



Week 1
2012/12/21
Day of

DELIVERANCE

The aim is to complete the program in 20 minutes or less using nothing less than perfect technique in all the exercises.

You have to finish the prescribed reps before you move to the next exercise

TIPS:

1. Pace yourself
2. Plan ahead of time how you are going to break down your reps per exercise. For example: Pull ups 25 reps can be done 10, 5, 5, 5, with 20 seconds rest between.
3. Do not push yourself to muscular failure stop just before
4. Punish your body to perfect your soul. - Mark Twight -

1. Pull up 04396



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Rest		Fast																		
Reps		25	reps																	
Own body weight		B-Wgt																		
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2. Deadlift 03565



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Rest		Fast																			
Reps		50	reps																		
Load - kg		65	kg																		
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3. Push up 04773



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Rest		Fast																			
Reps		50	reps																		
Own body weight		B-Wgt																			
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4. Box jumps 01385



The box has to be at least 65cm high

Rest		Explosive																			
Reps		50	reps																		
Own body weight		B-Wgt																			
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5. Supine rotation 04704



Hold the bar pressed up above your chest the whole time. Left then right = 1rep

Rest		Fast																			
Reps		50	reps																		
Load - kg		65	kg																		
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Disclaimer: No express warranty is given as to the accuracy or completeness of this information. It is not a substitute for, any advice, diagnosis or treatment provided by a fitness or medical professional. You acknowledge that performing incorrectly prescribed exercises or activities may pose a risk to your health. You are solely responsible for all acts or omissions, whether negligent or otherwise, undertaken in connection with this information.

6. Kettlebell clean 06474



CLEAN AND PRESS!!! Alternating 50 reps in total (25 per arm)

Rest		Explosive																
Reps		50	reps															
Load - kg		16	kg															
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7. Pull up 04396



25 reps

Rest		Fast																
Reps		25	reps															
Own body weight		B-Wgt																
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