

COVIDeo Killed the Radio Star - Week 1

<p>Week 2 - Session 1 Objective: Work Capacity</p> <p>Warm-up: 3 Rounds 200m Run 10x Bodyweight Get ups 60 sec. SToC</p> <p>Work Capacity A: 15 Rounds, one every 2 min. 200m Run 6x Jump Lunges 6x Burpees</p> <p>Resiliency: 1-3 Rounds 60 sec. Cactus Stretch 60 sec. Instep Stretch</p>	<p>Week 2 - Session 2 Objective: Aerobic Capacity</p> <p>Aerobic Capacity A: 60 min. - at a very low intensity 200m Run 10m Duck Walk 10x Air Squats 20x Push-ups</p>	<p>Week 2 - Session 3 Objective: Muscle Endurance</p> <p>Warm-up: 3 Rounds 8x Push-ups 8x Squats 200m Run 60 sec. SToC</p> <p>Strength Endurance A: 5 Rounds 5x Mastodon Complex - ~25 lbs. Dumbbell - use any weight you can if you don't have dumbbells. A backpack works! 30 sec. Rest</p> <p>Strength Endurance B: 5 Rounds 4x Pull-up** 8x Dips - Bench or Chair work 12x Push-ups 30 sec. Rest</p> <p>Core: 4 Rounds 20x EOs 20x Seated Russian Twists 20x Face Down Back Extensions 40 sec. Front Bridge</p> <p>Resiliency: 1-3 Rounds 60 sec. Lat + Pec Stretch 60 sec. Pigeon Stretch</p> <p><i>**8x Row with whatever loading you have - can be water can, buckets, backpack etc. You can also throw a rope over a tree and do horizontal pull-ups by holding each end of the rope.</i></p>	<p>Week 2 - Session 4 Objective: Aerobic Capacity</p> <p>Aerobic Capacity A: 1-2-3-4-5 minutes - low intensity* (time) Run → 8x Push-up Circles - 2 circles (time) Jump Rope → 8x Dips</p> <p>Aerobic Capacity B: Run 1.5 miles easy pace</p> <p>*Single modes are done by (time) countup, exercises are always by the reps prescribed after completing the single mode for duration.</p>	<p>Week 2 - Session 5 Objective: Muscle Endurance</p> <p>Warm-up: 3 Rounds 5x Air Squats 10x Push-ups 15x Jumping Jacks 200m Run 60 sec. SToC</p> <p>Strength Endurance A: Rd 1: Max Reps Jump Lunges in 60 sec. Rd 2: 80% max reps Rd 3: 60% max reps Rd 4: 40% max reps Rd 5: 20% max reps Rd 6: 20% max reps Rest 30 sec. Between rounds</p> <p>Strength Endurance B: Rd 1: Max Reps Pull-ups** in 60 sec. Rd 2: 80% max reps Rd 3: 60% max reps Rd 4: 40% max reps Rd 5: 20% max reps Rd 6: 20% max reps Rest 30 sec. Between rounds</p> <p>Core: 4 Rounds 60 sec. Side Plank 10x Half Kneeling Band Press Outs* 15x Face Down Back Extensions</p> <p>Resiliency: 1-3 Rounds 60 sec. Cactus Stretch 60 sec. Instep Stretch</p>
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