

Challenge Week, Phase 3, 2017

Disclaimer: Use your best judgment during these workouts. Go at your own pace. If you need to rest, take a break or drink water, do it. It's o.k. Remember form is always first. Do not sacrifice form for speed. These challenges are not that important, your long-term health & safety is. These are fun & challenging workouts that you've been prepared for over the last few weeks and are designed to yield maximum results in short periods of time if you're following the nutrition & cardio plan. You may need additional caloric consumption, water, stretching/rolling, naps and/or rest on these days. Take it, its o.k.

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Instructions

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Challenges may consist of completing a certain number of reps, rounds, distance, speed or load, a certain number of reps, rounds, distance, speed or load in a certain amount of time or training for a certain period of time.

CYBBC In Class Challenges are modeled after biathlons and triathlons in which you have either 2 legs (swim & bike, swim & run or bike & run) or 3 legs (swim, bike & run) respectively with timed transitions in b/w each leg.

There can be team, partner and individual challenges. A team challenge requires all of the teammates to work together to beat the challenge. More fit team members are usually asked to do more work to help the less fit team members. A team challenge is extremely fun, rewarding and difficult and develops camaraderie amongst participants as you support and encourage one another while training alongside one another.

A partner challenge is where 2-3 partners work together to beat the challenge. Sometimes partners train at the same time, sometimes one partner works while the other rests and/or counts. At all times both partners are encouraging and supporting one another.

An individual challenge means you train by yourself and work to beat the challenge. A unique aspect of an individual challenge is once you're done, you're done and you don't have to keep training whereas in partner challenges or team challenges you keep training until your partner(s) or team complete the challenge. **Individual challenges are great for travel or at home workouts** and for those who get a tremendous sense of accomplishment by beating the challenge and are motivated by the potential to finish early.

Reps based challenges require you to complete a certain number of reps in a certain amount of time. You can go in any exercise order and do any amount of reps per set that you choose. This is great for when you have strong exercises and weak exercises.

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Weak exercises should be done 1st while your freshest and strong exercises towards the end of your order.

Rest periods can be taken at any time. If you need to rest, use the bathroom or have a sip of water, take it. Do your best to train continuously without rest as this gives you a better chance of beating the challenge, but know you can rest at any time.

Hoo-Rahs! When you finish the challenge, shout out a loud “Hoo-Rah!” to let everyone including yourself know you finished the challenge. If you beat the challenge, let out another Hoo-Rah! Each time you finish all the reps for an exercise in a rep based challenge, say “Hoo-Rah!” Each time you finish a leg in the challenge, say “Hoo-Rah!”.

Rounds based challenges must be completed in order and all reps for an exercise must be completed before moving on to the next exercise. A6 rounds + 3 exercise description of a challenge means your goal is to complete 6 rounds and the 1st 3 exercises and all reps associated with those exercises in the next round.

Recording data is helpful for you to keep track of how many reps, rounds, distance, speed or time you’ve completed. You must keep track of the time in which you complete a leg of your CYBBC challenges as well as the time you finish and/or beat the challenge. Once you complete a leg of a challenge and record your time, immediately move on to the next challenge.

Exercise Order means the order in which you are supposed to do the exercises. For example, A1 mean’s do this exercise first. A2 means’ do this exercise second. A3 means, do this exercise 3rd, ... B1 means do this exercise after completing all reps, rounds or time for “A1, A2, A3...” exercises in previous circuit.

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When an exercise is to be held for time and if you don't have access to a Chrono timer, keep track by counting "Mississippi's".

A round = 1 circuit of a certain number of exercises. Example: A1, A2, A3...A7 are the exercises in a circuit. Complete all reps for each respective exercise from A1-A7 in the circuit = 1 round.

When you finish a challenge, post your results to our [Facebook page](#) to share with your friends. Post your results here: facebook.com/ChangeYourBodyBootCamps.Newton.Ma

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Warm Up

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Foam Roll 5min (10:5; aim for 5-10 rolls)

Foam Roll Upper to Lower Back
Foam Roll Thoracic Extension
Foam Roll 1-Arm Lat, R/L
Foam Roll Piriformis, R/L
Foam Roll 1-Leg Hamstring, R/L
Foam Roll 1-Leg Calf, R/L
Foam Roll 1-Arm Pec, R/L
Foam Roll Bent-Knee Adductor, R/L
Foam Roll Hip Flexor / Quad, R/L
Foam Roll TFL, R/L
Foam Roll IT-Band, R/L

P3, Workout A, Warm Up

1. Side-Lying Windmill x4e
2. Prone Glute Push x3 breaths (3:6)
3. Bent-Over Band Ext Rot @ 0Deg x12
4. Bear Holds w/ Alt. Reach x50s
5. ½ Kneel 3-Way Flat Ankle Mobes x5e
6. Linear Band Walk x40steps/direction
7. [Ankle Bounces](#) x20/50
8. Lateral OH March x8e
9. Alt. Deep Squat x4e
10. Lateral High Plank Walk x8e
11. Jumping Jacks x10
12. Opp Hand Quad Pull to Inv Ham Toe Touch x4e

P3, Workout B, Warm Up

1. Fwd Split Adductor Hold x3 breaths (3:6)
2. Split Adductor Hold w/ T-Spine Rot x8e
3. Split Squat Holds Band Pull Apart 5s x 5e
4. 1-Leg HF Iso Psoas Bridge x3 breaths (3:6)
5. Incline Ankle Mobes x8e
6. Lateral Band Walk x40steps/side
7. [Ankle Bounces](#) x20/50
8. Lateral OH March x8e
9. Bwds HK Hug to Lunge to Diag Reach x4e
10. Bwds Long Inchworm x8
11. Square Jumps x5/side
12. Alt. Lat Lunge to OH Reach x4e

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Workouts

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Challenge Workout #1 (W-A) – Team (M-A): *complete max Rounds in 30min.*

Foam Roll (5min): *see above for individual exercises*

Movement Prep Series: *see above for individual exercises*

Strength: *max TOTAL rounds in 30min (G = 7 rounds), 15-30%BW*

A1. Side Bridges – R x12

A2. 1-DB Diagonal Chop – R x12

A3. Side Bridges – L x12

G = 3rds / 10min

A4. 1-DB Diagonal Chop – L x12

A5. Homerun x1

B1. Push Up w/ Jacks @ Bottom x15

B2. 1-DB SLDL to Bicep Curl – R x20/10

B3. 1-DB SLDL to Bicep Curl – L x20/10

G = 2rds / 10min

B4. Triple x1

B5. Single x1

C1. DB Bent-Over Rows w/ Iso Hold – R x20

C2. DB Bent-Over Rows w/ Iso Hold – L x20

C3. 2-DB OH Squats x20

G = 2rds / 10min

C4. Double x1

C5. Single + 3Steals x1

Finisher: *complete up & down pyramid (10:5, 20:10, 40:20, 20:10, 10:5), 5rd, max effort circuit in 5min (G=110JJ)*

E1. Jumping Jacks

E2. Push Up Jacks

Cool Down (mat & roller) = 5min (15:5)

Forward Bend,

Deep Squat

Deep Squat R/L Arm to Sky

Stride Back R/L

Stride Back w/ T-Spine Rot. Raise R/L

½ Kneeling Triceps Pull, R/L

Childs Pose C/R/L

Seated Shoulder Sit & Reach

Supine on Roller, “W” Pec Stretch

Challenge Workout #1 – Team Challenge (W-A)

[illegible]

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Challenge Workout #2 (W-B) – Individual (M-A): *max REPS in 21min.*

Foam Roll (5min): *see above for individual exercises*

Movement Prep Series: *see above for individual exercises*

Strength: *complete max REPS in 21min (G=290); 15-30%BW.*

- A1. Push Up + Alt. Knee Flexion
- A2. 1-DB Goblet Lateral Lunge – L
- A3. Supine Towel Curl + Bridge
- A4. 1-DB Goblet Lateral Lunge – R

*20:10, 2rds, max reps,
1min rest; G=70*

- B1. DB Push Up T's
- B2. DB RDL

*50:10, 3rds, max reps,
1min rest; G=90*

- C1. Seated Wall Slides
- C2. 1-DB Reverse Lunge to Diag Raise – L
- C3. 1-DB Reverse Lunge to Diag Raise – R

*50:10, 3rds, max reps,
1min rest; G=130*

Coach Mike Finished with 301 reps!

Cool Down (mats & band): 5min (15:5)

Superband 1-Leg Hamstring Pull, R/L
SB 1-Leg Adductor Pull, R/L
SB 1-Leg Hip Crossover Pull, R/L
SB Side-Lying Quad Pull, R/L

½ Kneeling Triceps Pull, R/L
1-Arm Chest Push, R/L
1-Arm Lat Pull, R/L
Behind Back Overhead Shoulder Reach

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Challenge Workout #3 (W-A) – Individual (M-A): *complete 7 Rounds AFAP*

Foam Roll (5min): *see above for individual exercises*

Movement Prep Series: *see above for individual exercises*

Strength: *complete 7 Rounds AFAP (G=<30min), 15-30%BW.*

A1. Side Plank w/ Hip Abduction @ Wall – L	20:10,
A2. 1-DB Diagonal Chop – L	4rds,
A3. Side Plank w/ Hip Abduction @ Wall – R	max effort,
A4. 1-DB Diagonal Chop - R	1min rest

B1. Push Up w/ Jacks @ Bottom x20	
B2. 1-DB SLDL to Bicep Curl – L, x20/20/10	
B3. 1-DB SLDL to Bicep Curl – R, x20/20/10	
B4. DB Alt. Bent-Over Rows w/ Iso Hold x20	
B5. 2-DB OH Squats x20	

3 rounds AFAP

**Coach Mike finished in 31:24*

Cool Down - (mats & wall): 5min (25:5)

Push Up Calf, R / L

Split Adductor Hold, R / L

Side-Lying Thoracic Hold, R/L

Seated Piriformis @ Wall, R/L

½ Kneel Quad + Hip Flexor Push @ Wall, R/L

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Challenge Workout #4 – (W-B) – Individual (M-A): *complete 7 courses, AFAP.*

Foam Roll (5min): *see above for individual exercises*

Movement Prep Series: *see above for individual exercises*

Strength: *complete 7 course workout & post Jumping Jack Time (G=<10min); 15-30%BW.*

Course 1: *Abs & Cuffs aka Cocktails and Appetizers*

A1. Side Plank @ Wall (1side/round)

Cont. 30sec, 4rd, max effort (4:1)

A2. Bent-Over Band External Rotation @ 0 Deg

Course 2: *Guts & Butts aka Soup*

B1. Push Up w/ Jacks @ Bottom

Cont. 30sec, 4rd, max effort (4:1)

B2. Supine Curl + Bridge

Course 3: *Stability & Power aka Salad*

C1. Bear Holds w/ Alt Reach

Cont. 30sec, 4rd, max effort (4:1)

C2. DB RDL

Course 4: *Sexy Traps & Six Packs aka Entrée #1 - Seafood*

D1. 2-DB OH Squat

Cont. 30sec, 4rd, max effort (4:1)

D2. Push Up w/ Alt. Knee Flexion

Course 5: *Show Muscles & Go Muscles aka Entrée #2 – Chicken*

E1. DB Push Up T's x20

Max sets, (4:1)

E2. DB SLDL to Bicep Curl – L+R x20/20/10e

Course 6: *Go Muscles & Show Muscles aka Entrée #3 – Meat*

F1. Seated Wall Slides x20

Max sets, (4:1)

F2. DB Rev Lunge to Diag Raise – L+R x20e

Course 7: *Are you kidding me finisher aka Dessert aka you probably should of passed*

G1. Jumping Jacks

Finish 300 Jacks AFAP; Post Time to FB

**Coach Mike finished in 35:28!*

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Cool Down (mat & roller) = 5min (15:5)

Forward Bend,

Deep Squat

Deep Squat R/L Arm to Sky

Stride Back R/L

Stride Back w/ T-Spine Rot. Raise R/L

½ Kneeling Triceps Pull, R/L

Childs Pose C/R/L

Seated Shoulder Sit & Reach

Supine on Roller, “W” Pec Stretch