

eFitness365: Fit to Live

www.eFitness365.com

A Week of Mud Race Workouts!

Day 1

Treadmill workout

.5-mile warm-up

Sprint for 15 sec

Off treadmill 20 sec of squat jumps (go high)

On treadmill run for 60 sec

Off treadmill 5 full pushups

On treadmill sprint for 15 sec

Off treadmill 20 leg lifts

On treadmill run for 60 sec

Repeat 5 x's

Next: on dirt or gravel, preferably

20 single leg hops ea leg forward

20 singles backward

20 double leg forward

20 double backward

20 double side to side

1x

Day 2

Power cleans 5 reps with bar, then 5 with 5lbs added, then 4, then 4 with 5 pounds added, then 2 sets of 3 reps

Back squats 12 reps with bar, 8 reps w/ 5lbs, then 6 reps, then 5 reps with 10 lbs added repeat 3 x's

Push press same routine as power cleans

250 ab moves your choice

Day 3

Using a bench

Leg raises 20 prone position on elbows

Leg raises 20 supine position on elbows

Leg raises 20 prone on hands

Leg raises 20 supine on hands

On bench 20 leg raises heels to just off ground up to 90 degrees

Bench 20 leg raises while on left hip

Repeat on right hip

20 knees to chest from supine position hand touch heels in up position

20 sit-ups nothing holding feet
100 flippers

Next: 30 air squats
30 v sit-ups
15 pushups
16 back hyperextensions with twist at top
15 squat jumps
15 leg raises
15 hips over head from supine position and twist one way at top
30 Cossack extensions Google this exercise, perform with apparatus
30 sit-ups
15 pushups

Next: hold deep squat position for 3 minutes
Sitting with legs extended in front, reach forward and hold for 3 minutes
On stomach, grab ankles behind you and hold for 3 minutes

Day 4:

Man maker exercise:

With barbell and 5 lbs on each end
Dead lift bar to waist
Bend over and do bent row
Stand straight up and do upright row
Lower bar and do clean
From clean do push press to OH
Lower bar to back shoulders and squat
From bottom of squat extend up to OH press
Lower bar to front shoulders and then to floor
Perform a burpee with dive-bomber
Repeat 20 times, rest as needed

Day 5

Repeat day 3
Then find hill that is about 25yds long
Double leg bound up hill walk back down
Single leg hop walk down
Lunges up hill walk down
Reverse lunge up walk down
Gecko up walk down
Sprint up walk down repeat 2 more times
Repeat sequence 5 times

Day 6

Repeat day 2