



Week 1  
2012/12/21  
Day of

# DELIVERANCE II: The HADES edition

The following 7 exercises has to be done in a circuit with 3 minutes rest between circuits and 15 seconds between stations / exercises.

1. Push up acceleration 00256



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Rest		15 sec	Fast	Fast	Fast	Fast														
Meters		10 x	10 m	10 m	10 m	10 m														
Percent			100 %	100 %	100 %	100 %														
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2. Rowing 00346



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Rest		15 sec	Fast	Fast	Fast	Fast														
Min			2 min	2 min	2 min	2 min														
Watts			400 wts	400 wts	400 wts	400 wts														
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3. Hill deceleration acceleration 03128



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Rest		15 sec	Fast	Fast	Fast	Fast														
Meters		10 x	10 m	10 m	10 m	10 m														
Percent			100 %	100 %	100 %	100 %														
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4. Power snatch hang 00001



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Rest		15 sec	Explosive	Explosive	Explosive	Explosive														
Reps			4 reps	4 reps	4 reps	4 reps														
Repetition Maximum			8 RM	8 RM	8 RM	8 RM														
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5. Stand up tuck jumps 01307



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Rest		15 sec	Explosive	Explosive	Explosive	Explosive														
Reps			10 reps	10 reps	10 reps	10 reps														
Own body weight			B-Wgt	B-Wgt	B-Wgt	B-Wgt														
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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. Box jumps 01385



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Rest		15 sec	Explosive		Explosive		Explosive		Explosive							
Reps			10	reps	10	reps	10	reps	10	reps						
Own body weight			B-Wgt		B-Wgt		B-Wgt		B-Wgt							
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7. Roman chair sit up chest fly 04328



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Rest		3 min	Moderate		Moderate		Moderate		Moderate							
Reps			10	reps	10	reps	10	reps	10	reps						
Repetition Maximum			10	RM	10	RM	10	RM	10	RM						
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