

Onboard/Assessment Week

**Session 1A:
Strength/Work Capacity**

Warm-up:
4 rounds of:
5 x back squats (increase weight each round)
5 x pull-ups
10 x close grip push-ups
Hip swivel stretch

1. Work up to 1RM back squat. RECORD WEIGHT.

2. 4 rounds of: (increase DBD for both)
8-10 incline DB chest press
4-6 weight pull-ups/chin-ups.
Downward dog calf stretch
*Note finishing weights for Round 4 for both exercises.

3. 2 rounds of:
50m sled drag (25m down/back) @90#
50m Farmer's carry @40# or greater KBs
60 seconds rest

4. 4 rounds of:
Run 400m (@ goal pace)
2 minutes rest

Session 2A: Aerobic capacity

W/U. 4 rounds of:
10 x jumping jacks
10 x bw squats
10 x HR push-ups
10 x bicycle crunches (2-ct)

1 round of:
60 seconds HR push-up (Baseline)

2-3 minutes rest

1 round of:
Max reps leg tucks (Baseline)

15 minutes of:
90 sec. row
30% of HRPU baseline
20 x seated RTs (10-15# DB)

15 minutes of:
90 sec. AirDyne bike
20% of LTK baseline
2 x heavy ball slams (15-25#)

4 rounds of:
Fun arm work. Balance bicep/tricep work. 10-12 reps/set.

*For the aerobic capacity timed efforts, you can run (easy pace), do step-ups (16-17" step), or the elliptical – if available. Effort here is easy as we build our aerobic base.

Session 3A: Threshold running

W/U: 3 rounds of:
10 x bw lunges (5 x e/l)
20 x Mtn. climbers (10 x e/l)
Hip swivel stretch (15-20 sec. e/l)

1 round of:
Run 16 minutes @ threshold pace (use pace chart as guide). RECORD DISTANCE.

3 rounds of:
Descending front planks.
60 seconds/45 sec. rest
45 seconds/30 sec. rest
30 seconds

3 rounds of: Side planks.
30/30 side planks
10 x low back raises

Session 4A: Strength

W/U: 4 rounds of:
(Choose power clean, hang power clean, or hang squat clean)
3 x clean variation of choice (add weight each round)
3 x pull-ups
10 x HRPU
Hip flexor to In-step stretch

4 rounds of: (increase DBD)
2 x clean variation
Chest stretch

2 rounds of:
45 seconds of HRPU
90 seconds rest

2 rounds of:
30 seconds of HRPU
60 seconds rest

4 rounds of:
5 x pull-ups/chin-ups
60 seconds rest

4 rounds of: (increase DBD)
10 x bent-over double-KB rows
10 x standing barbell Russian Twists (5 e/s)

6 x ball throws @15-20# ball with partner.

Session 5A: Strength/Work Capacity

Warm-up: 4 rounds of:
5 x trap-bar dead-lifts (add weight each round)
5 x KB swings @35-40#
5 x unweighted dips
50m run (25m jog down/25m accelerate back)
Frogger stretch

4 rounds of:
3 x trap-bar dead-lift (increase DBD)
Immediately... 1 x ball slam
Over-head tricep stretch

4 rounds of:
10 x KB swings
8-10 weighted dips (start light, increase weight)
Hip flexor stretch

2 rounds of:
10 x bw squats
50m sprint (25m/25m)
50m side shuffle (25/25)
60 seconds rest.

2 rounds of:
50% of leg tuck baseline
90 seconds rest

4 rounds of:
Hill sprint (550-600m in length...if no hill available – just run 600s)
2 minutes rest

(Begin 3-week build)

Session 1: Strength/Work capacity (70-75 min.)

W/U: 4 rounds of:
5 x back squat (add weight each round)
5 x pull-ups
10 x close grip push-ups
Hip swivel stretch

1. 5 rounds of:
10 x back squats @ 60% of 1RM
60-90 seconds rest.

2. 5 rounds of: (increase DBD for both exercises)
8-10 incline DB chest press
4-6 weighted pull-ups/chin-ups
Downward dog calf stretch

3. 1 round of: (90# sled)
25m sled drag
25m Farmer's carry
60 seconds rest

4. 2 rounds of: (90# sled)
50m sled drag (25/25)
50m Farmer's carry @40# or heavier KBs.
90 seconds rest

5. 5 rounds of:
Run 400m (@ goal pace)
2 minutes rest

Session 2: Aerobic capacity (60 min.)

W/U. 4 rounds of:
10 x jumping jacks
10 x bw squats
10 x HR push-ups
10 x bicycle crunches (2-ct)

1 round of:
75 seconds HRPV

2-3 minutes rest

1 round of:
10+ strict pull-ups or chin-ups. (Leave 2-3 reps in the tank)

20 minutes of:
90 sec. row
35% of HRPV baseline
20 x seated RTs (10-15# DB)

15 minutes of:
90 sec. AirDyne bike
25% of LTK baseline
2 x heavy ball slams (15-25#)

4 rounds of:
Fun arm work. Balance bicep/tricep work. 10-12 reps/set.

Session 3: Threshold running (40-45 min.)

W/U: 3 rounds of:
10 x bw lunges (5 x e/l)
20 x Mtn. climbers (10 x e/l)
Hip swivel stretch (15-20 sec. e/l)

1 round of:
Run 18 minutes @ threshold pace.

3 rounds of:
Descending front planks.
70 seconds/60 sec. rest
60 seconds/30 sec. rest
40 seconds

3 rounds of: Side planks.
30/30 side planks
12 x low back raises

Session 4: Strength (60-65 min.)

W/U: 4 rounds of:
3 x clean variation of choice (add weight each round)
3 x pull-ups
10 x HRPV
Hip flexor to In-step stretch

5 rounds of: (increase DBD)
2 x clean variation
Chest stretch

2 rounds of:
60 seconds of HRPV
2 minutes rest

2 rounds of:
30 seconds of HRPV
60 seconds rest

5 rounds of:
5 x pull-ups/chin-ups
60 seconds rest

5 rounds of: (increase DBD)
10 x bent-over double-KB rows
10 x standing barbell RT (5 e/s)

8 x ball throws @15-20# ball with partner.

Session 5: Strength/Work Capacity (75 minutes)

Warm-up: 4 rounds of:
5 x trap-bar dead-lifts (add weight each round)
5 x KB swings @35-40#
5 x unweighted dips
50m run (25m jog down/25m accelerate back)
Frogger stretch

4 rounds of:
3 x trap-bar dead-lift (increase DBD)
Immediately... 1 x ball slam
Over-head tricep stretch

5 rounds of:
10 x KB swings
8-10 weighted dips (start light, increase weight)
Hip flexor stretch

3 rounds of:
15 x bw squats
50m sprint (25m/25m)
50m side shuffle (25/25)
60 seconds rest.

3 rounds of:
55% of LTK baseline
90 seconds rest

5 rounds of:
Hill sprint
2 minutes rest

Session 6: Strength/Work capacity (70-75 min.)

W/U: 4 rounds of:
5 x back squat (add weight each round)
5 x pull-ups
10 x close grip push-ups
Hip swivel stretch

1. 5 rounds (total) of:
5 x back squats @ 55% of 1RM
5 x back squats @62.5%
5 x back squats @67.5% (last 3 sets)
60-90 sec. rest each rnd.

2. 5 rounds of: (increase DBD for both exercises)
8-10 incline DB chest press
4-6 weighted pull-ups/chin-ups
Downward dog calf stretch

3. 2 rounds of: (90# sled)
50m sled drag (25/25)
50m Farmer's carry @40# or heavier KBs.
90 seconds rest

4. 6 rounds of:
Run 400m (@ goal pace)
2 minutes rest

Session 7: Aerobic capacity (65 min.)

W/U. 4 rounds of:
10 x jumping jacks
10 x bw squats
10 x HR push-ups
10 x bicycle crunches (2-ct)

1 round of:
75 seconds HRPV

2-3 minutes rest

1 round of:
10+ strict pull-ups or chin-ups. (Leave 2-3 reps in the tank)

25 minutes of:
90 sec. row
40% of HRPV baseline
20 x seated RTs (10-15# DB)

15 minutes of:
90 sec. AirDyne bike
30% of LTK baseline
2 x heavy ball slams (15-25#)

4 rounds of:
Fun arm work. Balance bicep/tricep work. 10-12 reps/set.

Session 8: Threshold running (45 min.)

W/U: 3 rounds of:
10 x bw lunges (5 x e/l)
20 x Mtn. climbers (10 x e/l)
Hip swivel stretch (15-20 sec. e/l)

1 round of:
Run 20 minutes @ threshold pace.

3 rounds of:
Descending front planks.
80 seconds/60 sec. rest
60 seconds/30 sec. rest
40 seconds

3 rounds of: Side planks.
35/35 side planks
12 x low back raises

Session 9: Strength (70 min.)

W/U: 4 rounds of:
3 x clean variation of choice (add weight each round)
3 x pull-ups
10 x HRPV
Hip flexor to In-step stretch

5 rounds of: (increase DBD)
2 x clean variation
Chest stretch

2 rounds of:
60 seconds of HRPV
2 minutes rest

2 rounds of:
45 seconds of HRPV
90 seconds rest

5 rounds of:
6 x pull-ups/chin-ups
60 seconds rest

5 rounds of: (increase DBD)
12 x bent-over double-KB rows
12 x standing barbell RT (6 e/s)

8 x ball throws @15-20# ball with partner.

Session 10: Strength/Work Capacity (75-80 min.)

Warm-up: 4 rounds of:
5 x trap-bar dead-lifts (add weight each round)
5 x KB swings @35-40#
5 x unweighted dips
50m run (25m jog down/25m accelerate back)
Frogger stretch

4 rounds of:
3 x trap-bar dead-lift (increase DBD)
Immediately... 1 x ball slam
Over-head tricep stretch

5 rounds of:
10 x KB swings
8-10 weighted dips (start light, increase weight)
Hip flexor stretch

3 rounds of:
15 x bw squats
50m sprint (25m/25m)
50m side shuffle (25/25)
60 seconds rest.

3 rounds of:
60% of LTK baseline
90 seconds rest

5 rounds of:
Hill sprint
2 minutes rest

**Session 11:
Strength/Work capacity**

W/U: 4 rounds of:
5 x back squat (add weight each round)
5 x pull-ups
10 x close grip push-ups
Hip swivel stretch

1. 4 rounds of:
5 x back squats @ 50% of 1RM
3 x back squats @60%
1 x back squat @70%
AMAP @75% of 1RM
60-90 sec. rest each rnd.

2. 5 rounds of: (increase DBD for both exercises)
8-10 incline DB chest press
4-6 weighted pull-ups/chin-ups
Downward dog calf stretch

3. 3 rounds of: (90# sled)
50m sled drag (25/25)
50m Farmer's carry @40# or heavier KBs.
90 seconds rest

4. 1 round of:
Run 800m (@ goal pace)
3 minutes rest

5. 4 rounds of:
Run 400m (@ goal pace)
2 minutes rest

Session 12: Aerobic capacity

W/U. 4 rounds of:
10 x jumping jacks
10 x bw squats
10 x HR push-ups
10 x bicycle crunches (2-ct)

1 round of:
90 seconds HRPV

2-3 minutes rest

1 round of:
12+ strict pull-ups or chin-ups. (Leave 1-2 reps in the tank)

30 minutes of:
2 min. row
45% of HRPV baseline
20 x seated RTs (10-15# DB)

20 minutes of:
2 min AirDyne bike
35% of LTK baseline
2 x heavy ball slams (15-25#)

4 rounds of:
Fun arm work. Balance bicep/tricep work. 10-12 reps/set.

Session 13: Threshold running

W/U: 3 rounds of:
10 x bw lunges (5 x e/l)
20 x Mtn. climbers (10 x e/l)
Hip swivel stretch (15-20 sec. e/l)

1 round of:
Run 22 minutes @ threshold pace.

3 rounds of:
Descending front planks.
80 seconds/60 sec. rest
60 seconds/45 sec. rest
45 seconds

3 rounds of: Side planks.
35/35 side planks
12 x low back raises

Session 14: Strength

W/U: 4 rounds of:
3 x clean variation of choice (add weight each round)
3 x pull-ups
10 x HRPV
Hip flexor to In-step stretch

4 rounds of: (increase DBD)
2 x clean variation
Chest stretch

1 round of:
75 seconds of HRPV
2.5 minutes rest

2 rounds of:
45 seconds of HRPV
90 seconds rest

1 round of:
30 seconds of HRPV
60 seconds rest

6 rounds of:
7 x pull-ups/chin-ups
60 seconds rest

5 rounds of: (increase DBD)
12 x bent-over double-KB rows
12 x standing barbell RT (6 e/s)

6 x ball throws @15-20# ball with partner.

**Session 15:
Strength/Work Capacity**

Warm-up: 4 rounds of:
5 x trap-bar dead-lifts (add weight each round)
5 x KB swings @35-40#
5 x unweighted dips
50m run (25m jog down/25m accelerate back)
Frogger stretch

4 rounds of:
3 x trap-bar dead-lift (increase DBD)
Immediately... 1 x ball slam
Over-head tricep stretch

4 rounds of:
10 x KB swings
8-10 weighted dips (start light, increase weight)
Hip flexor stretch

4 rounds of:
15 x bw squats
50m sprint (25m/25m)
50m side shuffle (25/25)
60 seconds rest.

4 rounds of:
60% of LTK baseline
90 seconds rest

6 rounds of:
Hill sprint
2 minutes rest

(De-load week)

**Session 16:
Strength/Work capacity**

W/U: 4 rounds of:
5 x back squat (add weight each round)
5 x pull-ups
10 x close grip push-ups
Hip swivel stretch

1. 4 rounds of:
5 x back squats @ 50% of 1RM
5 x back squats @60%
3 x back squat @65% (2 sets)
60-90 sec. rest each rnd.

2. 4 rounds of: (increase DBD for both exercises)
10-12 incline DB chest press
5-7 weighted pull-ups/chin-ups
Downward dog calf stretch

3. 1 round of: (90# sled)
50m sled drag (25/25)
50m Farmer's carry @40# or heavier KBs.
90 seconds rest

4. 4 rounds of:
Run 400m (@ goal pace)
3 minutes rest

Session 17: Aerobic capacity

W/U. 3 rounds of:
10 x jumping jacks
10 x bw squats
10 x HR push-ups
10 x bicycle crunches (2-ct)

1 round of:
60 seconds HRP
(compare to onboard week)

2-3 minutes rest

1 round of:
12+ strict pull-ups or chin-ups. (**Compare to onboard week**)

15 minutes of:
90 sec. row
35% of HRP baseline
20 x seated RTs (10-15# DB)

15 minutes of:
90 sec. AirDyne bike
25% of LTK baseline
1 x heavy ball slam (15-25#)

3 rounds of:
Fun arm work. Balance bicep/tricep work. 12-15 reps/set.

Session 18: Threshold running

W/U: 3 rounds of:
10 x bw lunges (5 x e/l)
20 x Mtn. climbers (10 x e/l)
Hip swivel stretch (15-20 sec. e/l)

1 round of:
Run 16 minutes @ threshold pace. (Compare to onboard week.)

3 rounds of:
Descending front planks.
70 seconds/60 sec. rest
60 seconds/45 sec. rest
45 seconds

3 rounds of: Side planks.
30/30 side planks
12 x low back raises

Session 19: Strength

W/U: 4 rounds of:
3 x clean variation of choice (add weight each round)
3 x pull-ups
10 x HRP
Hip flexor to In-step stretch

4 rounds of: (mod. loading)
2 x clean variation
Chest stretch

1 round of:
75 seconds of HRP
2.5 minutes rest

1 round of:
45 seconds of HRP
90 seconds rest

1 round of:
30 seconds of HRP
60 seconds rest

4 rounds of:
7 x pull-ups/chin-ups
60 seconds rest

4 rounds of: (increase DBD)
10 x bent-over double-KB rows
10 x standing barbell RT (5 e/s)

6 x ball throws @15-20# ball with partner.

Session 20: Strength/Work Capacity

Warm-up: 4 rounds of:
5 x trap-bar dead-lifts (add weight each round)
5 x KB swings @35-40#
5 x unweighted dips
50m run (25m jog down/25m accelerate back)
Frogger stretch

3 rounds of:
3 x trap-bar dead-lift (increase DBD)
Over-head tricep stretch

4 rounds of:
10 x KB swings
10 x bw squats
8-10 weighted dips (start light, increase weight)
Hip flexor stretch

2 rounds of:
50m side shuffle (25m/25m)
50m Farmer's carry @40# KB
50m sprint (25/25)
60 seconds rest.

2 rounds of:
60% of LTK baseline
90 seconds rest

4 rounds of:
Hill sprint
2 minutes rest

Moderate Build Week**Session 21:
Strength/Work capacity**

W/U: 4 rounds of:
5 x back squat (add weight each round)
5 x pull-ups
10 x close grip push-ups
Hip swivel stretch

1. 5 rounds of:
8 x back squats @ 65% of 1RM
60-90 sec. rest each rnd.

2. 5 rounds of: (increase DBD for both exercises)
10-12 incline DB chest press
4-6 weighted pull-ups/chin-ups
Downward dog calf stretch

3. 2 rounds of: (90# sled)
50m sled drag (25/25)
50m Farmer's carry @40# or heavier KBs.
90 seconds rest

4. 2 rounds of:
Run 800m (@goal pace)
Rest 3 minutes

5. 4 rounds of:
Run 400m (@ goal pace)
2 minutes rest

Session 22: Aerobic capacity

W/U. 4 rounds of:
10 x jumping jacks
10 x bw squats
10 x HR push-ups
10 x bicycle crunches (2-ct)

1 round of:
90 seconds HRP

2-3 minutes rest

1 round of:
12+ strict pull-ups or chin-ups. (Leave 2-3 reps in the tank)

25 minutes of:
2 minutes row
45% of HRP baseline
20 x seated RTs (10-15# DB)

15 minutes of:
2 minutes AirDyne bike
35% of LTK baseline
2 x heavy ball slams (15-25#)

4 rounds of:
Fun arm work. Balance bicep/tricep work. 10-12 reps/set.

Session 23: Threshold running

W/U: 3 rounds of:
10 x bw lunges (5 x e/l)
20 x Mtn. climbers (10 x e/l)
Hip swivel stretch (15-20 sec. e/l)

1 round of:
Run 16 minutes @ threshold pace.

3 rounds of:
Descending front planks.
80 seconds/60 sec. rest
60 seconds/30 sec. rest
40 seconds

3 rounds of: Side planks.
35/35 side planks
12 x low back raises

Session 24: Strength

W/U: 4 rounds of:
3 x clean variation of choice (add weight each round)
3 x pull-ups
10 x HRP
Hip flexor to In-step stretch

4 rounds of: (increase DBD)
2 x clean variation
Chest stretch

1 round of:
90 seconds of HRP
3 minutes rest

1 round of:
60 seconds of HRP
2 minutes rest

2 rounds of:
30 seconds of HRP
60 seconds rest

5 rounds of:
6-8 x pull-ups/chin-ups
12 x double KB rows
12 x standing barbell RT (6 e/s) – stay light
In-step to Pigeon stretch

8 x ball throws @15-20# ball with partner.

**Session 25:
Strength/Work Capacity**

Warm-up: 4 rounds of:
5 x trap-bar dead-lifts (add weight each round)
5 x KB swings @35-40#
5 x unweighted dips
50m run (25m jog down/25m accelerate back)
Frogger stretch

4 rounds of:
3 x trap-bar dead-lift (increase DBD)
Immediately... 1 x ball slam
Over-head tricep stretch

4 rounds of:
10 x KB swings
10 x bw squats
8-10 weighted dips (start light, increase weight)
Hip flexor stretch

4 rounds of:
50m side shuffle (25m/25m)
50m Farmer's carry @40# KB
50m sprint (25/25)
60 seconds rest.

3 rounds of:
60% of LTK baseline
90 seconds rest

5 rounds of:
Hill sprint
2 minutes rest

Build Week

Session 26: Strength/Work capacity

W/U: 4 rounds of:
5 x back squat (add weight each round)
5 x pull-ups
10 x close grip push-ups
Hip swivel stretch

1. 5 rounds of:
3 x back squats @ 60% of 1RM
3 x back squats @67.5%
8 x back squats @72.5% (3 x sets)
60-90 sec. rest each rnd.

2. 5 rounds of: (increase DBD for both exercises)
10-12 incline DB chest press
5-7 weighted pull-ups/chin-ups
Downward dog calf stretch

3. 2 rounds of: (90# sled)
50m sled drag (25/25)
50m Farmer's carry @40# or heavier KBs.
60 seconds rest

4. 3 rounds of:
Run 800m (@goal pace)
Rest 3 minutes

5. 2 rounds of:
Run 400m (@ goal pace)
2 minutes rest

Session 27: Aerobic capacity

W/U. 4 rounds of:
10 x jumping jacks
10 x bw squats
10 x HR push-ups
10 x bicycle crunches (2-ct)

1 round of:
90 seconds HRPV

2-3 minutes rest

1 round of:
12+ strict pull-ups or chin-ups. (Leave 2-3 reps in the tank)

25 minutes of:
2 minutes row
45% of HRPV baseline
20 x seated RTs (10-15# DB)

15 minutes of:
2 minutes AirDyne bike
35% of LTK baseline
2 x heavy ball slams (15-25#)

4 rounds of:
Fun arm work. Balance bicep/tricep work. 10-12 reps/set.

Session 28: Threshold running

W/U: 3 rounds of:
10 x bw lunges (5 x e/l)
20 x Mtn. climbers (10 x e/l)
Hip swivel stretch (15-20 sec. e/l)

1 round of:
Run 15 minutes @ threshold pace.

3 rounds of:
Descending front planks.
90 seconds/60 sec. rest
60 seconds/30 sec. rest
40 seconds

3 rounds of: Side planks.
35/35 side planks
12 x low back raises

Session 29: Strength

W/U: 4 rounds of:
3 x clean variation of choice (add weight each round)
3 x pull-ups
10 x HRPV
Hip flexor to In-step stretch

4 rounds of: (increase DBD)
2 x clean variation
Chest stretch

1 round of:
60 seconds of HRPV
2 minutes rest

2 rounds of:
45 seconds of HRPV
90 seconds rest

1 round of:
30 seconds of HRPV
60 seconds rest

5 rounds of:
6-8 x pull-ups/chin-ups
12 x double KB rows
20 x standing barbell RT (10 e/s) – stay light
In-step to Pigeon stretch

6 x ball throws @15-20# ball with partner.

Session 30: Strength/Work Capacity

Warm-up: 4 rounds of:
5 x trap-bar dead-lifts (add weight each round)
5 x KB swings @35-40#
5 x unweighted dips
50m run (25m jog down/25m accelerate back)
Frogger stretch

4 rounds of:
3 x trap-bar dead-lift (increase DBD)
Immediately... 1 x ball slam
Over-head tricep stretch

4 rounds of:
10 x KB swings
10 x bw squats
8-10 weighted dips (start light, increase weight)
Hip flexor stretch

3 rounds of:
50m side shuffle (25m/25m)
50m Farmer's carry @40# KB
50m sprint (25/25)
60 seconds rest.

3 rounds of:
65% of LTK baseline
90 seconds rest

4 rounds of:
Hill sprint
2 minutes rest

De-load/Test Week**Session 31:
Strength/Work capacity**

W/U: 4 rounds of:
5 x back squat (add weight
each round)
5 x pull-ups
10 x close grip push-ups
Hip swivel stretch

1. 4 rounds of:
5 x back squats @ 60% of
1RM
60-90 sec. rest each rnd.

2. 4 rounds of: (moderate
loading for both)
6-8 incline DB chest press
4-6 weighted pull-ups/chin-
ups
Downward dog calf stretch

3. 1 round of: (90# sled)
50m sled drag (25/25)
50m Farmer's carry @40#
or heavier KBs.
60 seconds rest

4. 4 rounds of:
Run 400m (@ goal pace)
2 minutes rest

**Session 32: Aerobic
capacity**

W/U. 4 rounds of:
10 x jumping jacks
10 x bw squats
10 x HR push-ups
10 x bicycle crunches (2-ct)

1 round of:
60 seconds HRPV

2-3 minutes rest

10 minutes of:
90 seconds row
25% of HRPV baseline
20 x seated RTs (10-15#
DB)

10 minutes of:
90 seconds AirDyne bike
25% of LTK baseline
2 x heavy ball slams (15-
25#)

**Session 33:
Rest/Recovery day****Session 34: Take ACFT****Session 35: Strength
endurance/aerobic
capacity**

Warm-up: 4 rounds of:
Jog 200m
10 x bw lunges (5 x e/l)
3 x chin-ups
10 x close grip push-ups
In-step stretch

1. 4 rounds of:
10 x KB swings
10 x bw squats
10 x dips
Hip flexor stretch

2. 4 rounds of:
6-8 pull-ups or chin-ups
10 x DB tricep kick-backs
Hip swivel stretch

3. 20 minutes of:
400m run or 500m row
10 x hammer curls
10 x leg raises