fragile thing." - Joe Montana	

# Day-212: September 9 2001

PNOWLESSE.

Rest Day!	
Nest Day:	

# Day-213: September 10 2001



### Workout

Clean and Jerk, 10-5-3-10-5-3 reps

### **Workout Note**

- 1. 30 seconds rest between sets.
- 2. The loads are light, moderate, and heavy.
- 3. Plan loads ahead of time so that you can transition quickly if you've but one bar to work with.
- 4. Use push jerk instead of split jerk. It's faster.
- 5. Breath.... deeply.

Ashanti Proverb		

# Day-214: September 11 2001



### Workout

Ten rounds for time of:

- 5 Pull-ups
- 5 Push-ups
- 5 Squats (free-squat or "air squat")
- 5 Sit-ups (on Roman Chair/Glute-Ham Developer)
- 5 Back Extensions

### **Workout Note**

1. No cheating, super-clean technique.

# **Other Thoughts**

in lifen is to work hard at it. Whether you're a musician, a writer, an athlete or a businessman, there is no getting around it. If you do, you'll win - if you don't you won't."  Bruce Jenner

"I learned that the only way that you are going to get anywhere

# Day-215: September 12 2001



#### Workout

For time:

1000 meter Row

20 pound Wallball, 50 shots

50 Sit-ups

20 pound Wallball, 50 shots

50 Sit-ups

20 pound Wallball, 50 shots

50 Sit-ups

1000 meter Row

#### **Workout Note**

- 1. Wall-ball shot counts only if it starts from deep squat and hits wall 18 inches above reach.
- 2. Do sit-ups on Roman-Chair or Back Extension Apparatus.
- 3. Let us know if you can finish this in twenty minutes or less.

### **Other Thoughts**

at the right level - neither too low nor too high. A good goal should be lofty enough to inspire hard work, yet realistic enough to provide solid hope of attainment." - Greg Norman

"Setting goals for your game is an art. The trick is in setting them

# **Day-216: September 13 2001**



#### Workout

30 Walking Lunges; 1/2 your bodyweight

10 Muscle ups

30 Walking Lunges; 1/2 your bodyweight

10 Muscle ups

### **Workout Note**

- 1. Make lunge steps as long as you possibly can. Trailing knee must "kiss" the ground on each step.
- 2. Have someone hold your feet and assist minimally for the muscle-up.
- 3. If you don't have rings you are missing out on an incomparable tool.

## **Other Thoughts**

deciding factors between who won and wh	o lost."	
- Tom Seaver		

"The concentration and dedication - the intangibles - are the

# Day-217: September 14 2001



### Workout

Five rounds for time of: 20 inch Box jump, 25 reps 15 Hang cleans

### **Workout Note**

- 1. Use as tall a box and as heavy a load as you can, e.g., how about 100% bodyweight and 30"?
- 2. No resting until finished.

""Do not let what you cannot do interfere with what you can do." - John Wooden					

# Day-218: September 15 2001



#### Workout

15-12-9-6-3 reps of the couplet: Deadlift One arm barbell press, each arm

### **Workout Note**

- 1. Use as tall a box and as heavy a load as you can, e.g., how about 100% bodyweight and 30"?
- 2. No resting until finished.

## **Other Thoughts**

"The man who can drive himself further once the effort gets painful is the man who will win." - Roger Bannister

# Day-219: September 16 2001

ENOMIESE

Rest Day!	

# Day-220: September 17 2001



### Workout

For time: 1000 meter Row 20 Clean and Jerk 1000 meter Row

#### **Workout Note**

- 1. Load for Clean and Jerk is not to exceed 100% of bodyweight.
- 2. Time entire effort.
- 3. Use push-jerk, not split-jerk.
- 4. Warm-up with Sit-up, Back/Hip extension, Squat, Pull-up, Push-up circuit. Go easy.
- 5. Heads-up! Wednesday and Friday will play on today's theme.

"Talent is God-given, be humble; fame is man-given, be thankful; conceit is self-given, be careful." - Anonymous				

# Day-221: September 18 2001



### Workout

Seven rounds for time of:

From a push-up position, lower your hand placement about a foot.

Press to a handstand while a friend deadlifts your ankles and presses to overhead as you press to the handstand.

Ten Pull-ups

25 Sit up on Glute-Ham developer.

'You must accept your disappointments and triumphs equally." · Harvey Penick					

# Day-222: September 19 2001



#### Workout

500 meter Row 20 Clean and Jerk 500 meter Row 20 Clean and Jerk

#### **Workout Note**

- 1. Time entire effort.
- 2. Use same load as Monday for C&J, not to exceed 100% bodyweight.
- 3. If you complete workout in less than 10 minutes, increase load by 30% and go again.

### **Other Thoughts**

physically and then you have to find about 10 percent more and use that too." - Janet Guthrie

"Racing takes everything you've got - intellectually, emotionally,

# Day-223: September 20 2001



### Workout

15 Back Extension

1 Rope Climb

20 Push ups

1 Rope Climb

25 Sit ups

1 Rope Climb

### **Workout Note**

- 1. If able climb the rope from a seated posture and maintain an "L" throughout.
- 2. No ugly push-ups.
- 3. Sit-up of your choice.
- 4. Don't swing the back extension, no momentum.

"It's not the size of the dog in the fight, but the size of the fight in the dog."  - Archie Griffin

# Day-224: September 21 2001



### Workout

For time: 20 Clean and Jerk 1000 meter Row 20 Clean and Jerk

### **Workout Note**

- 1. Use the same load as you did on Monday and Wednesday, not to exceed bodyweight.
- 2. If you complete this in less than ten minutes you don't have enough weight on the bar.

"Once you a rest is 90 per - Paul Johnso	rcent mental	OT WINN	ing a goic	i medal, th	ıe

# Day-225: September 22 2001



#### Workout

Tabata Squat

Tabata Sit up on Glute-ham developer.

Tabata Pull up (use G'tron or Cybex assisted p'up device with 50% BW assistance)

Tabata Push press (use 1/3 BW)

Tabata Row

#### **Workout Note**

- 1. The Tabata interval is 20 seconds of work followed by 10 seconds of rest, repeated 8 times.
- 2. Take any break you need between exercises.
- 3. Total the weakest intervals from each of the 5 exercises for score.
- 4. On the rower, measure the intervals by calories, not meters.

"The principle is competing against yourself. It's about self-improvement, about being better than you were the day before." - Steve Young

Day-226:	September	23	2001
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KNOW LEDGE

Rest Day!	
Nest Day:	

# Day-227: September 24 2001



#### Workout

Overhead squat, 20-20-20 reps Front squat, 10-10-10 reps Back squat, 5-5-5 reps

### **Workout Note**

- 1. Increase load dramatically proceeding from Overhead to Front to Back Squats.
- 2. Use perfect form, or it's not a squat.
- 3. Use same load for all three sets of each exercise.
- 4. Rest as needed.

"Set your goals high, and don't stop till you get there." - Bo Jackson			

# Day-228: September 25 2001



### Workout

- 1 Pull-up
- 1 Dip
- 1 Sit-up
- 2 Pull-ups
- 2 Dips
- 2 Sit-ups
- 3 Pull-ups
- 3 Sit-ups

Get it?

Continue this sequence as far as you can for exactly 30 minutes.

### **Workout Note**

1. No "crappy" pull-ups, dips, or sit-ups. Perfect form, please.

"I don't psyche myself up. I psych myself down. I think clearer when I'm not psyched up." - Steve Cauthen				

# Day-229: September 26 2001



### Workout

Run 400 meters

Deadlift, 5-5-5 reps

Run 400 meters

Deadlift, 4-4-4 reps

Run 400 meters

Deadlift, 3-3-3 rep.

Run 400 meters

Deadlift, 2-2-2 reps

Run 400 meters

Deadlift, 1-1-1 reps

#### **Workout Note**

- 1. Don't hurry through this. Rest as needed to max output.
- 2. Max loads on lifts.
- 3. Run hard on sprints.

"You learn loser." - Joe Namat	to	be	а	gracious	winner	and	an	outstanding

# Day-230: September 27 2001



### Workout

Five rounds for time of: 15 Thrusters 15 Pull ups

### **Workout Note**

- 1. As heavy a dumbbell as you can.
- 2. Clean pull-ups minimally assisted if necessary

Dizzy Dean			

# Day-231: September 28 2001



### Workout

Four rounds for time of: 500 meter Row 10 Power cleans 15 Knees to Elbows

### **Workout Note**

1. Use body weight for Power clean

"Just do what you do best." - Red Auerbach		

# Day-232: September 29 2001

ENOWIESE

Rest Day!	

# Day-233: September 30 2001

ENOMIESE

Rest Day!		
Rest Day!		
Rest Day!		
	Rest Day!	

# Day-234: October 1 2001



### Workout

20 Sit ups 20 Back Extensions 1000 meter Row Tabata Squats Tabata Push press 1000 meter Row 20 Sit-ups

20 Back Extensions

### **Workout Note**

- 1. Don't rush through, but give big effort to each exercise.
- 2. Tabata Interval protocol is 20 seconds of work followed by a ten second rest, repeated 8 times.

"There is perhaps fear." - Jawaharlal Nehru	nothing	so bad	and s	o dangerous	in life as

# Day-235: October 2 2001



#### Workout

Five rounds of: 3 Deadlift 12 Pull ups Rest as needed

### **Workout Note**

- 1. Move briskly from Deadlift to Pull-ups
- 2. 3RM load on Dead's.
- 3. Use assistance on Pull-ups if needed to get 12 reps.

## **Other Thoughts**

"You are having fun, and you want to set a good example to those who are watching." - Cory Snyder

"Before I go out on the field every day, I tell myself,

# Day-236: October 3 2001



### Workout

Run 800 meters Glute Ham developer Bench Press, 15-15-15-15 reps Run 800 meters

### **Workout Note**

- 1. Be very careful, you may break in two if you attempt too big a load.
- 2. Use light dumbbells if O'bar is too heavy.
- 3. Don't rush the movement.
- 4. Start Bench press after recovering somewhat from the first run.
- ${\bf 5.\,Start\,second\,run\,immediately\,after\,Bench\,press.}$

"lf you train - Hershel Wa	hard, you'll not only be hard, you'll be hard to beat." alker

# Day-237: October 4 2001



### Workout

21 Back Extensions
21 Glute Ham developer Sit
Three rounds of:
5 Rope Climb
Handstand Practice; five minutes
21 Back Extensions
21Glute Ham developer Sit ups

## **Other Thoughts**

times in the past that they can do them almost perfectly without thinking about it. When you can perform brilliantly without thinking, you can perform at avery high level."  - June Jones, Atlanta Falcons coach	

"Champions execute the fundamentals with unconscious

competence. That means they've practiced the moves so many

# Day-238: October 5 2001



### Workout

Clean and Jerk, 10 reps Clean and Jerk, 3 rep. Snatch, 10 reps Snatch, 3 reps Repeat all four sets

### **Workout Note**

- 1. Take as much rest as needed between sets.
- 2. Maximize loads at each set.

"The worst sorr but its fears."	rows in life are not in its losses and misfortunes,
- Arthur Christo	pher Benson

# Day-239: October 6 2001



## Workout

5k Row

"To go beyon - Confucius	d is as wror	ng as to fa	ll short."	

# Day-240: October 7 2001

ENOWLEDG

Rest Day!	

# Day-241: October 8 2001



### Workout

For time: 1000 meter Row 7 Muscle ups 15 Clean and Jerk; body weight

### **Workout Note**

- 1. Notice the variation on this theme through the week.
- 2. If you can't do the muscle-up yet, do 50 pull-ups and 50 dips.
- 3. Record time for comparisons T-W-Th-F-Sa.
- 4. O.K., So you can't C&J your bodyweight; use 50 or 75%.

"As long as I can concentrate and remain somewhat calm, I can normally do very well."	
- Al Oerter	

# Day-242: October 9 2001



#### Workout

For time: 15 Clean and Jerks; body weight 1000 meter Row 7 Muscle ups

#### **Workout Note**

- 1. Notice the variation on this theme through the week.
- 2. If you can't do the muscle-up yet, do 50 pull-ups and 50 dips.
- 3. Record time for comparisons T-W-Th-F-Sa.
- 4. O.K., So you can't C&J your bodyweight; use 50 or 75%.

### **Other Thoughts**

"Enjoying success requires the ability too adapt. You shouldn't outline a program and etch it in stone. We all have different physical limitations and skills that make us unique individuals. Try to make modifications in your program to enhance it;. Only by being open to change will you have a true opportunity to get the most from your talent."

# Day-243: October 10 2001



#### Workout

For time: 7 Muscle ups 15 Clean and Jerks 1000 meter Row

#### **Workout Note**

- 1. Notice the variation on this theme through the week.
- 2. If you can't do the muscle-up yet, do 50 pull-ups and 50 dips.
- 3. Record time for comparisons M-T-W-Th-F-Sa.
- 4. O.K., So you can't C&J your bodyweight; use 50 or 75%.

### **Other Thoughts**

- Kyle Rote Ir

"There is no doubt in my mind that there are many ways to be a winner, but there is really only one way to be a loser and that is to fail and not look beyond the failure."

# Day-244: October 11 2001



### Workout

For time: 15 Clean and Jerks 7 Muscle ups 1000 meter Row

### **Workout Note**

- 1. Notice the variation on this theme through the week.
- 2. If you can't do the muscle-up yet, do 50 pull-ups and 50 dips.
- 3. Record time for comparisons M-T-W-Th-F-Sa.
- 4. O.K., So you can't C&J your bodyweight; use 50 or 75%.

Now I try r	'I used to get out there and have a hundred swing thoughts. Now I try not to have any." Davis Love III					hts.

# Day-245: October 12 2001



#### Workout

For time: 7 Muscle ups 1000 meter Row 15 Clean and Jerks

### **Workout Note**

- 1. Notice the variation on this theme through the week.
- 2. If you can't do the muscle-up yet, do 50 pull-ups and 50 dips.
- 3. Record time for comparisons M-T-W-Th-F-Sa.
- 4. O.K., So you can't C&J your bodyweight; use 50 or 75%.

Perhaps the single most important element in mastering the techniques and tactics of racing is experience. But once you have the fundamentals, acquiring the experience is a matter of time."  - Greg LeMond

# Day-246: October 13 2001



#### Workout

For time: 1000 meter Row 15 Clean and Jerks 7 Muscle ups

### **Workout Note**

- 1. Notice the variation on this theme through the week.
- 2. If you can't do the muscle-up yet, do 50 pull-ups and 50 dips.
- 3. Record time for comparisons M-T-W-Th-F-Sa.
- 4. O.K., So you can't C&J your bodyweight; use 50 or 75%.

Heywood Hale Broun					

# Day-247: October 14 2001

ENOWLESS

Rest Day!	

# Day-248: October 15 2001



#### Workout

50 Sit-ups.

Deadlift moderate load, 15 reps (use full size plates).

Push-ups off dumbbells, 25 reps.

Deadlift same load with 25 pound plates, 15 reps

Push-ups off dumbbells, 20 reps.

Deadlift same load with 10 pound plates, 15 reps

Push-ups off dumbbells, 15 reps

Deadlift same load with 5 pound plates, 15 reps

Push-ups off dumbbells, 10 reps

50 Sit ups

#### **Workout Note**

- 1. The idea with the deadlifts is to increase the range of motion CAREFULLY with increasingly deeper (smaller plates) deadlifts.
- 2. Use super-strict form on the push-ups and sink LOW!
- 3. Move through with little to no rest.

"A full mind is an empty bat." - Branch Rickey	

# Day-249: October 16 2001



#### Workout

50 Sit ups

15 Thrusters

20 Pull ups

12 Thrusters

15 Pull ups

9 Thrusters

10 Pull ups

50 Sit ups

#### **Workout Note**

- 1. Increase load with each set of Thrusters.
- 2. This is a fifteen minute workout.
- 3. A "Thruster" is a deep front squat/push-press combo (where have you been?).
- 3. Nice.

### **Other Thoughts**

"I think everyone should experience defeat at least once during their career. You learn a lot from it." - Lou Holtz

# Day-250: October 17 2001



### Workout

Set a bar and load up on a squat rack at your bottom position. Start from the bottom and return to the bottom with minimal time at the top. In this manner perform 5 sets of 7 reps. Now, with the same load perform 5 sets of 7 reps of the normal "top to top" squat.

#### **Workout Note**

- 1. We call these first squats "bottom to bottoms."
- 2. You'll need less than your normal 7RM load for this squat.
- $\ensuremath{\mathsf{3}}.$  Of course, as always, perfect form or go home.

### **Other Thoughts**

"It's very, very dangerous to have your self-worth riding on your results as an athlete." - Iim Courier

# Day-251: October 18 2001



### Workout

Set the Concept II Rower for intervals of two minutes of work and two of rest.

During the work row an easy 500+ meters.

During the "rest" powerclean as much of your bodyweight as you can 15 reps.

Before the two minute "rest" is over, get back to the Rower and strap in before timer zeroes.

On zero begin rowing immediately.

Continue this for a total of twenty minutes or five rounds of the couplet.

#### **Workout Note**

- 1. All Rowing efforts must be better than 500 meters, i.e., less than 2:00 minute 500 meter pace.
- 2. No late starts on the rowing intervals.
- 3. Your fitness can be scored by the percentage of bodyweight you use for all five efforts.
- 4. The powerclean is a hang clean, actually.
- 5. You are very welcome.

Mental toughness is to physical as four is to one." Bobby "Asshole" Knight						

## Day-252: October 19 2001



#### Workout

Three rounds for time of: 5 Muscle ups Tabata Squat

#### **Workout Note**

- 1. Try to get all five muscle-ups from the hang.
- 2. Shoot for "twenties" on the T-squats
- 3. Take any rest you need between efforts, yet complete the workout within 45 minutes.
- 4. If you get all five muscle-ups from a single hang on each of the three sets and manage a twenty score for the weakest of all 24 T-squat intervals, drop us a line

'Get the job done." - Don Shula		

## Day-253: October 20 2001



#### Workout

Seven rounds for time of: 400 meter sprint 400 meter walk

## **Other Thoughts**

while, but consistent achievement happens only if you love what you are doing." - Bart Conner

"Chance can allow you to accomplish a goal every once in a

# Day-254: October 21 2001

ENOWLEDGE

Rest Day!	

## Day-255: October 22 2001



#### Workout

Four rounds for time of: 30 One arm snatch; 15 left, 15 right alternating 25 Sit ups

#### **Workout Note**

- 1. Use kettlebell if available.
- 2. Sit ups of your choosing.

## **Other Thoughts**

"Dare to begin! He who postpones living rightly is like the rustic who waits for the river to run out before he crosses." - Horace

## Day-256: October 23 2001



### Workout

Complete as many rounds in 30 minutes as you can of: 5 Front squats; body weight 1 Muscle up 20 inch Box jump, 15 reps

"If we could give every individual the right amount of nourishment and exercise, not too little and not too much, we would have found the safest way to health."  - Hippocrates

## Day-257: October 24 2001



#### Workout

Five rounds for time of: 15 Good Mornings 20 Sit ups 15 Push Jerk

#### **Workout Note**

1. After an extended warm-up start heavy and drop the loads on the lifts some each round.

"Desire!		the	one	secret	of	every	man's	career.	Not
educatio									
Not bein		with h	nidde	n talent	s. D	esire."			
- Bobby	Unser								

## Day-258: October 25 2001



### Workout

Try to climb your rope once every minute for twenty minutes. At any rate, climb the rope twenty times as quickly as possible.

#### **Workout Note**

- 1. Clinging pathetically to the rope with your legs is a crutch you want to rid yourself of as soon as possible.
- 2. Best start is from seated.
- 3. Best climb is in "L".

	racket do ti out and win moras		mat i am a	iii about,	really.
i ete sai	пргаз				

## Day-259: October 26 2001



#### Workout

1000 meter Row Deadlift, 3-3-3-3 reps 1000 meter Row Deadlift, 3-3-3-3 reps

You hit hon Roger Mari	neruns not l s	oy chance	out by pi	reparation	า."

# Day-260: October 27 2001



### Workout

Five rounds for time of: 25 Push ups 20 Back squat; bodyweight 25 Sit ups

th and peo ining Hadle	e true to	you."	

# Day-261: October 28 2001

ENOWLESS

Rest Day!	
Rest Day:	

## Day-262: October 29 2001



#### Workout

Push Jerk, 3-2-1 reps

Rest

Complete as many rounds in 10 minutes as you can of:

1 Rope Climb

10 Push Jerk; 60% 1 RM load

Rest

Rope Climb 3 times up without stopping

Rope Climb 2 times up without stopping

Rope Climb "once-up"

#### **Workout Note**

- 1. Watch for the theme this week
- 2. Rush through the circuit but SLOW DOWN on  $\,$

Push-Jerk start and Rope Climb finish.

3. For circuit maximize rounds within ten minutes

## **Other Thoughts**

stress and thus tones the spirit just as exercise conditions the body." - Arnold Schwarzenegger

"Training gives us an outlet for suppressed energies created by

## Day-263: October 30 2001



#### Workout

Good Mornings, 5-5-3-3-1-1 reps

Rest as needed.

Complete as many rounds in 7 minutes as you can of:

7 Dips

7 Good Mornings at moderate load.

Rest as needed.

Stay on bars for two minutes and complete as many dips as you can.

Don't come down for two minutes.

Repeat at 90 seconds.

Repeat at 60 seconds.

#### **Workout Note**

- 1. The idea is to not hurry through the opening Good Mornings and the Finishing Dips, yet "mow" through the Dip/Good Morning circuit.
- 2. Bad form can cripple

You have to ex Michael Jorda	spect things of yourself before you n	can do them."

## Day-264: October 31 2001



#### Workout

Bench press 5-3-1-1-3-5 reps

Rest

Five rounds for time of:

10 Bench press; 50% 1RM load

10 Pull ups

Rest

Do a pull-up that takes thirty seconds to get to the top and thirty seconds to get to the bottom.

Repeat 4 times for a total of 5 sets.

"Sports should alwa - Charles Mann	ys be fun."		

## **Day-265: November 1 2001**



#### Workout

Back squat, 5-5-3-3-1-1 reps

Rest

Tabata Squat/Push-up Intervals.

First interval (20 seconds) Squat, rest (10 seconds), second interval (20 seconds) Push-ups.

In this manner alternate all 8 intervals.

Score the eight intervals by finding the weakest product

(multiply) of squat and push-up reps from all eight intervals.

Rest

Time 100 Push-ups

#### **Workout Note**

1. Same structural theme as M-Tu- and W

"The mind m - Tommy Bolt	esses up more shots than the body. So watch it!" t

## **Day-266: November 2 2001**



#### Workout

Phase I

Power clean, 5-5-3-3-1-1 reps

Rest

Phase II

Perform 5 Rounds of this circuit for time:

Press to handstand 5 times.

Powerclean 10 reps.

Rest

Phase III

Practice handstand press for twenty minutes.

#### **Workout Note**

1. Structure same as M-Tu-W and Th: First phase slow and heavy, second phase fast circuit, third phase slow and controlled again.

### Other Thoughts

"The ones who want to achieve and win championships motivate themselves." - Mike Ditka

## **Day-267: November 3 2001**



#### Workout

Deadlift, 5-5-5-5 reps Rest Perform five rounds of this circuit for time: Three consecutive Muscle-ups 1 Deadlift; 10 RM load

Perform 10 Muscle-ups in as few sets as possible.

#### **Workout Note**

- 1. Same structural theme as M-Tu-W-Th and F
- 2. If you can't do the muscle-up have someone give you "marginal" assistance.

### **Other Thoughts**

at the top. With me, it's just the satisfaction of the game. Just performance." - Barry Bonds

"I like to be against the odds. I'm not afraid to be lonely

# Day-268: November 4 2001

MONTER

## Day-269: November 5 2001



#### Workout

Clean and Jerk, 1-1-1-1 reps Rest as warranted Drive through 3 Rounds of this circuit: 15 Pull ups 10 Front squat

1.5 pood Kettlebell swing, 2 minutes

### **Other Thoughts**

dangerous to my foes, but not to me. Hard work has made it easy. That is my secret. That is why I win." - Nadia Conaneci

"I work on certain moves constantly, then, finally, it doesn't seem so risky to me. The move stays dangerous and looks

## **Day-270: November 6 2001**



#### Workout

Snatch, 1-1-1-1 reps Rest as warranted Drive through 3 Rounds of this circuit: 15 Dips 15 Power clean

Glute Ham developer Medicine Ball Throw Sit up, 2 minutes

## **Other Thoughts**

but I know all the heart in the world couldn't have helped me if I wasn't physically fit."  - Jimmy Connors				

"People say I'm still around because I have a lot of heart.

## Day-271: November 7 2001



#### Workout

Clean and Jerk, 1-1-1-1 reps Rest as warranted

Drive through 3 Rounds of this circuit: 5 Muscle up 10 Shoulder press

1.5 pood Kettlebell swing, 2 minutes

"If you're not making mistakes, then you're not doing anything. I'm positive that a doer makes mistakes." - John Wooden					

## **Day-272: November 8 2001**



#### Workout

Snatch, 1-1-1-1 reps Rest as warranted Drive through 3 Rounds of this circuit: 5 Handstand Push up 5 Deadlift Rest

Glute Ham developer Medicine Ball Throw Sit up, 2 minutes

I tell myself: "	before a big race are usually pretty simple. Get out of the blocks, run your race, stay relaxed. Ir race, you'll winChannel your energy. Focus."

## **Day-273: November 9 2001**



### Workout

Clean and Jerk, 1-1-1-1 reps Rest as warranted Drive through 3 Rounds of this circuit: 1 Rope Climb 10 Push press

1.5 pood Kettlebell swing, 2 minutes

## **Other Thoughts**

Babe Didriks	ete that eve son Zachar		

"Before I was ever in my teens, I knew exactly what I

wanted to be when I grew up. My goal was to be the

## Day-274: November 10 2001



#### Workout

Snatch, 1-1-1-1 reps
Rest as warranted
Drive through 3 Rounds of this circuit:
20 Push ups
10 Squat Clean
Rest

Glute Ham developer Medicine Ball Throw Sit up, 2 minutes

## **Other Thoughts**

bragging about yours u can get the job don nitas	neans you

"There is a difference between conceit and confidence...

# Day-275: November 11 2001

ENOWLESS

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Doot Dood	
Rest Day!	

## Day-276: November 12 2001



#### Workout

Glute Ham developer Medicine Ball Throw Sit up, 1 minute 1.5 pood Kettlebell swing, 1 minute

Rest

3-5 Rounds of the following circuit for time:

10 Deadlift

10 Pull ups

Rest

1.5 pood Kettlebell swing, 1 minute

Glute Ham developer Medicine Ball Throw Sit up, 1 minute

"There's no such thing as natural touch. Touch is something you create by hitting millions of golf balls." - Lee Trevino

## Day-277: November 13 2001



#### Workout

Glute Ham developer Medicine Ball Throw Sit up, 1 minute 1.5 pood Kettlebell swing, 1 minute

Rest

Perform 3-5 rounds of this circuit for time:

10 Push press

15 Box Jump

Rest

1.5 pood Kettlebell swing, 1 minute

Glute Ham developer Medicine Ball Throw Sit up, 1 minute

		oe dead a lot."

## Day-278: November 14 2001



### Workout

Glute Ham developer Medicine Ball Throw Sit-up, 1 minute.

1.5 pood Kettlebell swing, 1 minute.

Rest

Perform 3-5 Rounds of this Circuit for Time:

15 Power clean

15 Dips

Rest

Glute Ham developer Medicine Ball Throw Sit-up, 1 minute.

1.5 pood Kettlebell swing, 1 minute.

## **Other Thoughts**

Billy Martin			

"Most people miss the great part mental outlook plays in this

## Day-279: November 15 2001



#### Workout

Glute Ham developer Medicine Ball Throw Sit up, 1 minute 1.5 pood Kettlebell swing, 1 minute

Rest

Perform 3-5 Rounds of this Circuit for Time:

10 Front Squat

"Double Up" Rope Climb

Rest

Glute Ham developer Medicine Ball Throw Sit up, 1 minute

1.5 pood Kettlebell swing, 1 minute

### **Other Thoughts**

Siamese twin, your brother, attached at your shoulder is gay and you're not, but you only have the one ass." - Jack Handey

"The next time you're having a bad day, imagine this: you're a

## Day-280: November 16 2001



#### Workout

Glute Ham developer Medicine Ball Throw Sit up, 1 minute.

1.5 pood Kettlebell swing, 1 minute.

Rest

Perform 3-5 Rounds of this Circuit for Time:

10 Shoulder press

3 Muscle up

Rest

1.5 pood Kettlebell swing, 1 minute.

Glute Ham developer Medicine Ball Throw Sit up, 1 minute.

### **Other Thoughts**

cardiova			weightlifting ludicrous."	is	of	lesse

"The notion that holding a heart rate of 180 bpm for twenty

minutes on a bike is good cardio whereas holding 180 bpm for

# Day-281: November 17 2001

ENOMIESE

Rest Day!	

# Day-282: November 18 2001

ENOWLESS

Rest Day!	
,	

## Day-283: November 19 2001



#### Workout

1.5 pood Kettlebell swing, 1 minute.

Glute Ham developer Medicine Ball Throw, 1 minute.

Rest

Perform 3-5 rounds of this circuit for time:

Turkish Get-up, up rt arm, down rt arm, up left arm, down left arm

3 Rope climb

Rest

Glute Ham developer Medicine Ball Throw, 1 minute.

1.5 pood Kettlebell swing, 1 minute.

Bill Bradley					

## Day-284: November 20 2001



#### Workout

1.5 pood Kettlebell swing, 1 minute.

Glute Ham developer Medicine Ball Throw Sit up,, 1 minute.

Rest

Perform 3-5 rounds of this circuit for time:

15 Sumo Deadlift High Pull

15 Push Jerk

Rest

Glute Ham developer Medicine Ball Throw Sit up, 1 minute.

1.5 pood Kettlebell swing, 1 minute.

## **Other Thoughts**

was my mental abi Bruce Jenner		

"I always felt that my greatest asset was not my physical ability,

## Day-285: November 21 2001



#### Workout

1.5 pood Kettlebell swing, 1 minute.

Glute Ham developer Medicine Ball Throw Sit up, 1 minute.

Rest

Perform 3-5 rounds of this circuit for time:

10 Thursters

12 "L" Pull ups

Rest

Glute Ham developer Medicine Ball Throw Sit up, 1 minute.

1.5 pood Kettlebell swing, 1 minute.

/hen things are tough you fight one more round." James J. Corbett					

# Day-286: November 22 2001

ENOMIESE

Rest Day!	

## Day-287: November 23 2001



### Workout

1.5 pood Kettlebell swing, 1 minute Glute Ham developer Medicine Ball Throw Sit-up Rest Clean and Jerk, 15-15-15-15 reps Rest Glute Ham developer Medicine Ball Throw Sit-up 1.5 pood Kettlebell swing, 1 minute

The only discipline that lasts is self-discipline." Bum Phillips					

## Day-288: November 24 2001



#### Workout

1.5 pood Kettlebell swing, 1 minute

Glute Ham developer Medicine Ball Throw Sit-up, 1 minute

Rest

Perform 3-5 rounds of this circuit for time:

Overhead squat, 15 reps

20 inch Box Jump, 20 reps

Rest

Glute Ham developer Medicine Ball Throw Sit-up, 1 minute

1.5 pood Kettlebell swing, 1 minute

rnie Banks			

# Day-289: November 25 2001

ENOWLEDG

Rest Day!	
,	

## Day-290: November 26 2001



#### Workout

Wall ball, 1 minute

Rest

Perform three to five rounds of this circuit for time:

Rope Climb, three "climbs"

Powerclean, 10 reps

Rest

Wall ball, 1 minute

## **Other Thoughts**

"Prescribing thirty minute bouts of monostructural cardio (bike, run, swim, row, elliptical walker, etc.) in the hopes of maximizing fitness for a fight of five rounds of five minutes each is the epitome of incompetence. Anyone looking for elucidation or debate on this issue ought to email me at greg@CF®.com."

- Greg Glassman

## Day-291: November 27 2001



#### Workout

Glute-Ham Raise 15 reps

Rest

Perform three rounds of this circuit, keep your heart rate high and form strict:

One Arm Barbell Deadlift, right arm, 12 reps

One-Arm Barbell Press, right arm, 12 reps

One Arm Barbell Press, left arm, 12 reps

One Arm Barbell Deadlift, left arm, 12 reps

Rest

Glute-Ham Raise 15 reps

"You must sacrifice, train, do everything possible to put yourself
in a position to win. But if you consider second or third a failure,
I feel sorry for you."
- Joe Falcon

## Day-292: November 28 2001



#### Workout

Glute Ham developer Medicine Ball Throw Sit up, 30 reps Rest Barbell Turkish Get-up, alternating arms, 20 reps Rest Glute Ham developer Medicine Ball Throw Sit up,, 30 reps

#### **Workout Note**

1."Barbell Turkish Get up" Start standing, barbell pressed overhead,

lower to supine, return to standing: 1 rep

2. Move continuously and safely keeping high heart rate

## **Other Thoughts**

lass lake." Timothy Gal	lwov		
Tilliotriy Gai	iwey		

"The greatest efforts in sports come when the mind is as still as a

## Day-293: November 29 2001



## Workout

1.5 pood Kettlebell swing, 30 reps

Rest 3 minutes

As fast and hard as you can:

24 inch Box jump, 20 reps

20 Pull ups

24 inch Box jump, 15 reps

15 Pull ups

24 inch Box jump, 10 reps

10 Pull ups

24 inch Box jump, 5" box

5 Pull ups

Rest 3 minutes

1.5 pood Kettlebell swing, 30 reps

cor	ition	, you	remin ot no d			entrate	during

## Day-294: November 30 2001



## Workout

For time:

1/2 Body weight Clean and Jerk, 21-18-15-12 reps

The most portion of the Raymond E		e the mo	st dedica	ted."	
Nayinona L	erry				

# Day-295: December 1 2001

ENOWLEDG

Rest Day!	

# Day-296: December 2 2001

ENOWLESS

Rest Day!	

## **Day-297: December 3 2001**



#### Workout

24 inch Box jump, 5 reps Squat clean, 10 reps Rest 24 inch Box jump, 10 reps Squat clean, 10 reps Rest 24 inch Box jump, 15 reps Squat clean, 10 reps Rest

Rest

24 inch Box jump, 25 reps Squat clean, 10 reps

24 inch Box jump, 20 reps Squat clean, 10 reps

Rest

#### **Workout Note**

- 1. No rest during or after the Box-jump.
- 2. Use heavy load on first set and keep it for each set.
- 3. Rest as needed to complete next effort without stopping.

"Everything is practice."		
- Pele		

## Day-298: December 4 2001



#### Workout

Warm-up ten minutes (bike, row, run, etc....)

Push-press, 15-10-5-3-3 reps.

Rest

Push-press, two minutes.

#### **Workout Note**

- 1. Start very light, work to heavy. Fifteen rep set and ten rep set are warm-ups.
- 2. With each set increase rest between sets as load increases and reps decrease.
- 3. Final effort is with plateless bar. Looking for max heart rate. Don't stop.

## **Other Thoughts**

"If you aren't playing well, the game isn't as much fun. When that happens I tell myself just to go out and play the game as I did when I was a kid."

- Tom Watson		

## Day-299: December 5 2001



## Workout

Ten minute warm-up (bike, run, row, etc.). 25 Sit ups 25 Back extension 25 Sit ups completes warm-up.

Perform a Muscle-up every minute on the minute for 20 minutes.

#### **Workout Note**

1. At failure have someone minimally assist you with a gentle boost from behind about the ribs.

## **Other Thoughts**

power, so that it could be detrimental to sports requiring strength power and speed." - Dr. Mel C. Siff

"Aerobic exercise might promote loss of muscle bulk, strength and

## Day-300: December 6 2001



#### Workout

Ten minute warm-up (bike, run, row, etc.). 25 Sit ups 25 Back Extension 25 Sit-ups completes warm-up.

Deadlift 15-10-5-3-3 reps.

Deadlift two minutes without rest.

#### **Workout Note**

- 1. Fifteen and ten rep sets are light warm-up sets. Keep light to max subsequent triples.
- 2. With each set increase rest. On last three sets, rest as needed for max triples.
- 3. After last triple, rest as needed to max load on two minute set.

#### **Other Thoughts**

matters. All of us do well when things are going well, but the thing that distinguishes athletes is the ability to do well in times of great stress, urgency, and pressure." - Roger Staubach

"All of us get knocked down, but it's the resiliency that really

## Day-301: December 7 2001



#### Workout

Once up the rope each minute on the minute for twenty minutes.

## **Workout Note**

1. If pace is beyond your current ability, make as many trips up the rope as you can in thirty minutes.

'lt's not who jumps the highest - it's who wants it most." Buck Williams				

# Day-302: December 8 2001

ENOMIESE

Rest Day!	

# Day-303: December 9 2001

MONLESG

Post Dayl	
Rest Day!	

## Day-304: December 10 2001



#### Workout

Run one minute turn around and run back. "1 in/1 out"
Rest two minutes
Powerclean 3-5-7 reps
Rest two minutes
"1 in/1 out"
Rest two minutes
Powerclean 3-5-7 reps

#### **Workout Note**

1. For 1in/1out, set watch to continuous countdown mode for one minute.

It will beep every minute in this mode. Start run and make mental note of location at turn around. Push hard enough that you cannot make it back in one minute, i.e., done right you come in "late."

- 2. Pick tough three rep load. Hold for all six sets.
- 3. Try for same one minute "outspot" on second run. Again record time "late" on return. Compare to first run.
- 4. If you don't want to run substitute 500 meter row or 5 minutes stairclimb or 5 minute cycle.

## Other Thoughts

"The ultimate strength and conditioning facility is your own garagegym." - Greg Glassman

## Day-305: December 11 2001



#### Workout

Run one minute turn around and run back. "1 in/1 out"
Rest two minutes
Thruster 3-5-7 reps
Rest two minutes
"1 in/1 out"
Rest two minutes

Thruster 3-5-7 reps

#### **Workout Note**

1. For 1in/1out, set watch to continuous countdown mode for one minute.

It will beep every minute in this mode. Start run and make mental note of location at turn around. Push hard enough that you cannot make it back in one minute, i.e., done right you come in "late."

- 2. Pick tough three rep load. Hold for all six sets.
- 3. Try for same one minute "outspot" on second run. Again record time "late" on return. Compare to first run.
- 4. If you don't want to run substitute 500 meter row or 5 minutes stairclimb or 5 minute cycle.

## **Other Thoughts**

"There's always the motivation of wanting a win.

Everybody has that. But a champion needs, in his attitude, a motivation above and beyond winning." - Pat Riley

## Day-306: December 12 2001



#### Workout

Run one minute turn around and run back. "1 in/1 out"
Rest two minutes
Muscle-up 7 reps
Rest two minutes
"1 in/1 out"
Rest two minutes
Muscle-up 7 reps

#### **Workout Note**

1. For 1in/1out, set watch to continuous countdown mode for one minute.

It will beep every minute in this mode. Start run and make mental note of location at turn around. Push hard enough that you cannot make it back in one minute, i.e., done right you come in "late."

- 2. Have someone minimally assist you with the muscle-ups by gently lifting by the ribs.
- 3. Try for same one minute "outspot" on second run. Again record time "late" on return. Compare to first run.
- 4. If you don't want to run substitute 500 meter row or 5 minutes stairclimb or 5 minute cycle

Chuck Knox			

## Day-307: December 13 2001



#### Workout

Run one minute turn around and run back. "1 in/1 out"
Rest two minutes
Back Squat 3-5-7 reps
Rest two minutes
"1 in/1 out"
Rest two minutes
Back Squat 3-5-7 reps

#### **Workout Note**

1. For 1in/1out, set watch to continuous countdown mode for one minute.

It will beep every minute in this mode. Start run and make mental note of location at turn around. Push hard enough that you cannot make it back in one minute, i.e., done right you come in "late."

- 2. Pick tough three rep load. Hold for all six sets.
- 3. Try for same one minute "outspot" on second run. Again record time "late" on return. Compare to first run.
- 4. If you don't want to run substitute 500 meter row or 5 minutes stairclimb or 5 minute cycle.

## **Other Thoughts**

it always lights a fire under my butt. My instant reaction is, 'I'm gonna prove you wrong'." - Picabo Street

"When someone tells me there is only one way to do things,

## Day-308: December 14 2001



#### Workout

Run one minute turn around and run back. "1 in/1 out"
Rest two minutes
Push Jerk 3-5-7 reps
Rest two minutes
"1 in/1 out"
Rest two minutes
Push Jerk 3-5-7 reps

#### **Workout Note**

1. For 1in/1out, set watch to continuous countdown mode for one minute.

It will beep every minute in this mode. Start run and make mental note of location at turn around. Push hard enough that you cannot make it back in one minute, i.e., done right you come in "late."

- 2. Pick tough three rep load. Hold for all six sets.
- 3. Try for same one minute "outspot" on second run. Again record time "late" on return. Compare to first run.
- 4. If you don't want to run substitute 500 meter row or 5 minutes stairclimb or 5 minute cycle.

the key to all the locks.' - Joe Paterno	neart, an	a mina,	confidence is

# Day-309: December 15 2001

ENOMIESEE

lest Day!	

# Day-310: December 16 2001

ENOWLESSE

Rest Day!	

## Day-311: December 17 2001



#### Workout

Run one minute turn around and run back. "1 in/1 out" Rest as needed.

Front Squat / Push-Jerk 3-5-7-5-3 reps Rest as needed.

"1 in/1 out"

#### **Workout Note**

1. For 1in/1out, set watch to continuous countdown mode for one minute.

It will beep every minute in this mode. Start run and make mental note of location at turn around. Push hard enough that you cannot make it back in one minute, i.e., done right you come in "late."

- 2. Pick tough three rep load. Hold for all five sets.
- 3. Try for same one minute "outspot" on second run. Again record time "late" on return. Compare to first run.
- 4. If you don't want to run substitute 500 meter row or 5 minutes stairclimb or
- 5 minute cycle.

### **Other Thoughts**

"All miseries derive from not being able to sit quitely in a room alone." - Blaise Pascal

## Day-312: December 18 2001



#### Workout

Run one minute turn around and run back. "1 in/1 out" Rest

Kettlebell Swing, 2 minutes

Rest 2 minutes.

Kettlebell Swing, 90 seconds

Rest 90 seconds.

Kettlebell Swing, 60 seconds.

Rest as needed.

"1 in/1 out"

#### **Workout Note**

1. For 1in/1out, set watch to continuous countdown mode for one minute.

It will beep every minute in this mode. Start run and make mental note of location at turn around. Push hard enough that you cannot make it back in one minute, i.e., done right you come in "late."

- 2. Work with toughest Kettlebell you can for all three sets.
- 3. Try for same one minute "outspot" on second run. Again record time "late" on return. Compare to first run.
- 4. If you don't want to run substitute 500 meter row or 5 minutes stairclimb

or 5 minute cycle.

"Games lubricate the body and the mind." - Benjamin Franklin				

# Day-313: December 19 2001



## Workout

For time: 75 Pull ups 75 Dips

"Great works D.T. Suzuki	are done when	one is not	calculating a	nd thinking."

## Day-314: December 20 2001



## Workout

Clean 5-5-5-5 reps

20 inch Box jump, 5 minutes

#### **Workout Note**

- 1. Squat Clean sets go from light to heavy. Rest as needed to maximize loads.
- $2. \ \mbox{Count jumps that land securely on box within five minutes.}$

'Winning isn't everything, but wanting to win is." Vince Lombardi					

## Day-315: December 21 2001



#### Workout

Five rounds for time of: Bench press, 10 reps "L" Rope climb 20 Sit ups

#### **Workout Note**

- 1. Pick a 10RM load for bench and use for each set.
- 2. On rope climb if feet drop below hips on way up or down, climb four times each round.
- 3. Add one minute to time for each rep below ten on all five sets.
- 4. Perform sit-ups on glute-ham bench or Roman Chair.

## **Other Thoughts**

"I got where I am with sufficient talent and then simply by wanting it more and working harder to get it. And to keep it." - Dennis Conner

# Day-316: December 22 2001

ENOWLEDGE

Rest Day!	

# Day-317: December 23 2001

ENOWLESS

Rest Day!	

# Day-318: December 24 2001



## Workout

Run 5k

be overcome."	er be attempted, if all possible objections must first
- Samuel Johnson	ו

## Day-319: December 26 2001



### Workout

Three to Five rounds of: Kettlebell Swing, 15 reps "L" Pull-ups, 10 reps

#### **Workout Note**

- 1. Grab that heavier Kettlebell for this one.
- 2. Don't count as an "L" Pull-up and pull-up where the feet drop below the hips or the legs bend.

"I'm trying to do the best I can. I'm not concerned about tomorrow but with what goes on today." - Mark Spitz





#### Workout

Powerclean, 10 reps Row 500 meters Powerclean, 7 reps Row 500 meters Powerclean, 5 reps Row 500 meters Powerclean, 3 reps

## **Workout Note**

Can you Powerclean at bodyweight and row sub 1:30 500's?

"Keep your mouth shut and let your racquet do the talking." - Rod Laver						

## **Day-321: December 28 2001**



#### Workout

65 pound Front squat/ Push Jerk, 3 reps Rest 85 pound Front squat/ Push Jerk, 3 reps Rest 105 pound Front squat/ Push Jerk, 3 reps Rest

125 pound Front squat/ Push Jerk, 3 reps, etc...

#### **Workout Note**

- 1. Women and children can start with 45 lbs. and add ten each set.
- 2. Give yourself one point for each set successfully completed with 3 reps.
- 3.End with three more reps at the last weight completed with three reps and
- 4.work your way back down with two more reps (3,5,7,9...) with each reduction
- 5. in weight all the way back to 65 pounds.

"I've never had to cheat. I get 'em with what I got." - Dave Winfield							

# Day-322: December 29 2001 Rest Day!



# Day-323: December 30 2001 Rest Day!



### **Day-324: December 31 2001**Rest Day!



Day-325: January 3 2002	profineser
Norkout	
No WoD	

### Day-326: January 4 2002



### Workout

Complete 3-5 rounds of: 800 meter Run 15 Powercleans Rest

"Concentration is why some athletes are better than others You develop that concentration in training. You can't be lackadaisical in training and concentrate in a meet."			
- Edwin Moses			

### Day-327: January 5 2002 Rest Day!



# Day-328: January 6 2002 Rest Day!





### Workout

Deadlift 5-3-1-3-5 reps Run 1 mile Deadlift 5-3-1-3-5 reps

### **Workout Note**

- 1. Pick challenging loads for each of the first five deadlift sets.
- 2. Rest as needed before and after the run.
- 3. Run the mile for time, i.e., hard and fast.
- 4. Try to duplicate the loads for the second five sets of deadlift.

"I'm proof that great things can happen to ordinary people if they work hard and never give up." - Orel Hershiser				

### **Day-330: January 8 2002**



### Workout

Have a partner gently assist you through twenty consecutive muscle-ups.

Switch.

Repeat.

### **Workout Note**

- 1. The most effective spotting/assisting technique is to lift from the bottom of the feet or about the ribs.
- 2. This is REALLY tough. Potentially for both.

"Luck is what happens when preparation meets opportunity." - Darrell Royal				

### Day-331: January 9 2002



### Workout

1000 meter Row Snatch 10-10-10-10-10 reps 1000 meter Row

"It's great to win, but it's also great fun to be in the thick of any truly well and hard-fought contest against opponents you respect, whatever the outcome."  - Jack Nicklaus

### Day-332: January 10 2002



### Workout

Complete as many rounds in 20 minutes as you can of: 24 inch Box jump, 15 reps 20 Sit ups

### **Workout Note**

- 1. Give yourself one point for each round.
- 2. Add two points if you puke.

### Other Thoughts

"It's unbelievable how much you don't know about the game you've been playing all your life." - Mickey Mantle

### **Day-333: January 11 2002**



### Workout

Three rounds for time of: 45 pound Front squat, 50 reps 20 Pull ups 20 Dips

### **Workout Note**

- 1. Rest only where continuing is physically impossible.
- 2. If you can't complete the pull-ups or dips in one set break it into several with minimal rest.
- 3. Squat to a 10" box or platform.

"Forget about style; worry about results." - Bobby Orr				

### Day-334: January 12 2002 Rest Day!

### Day-335: January 13 2002 Rest Day!

### Day-336: January 14 2002



### Workout

Complete as many rounds in 20 minutes as you can of: 15 Power cleans; 20 RM load 400 meter Run

"An athlete diminished by excessive aerobic training is slow and weak.
At CF® we call that state, "spun-down."
- Coach Glassman
Coden Glassman

### Day-337: January 15 2002



### Workout

Complete as many rounds in 20 minutes as you can of: 7 Bench press; body weight 1 Rope climb

"The cost of regular extended aerobic training is decreased speed, power, and strength."  - Coach Glassman				

### Day-338: January 16 2002



### Workout

Complete as many rounds in 20 minutes as you can of: Tabata Squats 50 Sit ups

"Training for a fight by running twenty minutes everyday makes perfect sense if you plan on running away from your opponent and know you'll be getting a ten minute headstart " - Coach Glassman	

### Day-339: January 17 2002



### Workout

Complete as many rounds in 20 minutes as you can of: 400 meter Run 10 Pull Ups

exerc	understand ise to general ch Glassman	overwhelming ss."	importance	of	anaerobic

### Day-340: January 18 2002



### Workout

Complets as many rounds in 20 minutes as you can of: Powerclean/Push-press 5RM load

Basketball, Volleyball, Wrestling, Boxing, and Football are each by arge preponderance anaerobic not aerobic sports. Knowing and understanding this distinction is the first step to responsible, effective coaching."  Coach Glassman	

### Day-341: January 19 2002 Rest Day!



## Day-342: January 20 2002 Rest Day!





### Workout

24 inch Box jump, 25 reps 25 Pull-ups Rest

22 inch Box jump, 25 reps

20 Pull-ups

Rest

20 inch Box jump, 25 reps

15 Pull-ups Rest

Repeat each of the three couplets.

### **Workout Note**

- 1. Complete the pull-ups in as few sets as possible.
- 2. Compare the time for the first three couplets to the second three  $% \left( 1\right) =\left( 1\right) \left( 1\right)$

"People who enjoy what they are doing invariably do it well." - Joe Gibbs

### Day-344: January 22 2002



### Workout

20 Back squat

Rest 5 minutes

Run 800 meters

Rest 5 minutes

Tabata Squat (20 seconds on/10 seconds off X 8)

Rest 5 minutes

Run 800 meters

Rest 5 minutes

20 Overhead squat

### **Other Thoughts**

Show me a guy who's afraid to look bad, and I'll show you a guy you can beat every time."

### Day-345: January 23 2002



### Workout

Row 1 minute at sub 1:30/500 meter pace,

Row 1 minute at 2:00/500 meter pace alternating for ten minutes.

Rest as needed.

45 pound Push press, 30 seconds, max reps.

Rest 2 minutes.

45 pound Push press 60 seconds, match 30 second effort's rep count.

Rest 2 minutes.

45 pound Push press 90 seconds, again match 30 second effor'ts rep count.

Rest 2 minutes.

45 pound Push press120 seconds, again match 30 second effort's reps count.

Rest as needed.

Row 1 minute at sub 1:30/500 meter pace,

Row 1 minute at 2:00/500 meter pace alternating for ten minutes.

### **Other Thoughts**

"You can learn little from victory. You can learn everything from defeat." - Christy Mathewson

### **Day-346: January 24 2002**



### Workout

Three rounds of: Jump Rope "double-unders"; 2 minutes Rest 30 seconds. Powerclean bodyweight, max reps, no rest. Rest 5 minutes.

### **Workout Note**

- 1. If you can't double under then jump hard, high, and fast.
- 2. If you can't powerclean your bodyweight then use less weight (duhhhh..)
- 3. No rest on the powercleans implies that you don't put the weight down,

though you may pause at hang or rack.

"There are no winners, only survivors." - Frank Gifford

### Day-347: January 25 2002



### Workout

Five rounds for time of: 15 Back/Hip Extension 15 Sit ups 10 Pull ups 10 Dips 1 mile Bike

- Sebastian Coe	rowea."	

# Day-348: January 26 2002 Rest Day!

### Day-349: January 27 2002 Rest Day!



### **Day-350: January 28 2002**



### Workout

Bike ten minutes, hard.

Rest five minutes.

From a standing start, with a dumbbell, perform a Turkish Get-up. On returning to the stand, perform five one -armed, overhead squats,

switch arms and repeat with the other arm. This is one set.

Repeat with heavier dumbbell. Perform seven sets in this manner.

Bike ten minutes, hard.

"There's no su If you shoulda - Pat Riley			
,			

### Day-351: January 29 2002



### Workout

Complete as many rounds in 20 minutes as you can of: Deadlift 5RM 2 Rope climb

Vhen I try to hit home runs, my swing goes to pot." Dean Palme					

### Day-352: January 30 2002



### Workout

Row 2000 meters Rest for 2000 meter time. Row 1000 meters Rest for 1000 meter time. Row 500 meters

OR

Run 800 meters Rest for 800 meters time. Run 400 meters. Rest for 400 meters time. Run 200 meters.

"Why is it that a guy with a 95 pound deadlift and 6 pull-ups is the first to worry about developing his grip?" - Coach Greg Glassman				

### **Day-353: January 31 2002**



### Workout

For time:

50 Push-ups

50 Pull-ups

75 Sit-ups

75 Kettlebell Swings, 1 "pood" kettlebell (16kg)

150 Air Squats

Perform in any order. The idea is to perform each in as few sets as possible. All of the reps from each exercise do not have to be completed before starting some from another exercise.

Keep track of the reps and tally the total sets to completion. Note time to completion. Final score is total number of sets multiplied by time in minutes to completion.

### **Workout Note**

- 1. One possible approach is to perform a near max set of pushups, go on to the pull-ups, do the same with the sit-ups, etc. After the squats, go back to the push-ups and run through the list again finishing as much as you can at each exercise.
- 2. Seven sets total in ten minutes for a "70" is an excellent score!



'Great works are performed not by strength but by perseverance." - Samuel Johnson				