

Body Weight Ballistic

Welcome! I call this one "Body Weight Ballistic." The movements here are solely against the force of gravity, therefore they are ballistic in nature. This is a four day split, consisting of strength and conditioning movements that will really put your body to the test. These workouts also allow you to be able to perform them virtually anyway. Make sure you review the notes and instructions below each workout. Have fun with this one.

I *highly* recommend grabbing this training primer linked below. It's free and provides a detailed, comprehensive outlook on how to approach your training – how to know if you're doing things right, how to fix them, how to select appropriate weights, and how to kick up the intensity a notch or three.

<http://fivestarrphysique.com/wp-content/uploads/2017/09/FSP-training-primer.pdf>

Below you'll find details on the tempos and rest periods you'll find throughout the workouts. The tempos are particularly crucial – when an exercise calls for a 4-second negative, hold to that – don't cheat the time, and expect to move less weight than you would under a normal tempo.

Approach the workouts in the order present and take a rest day when it's necessary. Ideally, aim for 5-6 lifting sessions per week and avoid doubling up hitting two sessions on the same day. Perform the abdominal and calf workouts as accessory sessions – tack them on to the end of a primary workout, rather than giving them their own day.

And above all – ENJOY!

* Key for tempo: concentric/squeeze/negative/pause

Examples: □ 1/1/3/1 = steady 1 second pacing on all phases with a 3 second negative □ 2/2/1/0 = extended concentric and isometric squeeze with standard negative and no pause between reps

All tempos are 1/1/1/1 unless specifically indicated otherwise

AMRAP 20:00						
			Total Reps/ Weight			
	Exercise Name	Reps to Complete	Week 1	Week 2	Week 3	Week 4
	Bodyweight Squats	10				
	Push Ups	10				
	Frog Pumps	10				
	V Ups	10				
	Box Dips	10				

Notes:

- Complete all movements in sequence with no/minimal breaks for the specified number of reps. Your goal is AMRAP (as many rounds as possible) in 20 minutes. Keep track of that number and aim to progress each time you hit this session

21,15,9						
			Total Reps/ Weight			
	Exercise Name	Reps to Complete	Week 1	Week 2	Week 3	Week 4
	Burpees	21,15,9				
	Handstand/ Box Push Ups	21,15,9				
	Step Back Lunges	21,15,9				
	Tricycles	21,15,9				
	Rest	0:20				

Notes:

- Complete 21 reps of each move, in sequence, then rest for 0:20. Follow this up with 15 rep round, then a 9 rep round.

FOR TIME						
			Total Reps/ Weight			
	Exercise Name	Reps to Complete	Week 1	Week 2	Week 3	Week 4
	Super Mans	10,9,8,6,5,4,3,2,1				
	Up Down Planks	10,9,8,6,5,4,3,2,1				
	Jump Squats	10,9,8,6,5,4,3,2,1				
	Hand Release Push Ups	10,9,8,6,5,4,3,2,1				
	Flutter Kicks	10,9,8,6,5,4,3,2,1				

Notes:

- Complete 10 of all moves in sequence, then 9, and so on down to 1 of each. Rest only as needed. Time yourself and track this.

EMOM						
			Total Reps/ Weight			
	Exercise Name	Reps to Complete	Week 1	Week 2	Week 3	Week 4
0:00	50 M Run	1x				
1:00	Sumo Squats	12				
2:00	Pike Push Ups	12				
3:00	50 M Run	1x				
4:00	Close Stance Squats	12				
5:00	Reverse Crunch	12				
6:00	50 M Run	1x				
7:00	Glute Bridge	12				
8:00	Inch Worms	12				
9:00	50 M Run	1x				
10:00	Box Step Ups	12				
11:00	Sit Ups	12				
12:00	50 M Run	1x				
13:00	Broad Jumps	12				
14:00	Box Dips	12				

EMOM = Every Minutes On the Minute – don't fall behind! If you finish one minute's work, rest until the next minute starts!