

TRAINING PROTOCOL

PHASE 2








WEEK 6 OF 8

ENHANCED STRENGTH, ENDURANCE & LACTATE TOLERANCE

PROGRAM Weekend Warrior	PHASE 2	WEEK 6 of 8	FOCUS Enhanced Strength & LT
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Week 6 builds on the foundation laid in Weeks 2 and 3 – pushing your aerobic capacity and strength to new levels. Expect midweek HR Ladder or Incremental Pacing Intervals to sharpen aerobic control, Super Slow Challenge sessions where you finally push the weight up now that the movement patterns are dialed in, and weekend MX workouts paired with 2-hour naps and benchmark efforts to test your gains. Friday is complete rest. Commit to the heavier loads this week – that's where the next wave of strength gains lives.

WEEK AT A GLANCE

MON	TUE	WED	THU	FRI	SAT	SUN
 Bike HR Ladder or Row Pacing 50 min / 6500m	 Super Slow Challenge 2 Sets / 6-8 Reps	 Bike HR Ladder or Row Fragmented 50 min / 20 min	 Super Slow Challenge 2 Sets / 6-8 Reps	 Rest Day Full Recovery	 MX Speed #1 + Nap + Bike Distance 2 hr + 75 min	 MX Aerobic #1 + Nap + Row 5-Min Aerobic Enhancement

TRAINING INTENSITY GUIDE

● Blue Zone – HR Zone 2 or Below
Monday and Wednesday workouts (Bike HR Ladder or Row Pacing Intervals) stay in HR Zone 2 or below. Toggle between your low and high HR Zone 2 numbers for maximum aerobic development and fat burning.

● Red Zone – HR Zone 3+ (MX Days)
Saturday MX Speed #1 targets 80-95% effort. Sunday MX Aerobic #1 targets HR Zone 3. The Saturday evening Bike Distance Intervals include 100% max wattage efforts. Push hard and document all lap times and HR data.



MONDAY

Bike HR Ladder or Row Incremental Pacing Intervals

AEROBIC ENHANCEMENT

Coach's Note: Take your most up-to-date heart rate spreadsheet and commit to memory (or write on your arm with a black marker) the low and high numbers for your HR Zone 2. Once you are finished with your warm-up, you will spend 20–30 minutes toggling between your low and high ranges. At the beginning of the interval, accelerate and settle into a comfortable leg turnover (75–85 cadence) – continue to "push the pace" until you hit your upper number; as soon as you hit your top number, gear back down and spin easily until you hit your lower number.

▲ **PRE-WORKOUT:** Consume **8–10 oz of cold Energy Fuel** 10–15 min prior to workout. Cold fluids absorb better than warm fluids.

MORNING WORKOUT – CHOOSE ONE (PRIOR TO BREAKFAST)

Option A – Bike: Heart Rate Ladder Workout (50 Minutes)

WARM-UP (HR ZONE 1)

Duration: 10 min

Cadence: 80–85

Gearing: Small chain ring, middle rear

Stretch and hydrate before main set.

MAIN SET: HR PYRAMIDS (30 MIN)

Toggle between your lower and upper HR Zone 2 numbers for 30 minutes.

Accelerate to upper Z2 → gear down to lower Z2 → repeat.

Cadence: 75–85

WARM-DOWN (HR ZONE 1)

Duration: 10 min

Cadence: 85–90

Don't dismount until HR is within Zone 1.

HR Zone 2 or Below

– OR –

Option B – Row: Incremental Pacing Intervals (6500 Meters)

WARM-UP (HR ZONE 1)

Distance: 1000m | **Load:** 3

Pull Rate: <25

Stretch from head to toe.

MAIN SET: PACING PYRAMIDS (4500M)

Baseline 500m at 80–85% effort – 1 min rest

Repeat 3×3 sets (500m baseline+10s → +5s → at baseline)

Load: 5 | **Pull Rate:** 25+

COOL-DOWN (HR ZONE 1)

Distance: 1000m | **Load:** 3

Pull Rate: <25

Stretch from head to toe.

HR Zone 2 or Below

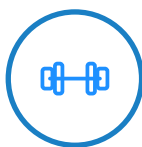
POST-WORKOUT & EVENING PROTOCOLS

POST-WORKOUT

- ▶ **Flexibility:** Isolate each muscle in your lower body; hold each stretch 8-10 seconds.
- ▶ **Nutrition:** Consume a post-recovery smoothie with two scoops of Recovery Fuel.

EVENING RECOVERY

- ▶ **Mental Imagery:** After 10-15 deep belly breaths, visualize your next race – start to finish.
- ▶ **Shin Stripping:** Firmly press along the edge of your shin bone from ankle to knee. Hold knots 5-10 seconds.



TUESDAY

Super Slow Challenge (Afternoon Workout)

SUPER SLOW CHALLENGE

Coach's Note: Same exercises, but now that you are familiar with the range of motion – strive to really push the weight/load levels to the next level. If you are lifting the weight as outlined, you should "feel" the muscles working.

Sets: 2 | Repetitions: 6 minimum / 8 maximum (both upper and lower body). Please use the SSC spreadsheet and associated videos at the bottom of this document.

▲ **PRE-WORKOUT:** Consume **8-10 oz of cold Energy Fuel** 10-15 min prior to workout.

SUPER SLOW CHALLENGE

Refer to the **Super Slow Challenge spreadsheet** at the bottom of this document for all exercises, videos, and weight tracking fields.

POST-WORKOUT & EVENING PROTOCOLS

POST-WORKOUT

- ▶ **Flexibility:** Isolate each muscle in your lower body; hold each stretch 8-10 seconds.
- ▶ **Nutrition:** Consume a post-recovery smoothie with two scoops of Recovery Fuel.

EVENING RECOVERY

- ▶ **Mental Imagery:** After 10-15 deep belly breaths, visualize your next race – start to finish.
- ▶ **Shin Stripping:** Firmly press along the edge of your shin bone from ankle to knee. Hold knots 5-10 seconds.



WEDNESDAY

Bike HR Ladder or Row Fragmented Intervals

AEROBIC ENHANCEMENT

Coach's Note: For maximum productivity, pay close attention to your intensity levels throughout this workout. Your awareness of what each intensity level "feels like" increases your familiarity of the intensity and associated speed. This awareness also provides you feedback regarding how long you can maintain the various intensity levels – keep in mind the inverse relationship of volume and intensity: the higher the intensity, the lower the duration you can maintain.

▲ **PRE-WORKOUT:** Consume **8-10 oz of cold Energy Fuel** 10-15 min prior to workout.

MORNING WORKOUT – CHOOSE ONE (PRIOR TO BREAKFAST)

Option A – Bike: Heart Rate Ladder Workout (50 Minutes)

WARM-UP (HR ZONE 1)

Duration: 10 min | **Cadence:** 80-85
Stretch and hydrate before main set.

MAIN SET: HR PYRAMIDS (30 MIN)

Toggle between lower and upper HR Zone 2 numbers for 30 minutes.
Cadence: 75-85

WARM-DOWN (HR ZONE 1)

Duration: 10 min | **Cadence:** 85-90
Don't dismount until HR is within Zone 1.

HR Zone 2 or Below

– OR –

Option B – Row: Fragmented Intervals (20 Minutes)

WARM-UP (HR ZONE 1)

Duration: 10 min | **Load:** 3
Straight back, leading with legs, pull rate 25-30.

MAIN SET: FRAGMENTED (20 MIN)

Display: 500m interval with 1-min rest
300m at 85% effort (straight back, legs leading)
200m Sprint (HR Zone 3+) – keep pull chain tight
Repeat for 20 minutes | **Load:** 5

WARM-DOWN

Duration: 5 min | **Load:** 3
HR Zone 2 or less, relaxed with perfect form.

HR Zone 2 / Zone 3+ Sprint

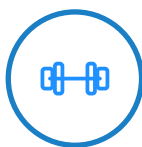
POST-WORKOUT & EVENING PROTOCOLS

POST-WORKOUT

- ▶ **Flexibility:** Isolate each muscle in your lower body; hold each stretch 8–10 seconds.
- ▶ **Nutrition:** Consume a post-recovery smoothie with two scoops of Recovery Fuel.

EVENING RECOVERY

- ▶ **Mental Imagery:** After 10–15 deep belly breaths, visualize your next race – start to finish.
- ▶ **Shin Stripping:** Firmly press along the edge of your shin bone from ankle to knee.



THURSDAY

Super Slow Challenge (Afternoon Workout)

SUPER SLOW CHALLENGE

Coach's Note: Same exercises as Tuesday – push the weight/load levels to the next level. If you are lifting the weight as outlined, you should "feel" the muscles working. **Sets: 2 | Repetitions: 6 minimum / 8 maximum.** Please use the SSC spreadsheet at the bottom of this document.

▲ **PRE-WORKOUT:** Consume **8-10 oz of cold Energy Fuel** 10-15 min prior to workout.

SUPER SLOW CHALLENGE

Refer to the **Super Slow Challenge spreadsheet** at the bottom of this document for all exercises, videos, and weight tracking fields.

POST-WORKOUT & EVENING PROTOCOLS

POST-WORKOUT

- ▶ **Flexibility:** Isolate each muscle in your lower body; hold each stretch 8-10 seconds.
- ▶ **Nutrition:** Consume a post-recovery smoothie with two scoops of Recovery Fuel.

EVENING RECOVERY

- ▶ **Mental Imagery:** After 10-15 deep belly breaths, visualize your next race – start to finish.
- ▶ **Shin Stripping:** Firmly press along the edge of your shin bone from ankle to knee.



FRIDAY

Complete Rest Day

RECOVERY

Coach's Note: Allow yourself to sleep in today and put an increased emphasis on quality food with large quantities. Remember, these two elements are the foundation of a healthy body that is strong and resilient. Keep in mind that the muscles that you have today are a result of what you ate over the last six months – you are literally what you ate, so plan ahead and be smart.

EVENING RECOVERY PROTOCOLS

EVENING RECOVERY

- ▶ **Mental Imagery:** After 10-15 deep belly breaths, visualize your next race – start to finish. See yourself implementing and maintaining perfect mechanics in every situation.
- ▶ **Shin Stripping:** Firmly press along the edge of your shin bone from ankle to knee. Hold knots 5-10 seconds. Complete both sides of both legs.



SATURDAY

MX Speed Workout #1 (AM) + 2-Hour Nap + Bike Distance Intervals (PM)

MX SPEED + NAP + BIKE

Coach's Note: This workout is designed to hold you accountable both mentally and physically. In our sport, late moto fatigue is usually associated with inefficiency and poor fundamentals late in a race. Look up the track and use your core to move the bike around to help save energy. Maintain proper blood sugar levels to ensure that your eye-hand coordination is optimized.

▲ **PRE-WORKOUT (AM):** Consume **8-10 oz of Energy Fuel** 10-15 min prior to MX workout.

MORNING WORKOUT – MX SPEED WORKOUT #1 (2 HOURS)

Please refer to the **MX Speed Workout #1 spreadsheet** at the bottom of this document for your complete workout outline.

POST-WORKOUT PROTOCOLS (AFTER MX)

POST-WORKOUT

- ▶ **Flexibility:** Isolate each muscle in your lower body; hold each stretch 8-10 seconds.
- ▶ **Nutrition:** Consume a post-recovery smoothie with two scoops of Energy Fuel.

2-Hour Nap After Mid-Day Meal

Immediately following your lunch of high-quality greens and fruits, lie down in a dark cool room and strive to get 2-3 hours of sleep. This window of sleep will provide your body the opportunity to release natural growth hormones to begin the recovery process from this morning's workout. When you wake up, immediately consume a fruit smoothie and a serving of amino acids to provide your body the building blocks necessary to repair your muscles.

EVENING WORKOUT – BIKE: DISTANCE INTERVALS (75 MINUTES)

Coach's Note: The key to maximizing your productivity during this workout is to keep a close eye on your pedal mechanics and belly breathing. "Feel" the various muscles working together to create power throughout the entire 360-degree pedal stroke – quads, hamstrings, calves and glutes all firing to turn the pedals and generate top wattage numbers.

▲ **PRE-WORKOUT (PM):** Consume **8-10 oz of cold Energy Fuel** 10-15 min prior to bike workout.

Complete Racing Solutions Bike: Distance Intervals (75 Minutes)

WARM-UP (HR ZONE 1)

Duration: 10 min | **Cadence:** 80-85

Small chain ring, middle rear gearing. Stretch and hydrate before main set.

MAIN SETS (50 MIN)

Set #1 – Transition Intervals (10 min): 30 sec at 100% max wattage → 60 sec easy spin. Repeat 5x.

Set #2 – 1-Mile Distance Intervals (40 min, HR Zone 3):
Cover 1 mile as fast as possible with tallest gear you can push. Recovery = same time as interval.

Set #3 – Explosive Wattage Intervals (10 min): 30 sec at 100% max wattage → 60 sec easy spin. Begin next interval every 2 min regardless of HR. Repeat 5x.

COOL-DOWN (HR ZONE 1)

Duration: 5 min | **Cadence:** 85-90

Don't dismount until HR is within Zone 1.

100% Max Wattage / HR Zone 3

EVENING RECOVERY PROTOCOLS

EVENING RECOVERY

- ▶ **Mental Imagery:** After 10-15 deep belly breaths, visualize your next race – start to finish.
- ▶ **Shin Stripping:** Firmly press along the edge of your shin bone from ankle to knee.



SUNDAY

MX Aerobic Workout #1 + 2-Hour Nap + Row 5-Min Distance Challenge

MX AEROBIC + NAP + ROW

Coach's Note: This workout will seem easy initially, but by the second set you will have to strive to maintain your lap times – not by throwing more effort into your laps, but rather by staying relaxed and focusing on your breathing. You will find that if you begin to tighten up and shallow breathe through your chest (versus your belly), you will begin to miss your lines more frequently and have a difficult time holding your lap times. Work smart, not hard. You should finish this workout feeling fresh – not chewed up.

▲ **PRE-WORKOUT (AM):** Consume **8–10 oz of cold Energy Fuel** 10–15 min prior to MX workout.

MORNING WORKOUT – MX AEROBIC WORKOUT #1

Please refer to the **MX Aerobic Workout #1 spreadsheet** at the bottom of this document for your complete workout outline.

POST-WORKOUT PROTOCOLS (AFTER MX)

POST-WORKOUT

- ▶ **Flexibility:** Isolate each muscle in your lower body; hold each stretch 8–10 seconds.
- ▶ **Nutrition:** Consume a post-recovery smoothie with two scoops of Recovery Fuel.

2-Hour Nap After Mid-Day Meal

Research has validated that your pituitary gland releases the greatest amount of hGH during sleep – responsible for rebuilding muscle tissue and how lean you are. To ensure that you fall asleep quickly and sleep as deep as possible, consume a lunch that contains high levels of high-quality protein and fat (they are the only things that satisfy your appetite).

AFTERNOON WORKOUT – ROW: 5-MINUTE DISTANCE CHALLENGE (50–60 MINUTES)

Coach's Note: Pull up your most up-to-date heart rate zones specific to the rower – you will need your specific HR Zone 3 numbers easily visible for quick reference and maximum productivity.

▲ **PRE-WORKOUT (PM):** Consume **8–10 oz of cold Energy Fuel** 10–15 min prior to row workout.

Complete Racing Solutions Row: 5-Minute Distance Challenge

WARM-UP (HR ZONE 1)

Display: Distance | **Load:** 3

Distance: 1000m | **Pull Rate:** <25

Stretch from head to toe.

MAIN SET: DISTANCE CHALLENGE (4*)

Load: 5 | **Pull Rate:** 25+

5 minutes at upper end of HR Zone 3

Rest 5 minutes (HR Zone 1 – no higher)

Repeat 4 times

COOL-DOWN (HR ZONE 1)

Load: 3 | **Distance:** 1000m

Pull Rate: <25 | Stretch from head to toe.

Upper HR Zone 3

INTERVAL #1 DISTANCE

INTERVAL #2 DISTANCE

INTERVAL #3 DISTANCE

INTERVAL #4 DISTANCE

EVENING RECOVERY PROTOCOLS

EVENING RECOVERY

- ▶ **Mental Imagery:** After 10-15 deep belly breaths, visualize your next race – start to finish.
- ▶ **Shin Stripping:** Firmly press along the edge of your shin bone from ankle to knee.

MX SPEED WORKOUT #1 – SPREADSHEET

Workout Focus: Late Moto Speed | **Total Ride Time:** 60 Minutes

WARM-UP

Set Focus: Gradual Warm-Up

Ride either a bike or Concept 2 Rower easy for 10 minutes – even tempo.
Stretch passively (no bouncing) from head to toe. Re-hydrate with Energy Fuel as needed.

LESS THAN 50%

MAIN SET #1

Set Focus: Pre-Race Routine

Complete 10 starts with emphasis on implementing your complete pre-race routine. On race day, your body will emulate what you practice – stay mentally focused and specific. This will eliminate race day confusion – what you want from your start and what you have practiced.

Moto Specific HR Zone: Low # _____ High # _____

Int. 1: _____ Int. 2: _____ Int. 3: _____ Int. 4: _____ Int. 5: _____

Int. 6: _____ Int. 7: _____ Int. 8: _____ Int. 9: _____ Int. 10: _____

Fastest Lap Time: _____ **Average Lap Pace:** _____ **Average HR:** _____

Rest 10 min – stretch head to toe / re-hydrate.

75-80%

MAIN SET #2

Set Focus: Negative Split Moto – 20 Minutes Max

Hold your pace for the first five laps, then pick up the pace for the last five laps. If you fall off pace by more than 2 seconds (minus a mistake), stop, re-group, and re-start the interval.

Moto Specific HR Zone: Low # _____ High # _____

Lap 1: _____ Lap 2: _____ Lap 3: _____ Lap 4: _____ Lap 5: _____

Lap 6: _____ Lap 7: _____ Lap 8: _____ Lap 9: _____ Lap 10: _____

Fastest Lap: _____ **Average Lap Pace:** _____ **Average HR:** _____

Rest 10 min – stretch / re-hydrate.

75-80%

85-90%

MAIN SET #3

Set Focus: Negative Split Moto – 20 Minutes Max

Strive to maintain the same HR average but be 2 seconds faster during the last five laps. The only way to make this happen is to breathe through your belly and be smooth everywhere.

Moto Specific HR Zone: Low # _____ High # _____

Lap 1: _____ Lap 2: _____ Lap 3: _____ Lap 4: _____ Lap 5: _____

Lap 6: _____ Lap 7: _____ Lap 8: _____ Lap 9: _____ Lap 10: _____

Fastest Lap: _____ **Average Lap Pace:** _____ **Average HR:** _____

Rest 10 min – stretch / re-hydrate.

75-80%

85-90%

MAIN SET #4

Set Focus: Negative Split Moto – 20 Minutes Max

Ride as fast as you can while staying within the indicated HR zone AND not falling off pace by more than 1 second. This set is what your body will relate to on race day – be mentally focused.

Moto Specific HR Zone: Low # _____ High # _____

Lap 1: _____ Lap 2: _____ Lap 3: _____ Lap 4: _____ Lap 5: _____

Lap 6: _____ Lap 7: _____ Lap 8: _____ Lap 9: _____ Lap 10: _____

Fastest Lap: _____ **Average Lap Pace:** _____ **Average HR:** _____

Rest 10 min – stretch / re-hydrate.

85-90%

WARM-DOWN

5 minutes of easy riding – nothing structured or intense. Allow the HR to come down slowly.

PRE-RIDING WEIGHT

POST-RIDING WEIGHT

TOTAL FLUIDS
CONSUMED

LOSS / GAIN

LESS THAN 40%

MX AEROBIC WORKOUT #1 – SPREADSHEET

Workout Focus: Muscular Endurance & Strength | **Total Ride Time:** 60 Minutes

WARM-UP	<p>Set Focus: First Turn Transitions – 12 Starts</p> <p>Ride either a bike or Concept 2 Rower easy for 10 minutes – even tempo. Stretch passively (no bouncing) from head to toe. Re-hydrate with Energy Fuel as needed.</p> <p style="text-align: center;">50%</p>
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MAIN SET #1	<p>Set Focus: First Turn Transitions</p> <p>Your focus needs to be on your transition from on the gas to on the brakes. Take your time from the drop of the gate to a point right after the first turn – stay focused! Rest 5 min – stretch head to toe / re-hydrate.</p> <p>Int. 1-4 Times: _____ Int. 5-8 Times: _____ Int. 9-12 Times: _____</p> <p>Fastest: _____ Slowest: _____ Average: _____</p> <p style="text-align: center;">50%</p>
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MAIN SET #2	<p>Set Focus: Muscular Endurance</p> <p>20 starts using only your inner leg – hold onto the bars barely, only with fingertips. 5 starts – look ahead and move the bike with your thighs. 5 starts – close your eyes for 1 second and "feel" for the bike to deviate (less is better). 5 starts – put a rock down about 10 yards out from your front wheel; see if you can run over it. 5 starts – close your eyes for 1 second and "feel" for the bike to deviate (less is better). Rest 5 min – stretch / re-hydrate.</p> <p style="text-align: center;">75%</p>
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MAIN SET #3	<p>Set Focus: Muscular Endurance & Strength – 15-Minute Moto (Smooth Lines)</p> <p>Even-paced moto from beginning to end – take the smoothest lines every lap.</p> <p>Lap 1: _____ Lap 2: _____ Lap 3: _____ Lap 4: _____ Lap 5: _____</p> <p>Lap 6: _____ Lap 7: _____ Lap 8: _____ Lap 9: _____ Lap 10: _____</p> <p>Lap 11: _____ Lap 12: _____ Lap 13: _____ Lap 14: _____ Lap 15: _____</p> <p>Fastest Lap: _____ Slowest Lap: _____ Average Lap Pace: _____</p> <p>Rest 5 min – stretch / re-hydrate.</p> <p style="text-align: center;">75%</p>
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**MAIN SET
#4**

Set Focus: Muscular Endurance & Strength – 15-Minute Moto (Rough Lines)

Even-paced moto from beginning to end – take the roughest lines every lap.

Lap 1: _____ Lap 2: _____ Lap 3: _____ Lap 4: _____ Lap 5: _____

Lap 6: _____ Lap 7: _____ Lap 8: _____ Lap 9: _____ Lap 10: _____

Lap 11: _____ Lap 12: _____ Lap 13: _____ Lap 14: _____ Lap 15: _____

Fastest Lap: _____ **Slowest Lap:** _____ **Average Lap Pace:** _____

Rest 5 min – stretch / re-hydrate.

75%

MAIN SET #5

Set Focus: Muscular Endurance & Strength – 15-Minute Moto (Smooth Lines)

Even-paced moto from beginning to end – take the smoothest lines every lap.

Lap 1: _____ Lap 2: _____ Lap 3: _____ Lap 4: _____ Lap 5: _____

Lap 6: _____ Lap 7: _____ Lap 8: _____ Lap 9: _____ Lap 10: _____

Lap 11: _____ Lap 12: _____ Lap 13: _____ Lap 14: _____ Lap 15: _____

Fastest Lap: _____ **Slowest Lap:** _____ **Average Lap Pace:** _____

Rest 5 min – stretch / re-hydrate with sports drink.

75%

**WARM-
DOWN**

10 minutes of easy riding – nothing structured or intense. Watch the HR monitor to ensure recovery.

Stretch passively from head to toe. Eat a complete meal within 20 minutes of this workout.

BEGINNING WEIGHT

ENDING WEIGHT

LOSS / GAIN

40%

SUPER SLOW CHALLENGE – SPREADSHEET

Warm-Up: Concept 2 Row or Spin on Bike – 15 minutes easy (no shorter)

EXERCISE	SETS / REPS	DATE	DATE	DATE	DATE
CYCLE ONE					
<u>Single Leg Step onto Bench</u>	2 sets × 6–8 reps (4" up / 4" down)	R: _____ L: _____	R: _____ L: _____	R: _____ L: _____	R: _____ L: _____
<u>Abdominal Crunch on Fit Ball w/Weight</u>	2 sets × 6–8 reps (4" up / 4" down)	Wt: _____ Reps: _____	Wt: _____ Reps: _____	Wt: _____ Reps: _____	Wt: _____ Reps: _____
<u>Military Spiders Off Bench</u>	As many as possible in 30 sec	Reps: _____	Reps: _____	Reps: _____	Reps: _____
CYCLE TWO					
<u>Single Leg – Good Mornings</u>	2 sets × 6–8 reps (4" up / 4" down)	R: _____ L: _____	R: _____ L: _____	R: _____ L: _____	R: _____ L: _____
<u>Pike-Push Ups on Fit Ball</u>	2 sets × 6–8 reps (4" up / 4" down)	Wt: _____ Reps: _____	Wt: _____ Reps: _____	Wt: _____ Reps: _____	Wt: _____ Reps: _____
<u>Side Skaters</u>	As many as possible in 30 sec	Reps: _____	Reps: _____	Reps: _____	Reps: _____
CYCLE THREE					
<u>Bicep Curls w/Dumbbells (up to 90°)</u>	2 sets × 6–8 reps (4" up / 4" down)	Wt: _____ Reps: _____	Wt: _____ Reps: _____	Wt: _____ Reps: _____	Wt: _____ Reps: _____
<u>Lat Pull Over – Triceps Extension</u>	2 sets × 6–8 reps (4" up / 4" down)	Wt: _____ Reps: _____	Wt: _____ Reps: _____	Wt: _____ Reps: _____	Wt: _____ Reps: _____
<u>Jump Rope with Eyes Closed</u>	As many as possible in 30 sec	Reps: _____	Reps: _____	Reps: _____	Reps: _____

SUPER SLOW CHALLENGE – CONTINUED

EXERCISE	SETS / REPS	DATE	DATE	DATE	DATE
CYCLE FOUR					
<u>Arm & Leg Extension</u>	2 sets × 6–8 reps (4" up / 4" down)	Wt: _____ Reps: _____	Wt: _____ Reps: _____	Wt: _____ Reps: _____	Wt: _____ Reps: _____
<u>Hanging Leg Lifts (Knees to Chest)</u>	2 sets × 6–8 reps (4" up / 4" down)	Reps: _____	Reps: _____	Reps: _____	Reps: _____
<u>Military Spiders Off Bench</u>	As many as possible in 30 sec	Reps: _____	Reps: _____	Reps: _____	Reps: _____
CYCLE FIVE					
<u>Single Leg Push Ups Off of Bench</u>	2 sets × 6–8 reps (4" up / 4" down)	Reps: _____	Reps: _____	Reps: _____	Reps: _____
<u>Single Leg Shoulder Press</u>	2 sets × 6–8 reps (4" up / 4" down)	Wt: _____ Reps: _____	Wt: _____ Reps: _____	Wt: _____ Reps: _____	Wt: _____ Reps: _____
<u>Side Skaters</u>	As many as possible in 30 sec	Reps: _____	Reps: _____	Reps: _____	Reps: _____
2000 METER ROWING					
Warm up: 200 meters – Low Intensity (Damper Setting 2)					
1,000 meters at 80–85% effort (Damper Setting 5)		Elapsed Time: _____			
1-minute rest interval 25 push-ups with eyes closed 1-minute rest interval					
1,000 meters at 80–85% effort (Damper Setting 5)		Elapsed Time: _____			
1-minute rest interval 25 push-ups with eyes closed 1-minute rest interval					
BICYCLE SPRINTS					
Warm up: 2 minutes – Low Intensity (Light Load Levels). Then increase load levels to MODERATE.					
4-minute interval at 80–85% effort		Distance Covered: _____			
1-minute rest 25 push-ups with eyes closed 2-minute rest					
4-minute interval at 80–85% effort		Distance Covered: _____			

EXERCISE	SETS / REPS	DATE	DATE	DATE	DATE
1-minute rest 25 push-ups with eyes closed 2-minute rest					