

Inspired Adventurist: Adventure Strong 100 Gym Series Winter '16/17

Sample Workout

Phase: Transition/Preparation (November)

Mental Training Skill: Goal Setting and Positive Self-Talk

W1T: 11/3	Easy	Medium	Intense
Power (Green Track)	Repeat Sequence thru for 1 set. Repeat set 3x's. Rest 90s between sets.	Repeat Sequence thru for 1 set. Repeat set 3x's. Rest 90s between sets.	Repeat Sequence thru for 1 set. Repeat set 3x's. Rest 90s between sets.
Lower Body: 60s on/30s rest. Move to next exercise	Skipping	Bounding	Triple Jump
Upper Push: 60s on/30s rest. Move to next exercise	Wall Ball Pass (Light, Bouncy Ball)	Wall Pass (Heavy Bouncy Ball)	Wall Pass (Sand Ball)
Upper Pull: 60s on/30s rest. Move to next exercise	Kneeling Dumbbell Row	Push-up Row	ContraLateral Push-up Row
Strength: Blue Area	Repeat Sequence thru for 1 set. Repeat set 3x's. Rest 90s between sets.	Repeat Sequence thru for 1 set. Repeat set 3x's. Rest 90s between sets.	Repeat Sequence thru for 1 set. Repeat set 3x's. Rest 90s between sets.
Lower: 60s on/30s rest. Move to next exercise	Lunges	Walking Lunges	Jump Lunge
Upper Push: 60s on/30s rest. Move to next exercise	Knee Push-up	Standard Push-up	Walking Push-up
Upper Pull: 60s on/30s rest. Move to next exercise	Bent Over Row	Plank Row	Inverted Row
Endurance	18m	18m	18m
Rowing Machine: 90s On/30s Rest	Rowing Rate 21/m	Rowing Rate 25/m	Rowing Rate 29/m
Spin Bike: 90s On/30s Rest	Perceived Rate of Exertion: 3/4	Perceived Rate of Exertion: 5/6	Perceived Rate of Exertion: 7/8
Walk/Run: 90s On/ 30s Rest	Walk	Walk-Jog	Jog
Core/Balance	Repeat Sequence thru for 1 set. Repeat set 3x's. Rest 90s between sets.	Repeat Sequence thru for 1 set. Repeat set 3x's. Rest 90s between sets.	Repeat Sequence thru for 1 set. Repeat set 3x's. Rest 90s between sets.
Lower: 45s Left/45s Right. Move to next exercise	Static 1 Leg Balance	1 Leg Balance on Balance Board	1 Leg Balance Eyes Closed
Upper Push: 60s on/30s rest. Move to next exercise	Push-up Plank	Transverse Plank	Twisting Plank
Upper Pull: 60s on/30s rest. Move to next exercise	Reverse Plank Flat Feet	Reverse Plank Legs Straight	Reverse Plank Leg Kicks