

"300" FITNESS TRAINING

OVERVIEW

The Movie, Speculation, and Reality

Buzz about the movie "300" increases in volume as its release date approaches. Because we were responsible for the fitness and appearance of the barely-clothed protagonists we are fielding calls regarding the training undertaken by cast and stunt crew. Since it was a Hollywood gig, assumptions are made about the preparation, with a 50-50 split between accuracy and utter madness. The following explanation should help to rectify the more erroneous ideas about what actually happened.

Part of the Warner Bros press kit reads, "To support fight preparation the training emphasized athleticism by combining compound movements, lifting, and throwing. Primitive tools – medicine balls, Kettlebells, rings – were used instead of machines. Each session was competitive, with a penalty-reward system tied to performance and results posted daily for all to see."

This sort of training seems perfectly normal to us but others find it unusual and many got hung up on the penalty part, or the fact that one penalty session was called "Loser's Redemption". One producer commented, "You call people 'losers'? That's unkind." And the answer is that we're not here to make friends; there's a job and it's got to be done.

The typical interviewer wants to know about the "magic" workout the cast did to make them look so good. Some were disappointed to learn that hard work is magic, while others marveled – as did we some days – that the actors would work so hard.

The first misconception is that we used a bodybuilding-type program of progressive overload and over-feeding with the goal of making the guys look huge. We took the opposite route of calorie restriction to make them look like they lived off the land, in the wild, all sinewy and

ripped. The diet was adequate to fuel effort and recovery, barely. And we prescribed random physical challenges to keep them off balance, to ensure they never knew what was coming, to cause a stress-reaction, to break them, to make them look bad in front of each other, which eventually led them to trust one another. Trust made them willing to go all the way to the edge in each other's company because that's what the film was about: laying it on the line. Because fight training and conditioning and eating took place in the same facility – essentially in the same room – the actors and the stunt crew did everything under the watchful eyes of everyone else. Dietary slip-ups were noted, nods given when a particularly hard effort put forth, and general awe expressed when complex choreography was executed without flaw.

Our general approach and attitude, the movements and activities were new to many. Some, of course, resisted while others took to the process with unusual zeal. Our goal, outlined by director Zack Snyder was to "turn them into a gang," a unified force whose trust and belief in one another would be obvious on the screen. The first step of any such project is to earn the respect and belief of the trainees. Zack helped by charging the cannons himself, training with us 3-5 days a week. On those days cast and crew arrived in the gym at 8:30am to find Zack's workout already posted on the whiteboard. Knowing he got up and had already earned his calories for the day spurred them to higher levels of effort. "Some of us wake up, others roll over ..."

The cast and stunt crew also had to be fit and athletic enough to handle the fight training, choreography and execution led by Damon Caro and Chad Stahelski. To achieve the objectives we adopted the following mission statement: appearance is a consequence of fitness and this ideal guided our work. My assistant, Logan Hood and I were part team-builder, part corruptor, part coach, and part punisher. We led by example and despite some overuse injuries, which are to be expected since we were in the gym 10-12 hours a day, five days a

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week for four months, our own fitness improved along with the men we trained.

To ensure that the guys would last for the entire project we addressed recovery as well as hard work in our process: we had a massage therapist on-site every day and a kinesiologist visited twice per week to treat anyone ailing. Our work had the unintended consequence of keeping the stunt crew healthy. "It was a tremendous help as far as injury prevention, stamina, and overall focus," says Caro. "With fight choreography, you only have a certain amount of time for physical training because it sometimes doesn't mesh with the functional application. What Mark brought to the project was functional strength, not just sculpted biceps or ripped abs." In this case, "functional" means fitness appropriate to the task, and the positive result means the artificial training was highly transferable. The methods we used were right for this job. A different objective would be achieved by different means. In our work the task drives the method.

The method was sometimes harsh – anyone who fell off the bus over the weekend got smashed in the gym on Monday – the pressure turned some rough raw material into real gems. And this is apparent on the big screen.

The second misconception surrounds the idea of the Spartan workout, aka "300", how frequently it was done or who actually finished it. "300" is a one-time test, an invitation-only challenge undertaken by those deemed ready for it. By the end of our four-month project 17 people had done the workout (Logan and I were two of them). This constitutes about 50% of the cast and stunt crew. We supervised every test, evaluated each rep for quality and only counted those that achieved our standards for form and range of motion. Like many workouts "300" is not hard once you've done it but the apprehension built up ahead of it – something we encouraged – was enough to make some guys fear it to the degree that

performance was compromised. This workout was a crucible that some passed through and others still have hanging over them.

"300"
25x Pull-up +
50x Deadlift @ 135# +
50x Push-up +
50x Box Jump @ 24" box +
50x Floor Wiper @ 135# (one-count) +
50x KB Clean & Press @ 36# (KB must touch floor between reps) +
25x Pull-up
"300" reps total

As for the training done on a regular basis there were no consistent, structured workouts. In fact, very few ever repeated a workout during the four-month voyage. The point was to improve fitness and facility across a variety of movements and through the three-dimensional range-of-motion required by the fighting. We did this by constantly changing the challenges, and focusing on athleticism to build a balanced foundation of general physical capacity.

Did it work? It worked for those who did the work, who paid attention, and who controlled what they put in their mouths. We reinforced those who started with their own self-discipline but we could not give discipline to anyone who didn't already have it. In the end Vincent Regan shed 40 pounds in eight weeks, and took his deadlift from less than bodyweight (205) to double bodyweight (345). He could pull 90% of 1RM blindfolded and recite Shakespeare in the midst of the toughest training session. Andrew Pleavin trained with us for just five weeks. He increased his maximum number of pull-ups from 6 to 23, rowed 500m in 1:25.6 and 5000m in 18:12, and he finished "300" in 18:11. Some of the stunt crew experienced similar changes, and their work capacity was – in most cases – higher. Even the ones who were relatively fit when they showed up increased their overall fitness by having weaknesses exposed and prodded.

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This was an absolutely incredible experience and one I don't think could be repeated. From writers to director, and actors to stunt crew, it would be difficult to reassemble such talent, dedication to craft, the willingness to work hard, and to work terrible, long hours when necessary. I am happy to have had an influence, and to have taught an ideal to some of the younger stunt crew, who have already applied my thesis and ethos to their own work and soared to new heights because of it. I learned as much as I taught. Yes, it's the movie industry, and it's make-believe, but the energy and effort behind it is human, and in this case some of them were very good humans indeed.

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FOLLOW-UP

The Movie, Opinions, Judgment and Truth

It appears everyone has an opinion about "300" and how the actors and stunt crew achieved the level of fitness – and consequentially, appearance – for the movie. I have read that it was all CGI, make-up, steroids, though no one has yet mentioned alien intervention. However, no one has come right out and said, "those guys worked really hard and had the self-discipline to control what they put into their mouths."

Which is what I suggest: have the self-discipline to control what comes out of your mouth, especially if you are ignorant about the topic being discussed.

Here are a few quotes pulled from a single site, whose owner also purports to have an idea about what it took for the guys to do what they did. Not that his imagination is wrong, he just doesn't know. Plenty of other quotes may be pulled from know-it-all fitness sites but these few offer the fodder needed for the rant that follows.

"Many of you will know from your own experiences (and common sense) that 8 weeks of training will not transform you from a normal guy into the actors in "300". Nor will 2 or 3 years without 'roids. Sorry, but that's just the way it is."

"The actors in "300" are not normal guys, they all will have trained and juiced for years before this and have already been massively well developed."

"Note, these guys didn't get this athletically trimmed in a couple months. 6 months minimum with diet."

"Anyone who thinks that these guys went from "normal" to what they were in the film in anything less than years is very naive, probably through no real fault of there (sic) own... Furthermore the vast majority if not all of them will have taken steroids"

"No amount of training, bodybuilding or otherwise, would allow you to develop a physique anywhere near as good as these guys without gear. Go to your local gym and see how many people come close."

Yeah, go to your local gym and see what passes for work. Even the people engaged in bodybuilding efforts or performing (and I mean "performing" in the sense of acting) short, high intensity cross-training circuits aren't doing anything meaningful. Watch how people eat while they are in the gym, rushing to swill the latest greatest 500-calorie recovery drink within a 20-minute post-training window after burning a whopping "300" calories on an elliptical machine. This will give you a clue about how they eat when no one is watching and you'll know everything you need to know about why they can't "come close" to having a memorable physique (often their stated goal).

Being more forgiving these days I try not to criticize those who are doing their best with the limited knowledge they have, because they are trying, they are in the gym, they do read what the fitness intelligentsia put out, they are hopeful, and they are actually doing the work.

The guy who earns my scorn is the ass who tries to disguise his drooping belly with a baggy t-shirt and pushes his chest out whenever a girl walks by because he has convinced himself he's "not like the rest." He's the guy who offers free advice about training just because he's one step ahead of the poor guy who has to listen. And the most annoying pricks are the ones who say, "I've tried to get that ripped (muscular, lean, fit, fast, whatever) and I can't do it so it's impossible that anyone else can do it without chemicals." Those who aren't the real thing always find an excuse for their failings when they

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come up against the real thing. Or they cast the accomplishments of anyone further up the food chain as having been achieved by cheating.

Even in the small world of mountain climbing a few guys were convinced that their betters were using EPO, “because there’s no way they could be that much faster than me.” Ski mountaineering racing is the same. Cycling is the same; the best guy in the country goes to an international level race, finishes below the 50th percentile and before checking into his own training/diet/recovery/stress-management/genetics/etc the ego goes into self-preservation overdrive and imagines all sorts of doping practices to be responsible. This is a natural consequence of having been told from childhood, “you are a unique snowflake.”

Well you’re not and I’m not. If you weren’t given the gift you can’t get the gift so the best you can do – if your goal is important – is work as hard as you possibly can, pay attention every hour of every day and then maybe, maybe if you’ve done enough and been smart enough you’ll emerge from the muck of mediocrity to shine a bit brighter than you shone before. Then, upon reflection you might decide your goal is a bit more important so you’ll start paying attention every minute of every hour of every day, you’ll find people who are better than you and you’ll take an empty cup when you meet them.

Their example will destroy or inspire you and if it’s the latter you may stay and learn. You might imitate, doing as they do because you’ve already accepted that you do not know best – if you did you’d be leading the group they were trying to join. Perhaps being in the company of your betters will drive you to work harder than you thought possible, or necessary. Maybe you’ll overcome your self-imposed (or worse, society-imposed) limitations and shine even more brightly. Wow, you’re getting it: positive reinforcement for hard work and suffering. So maybe the goal becomes even more significant and you begin cutting away the ideas and the expectations and the people who you believe prevent you from

achieving it. Now you become a real selfish prick, and you begin paying attention every second of every minute of every hour of every day, and you’re sustaining your awareness for weeks and months at a time. You no longer think yourself a unique snowflake, you’re a steel-edged blade shaped like a snowflake and you’re spinning at warp speed. You’re the biggest fish in the pond. You’re a badass. Now you have options.

1) If you think you haven’t yet done enough, and you could do more, you might begin to understand that, the more capable you become, the higher the mountain rises ahead of you. At that moment you may recognize the existence of a legitimately serious group, ahead of you, above you, somewhere you’re not. They are silent, implacable, constantly improving and evolving and because they are truly capable they are accessible to those who are genuine. Among them there’s no defensiveness, no posturing or pretending, and they aren’t interested in anyone else’s. Selection for such a group isn’t based on physical performance alone. Issues of character and commitment, and discipline and persistence balance physical talent. Because you clawed your way out of the muck, were “up all night, dedicated” and maintained interest for long enough to differentiate yourself from the short-attention-span sporting dilettantes who commonly brush up against this group they might accept you as an apprentice. If you empty your cup your chances are better. If you redouble your efforts your odds improve again.

2) If however, you think you’ve done enough or you decide you have “arrived” then you’ll stay in the small pond and stagnate. And when the rot is complete you’ll be just a little bit better than those around you – your initial example will have driven them to reach higher levels of performance – and there you’ll sit, an intellectually bloated, pontificating fuck who once had the juice to work hard but having done so feels entitled to coast on past success all the way to the grave. That’s when you’ll start offering opinions based on the certainty of your own short-lived, amateur experience.

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3) And if that limited practice has convinced you anyone better than you is so because of drugs or because they won the genetic lottery or they have better equipment, you may be right. But it's a lot more likely they are better than you precisely because of your cop-out opinion, because you are lazy, or confused about the meaning of hard work and diet control. Maybe you think self-discipline means drinking two beers instead of six. Maybe you think (OTC) supplements can end-run a bad diet and inadequate recovery. Maybe you think 3x8 of something, anything, is the apogee of training theory. Or maybe you think intelligent training means competing in the gym or on an Internet forum where people are as fit and capable and talented as they anonymously pretend to be. Maybe you read about a workout, do it, think it was easy and exclaim that anyone who found it hard is not as good as you.

Well wake up, everyone is a geek to someone and maybe the "300" workout you found easy has been done with more weight, or faster, or with longer range-of-motion. Maybe that named workout doesn't matter. Maybe the person you compare yourself to doesn't share your definition of fitness, or happiness or health. Perhaps his or her objective is altogether different. Perhaps, an honest self-assessment would reveal all of your pretense and blind obedience to a particular ideal. Maybe you need self-destruction to lead to self-creation, or reinvention.

I'll agree with one of the quotes, which states that the actors in "300" are not normal guys, though I disagree with the rest of the comment. Some of them were different because they were willing to do whatever it took to achieve their objective and most of those commenting on the forums don't have a clue what the phrase means. Some of the actors (with non-speaking roles) were different because they came from a background of martial arts, from years of study, of discipline and self-discipline. They weren't necessarily well muscled and fit because of it but their dedication to martial arts taught them how to learn and how to work hard. When a new

objective presented itself they instinctively understood what they had to do to reach it from their current status.

How many of you know where you want to go? And where you are now? And how to get from here to there? How many will start on the path, but fail? How many will settle for less? The answer to these questions, based on "your own experiences (and common sense)" is that very few know, and very many will settle for less.

Are you even curious?

Or do you accept the know-it-all's statement that CGI/ drugs/ years/ genetics were responsible because it LETS YOU OFF THE HOOK?

Notes:

Amateur has several definitions but for the purpose of this screed I choose this, from the Merriam-Webster dictionary: "one lacking in experience and competence in an art or science"

Dilettante may be used as a synonym for Amateur. Merriam-Webster notes that dilettante "may apply to the lover of an art rather than its skilled practitioner but usually implies elegant trifling in the arts and an absence of serious commitment"

Dabbler ("suggests desultory habits of work and lack of persistence") and Tyro ("implies inexperience often combined with audacity with resulting crudeness or blundering") are also synonyms.

Rant, as a noun, is defined by Merriam-Webster as "a bombastic extravagant speech", which is right on the button

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TRAINING DESCRIPTION

The Origins of Those Spartan Bodies

In 2005 director Zack Snyder and assistant stunt coordinator Damon Caro contacted me to train the cast and stunt crew for the movie "300". The results of our training and dietary guidance established a standard for physique in Hollywood films that had not been previously achieved on such a large scale. We transformed 30-35 guys into ripped on-screen warriors who were strong and physically capable off-camera. We operated by the maxim that, "Appearance is the consequence of fitness," so our first goal was to achieve genuine physical capacity and let the aesthetic derive from that. It worked. It showed. And Hollywood physique has not been the same since.

For the original we united all of the trainees in a single place. We controlled the environment to the greatest degree possible and provided a kitchen in the training hall where meals were prepared and served according to a menu and timing of our design.

When it came to the physical training few of them understood our definition of hard work. And those who did had never applied the concept to training in the gym. Many however were martial artists so they were not strangers to disciplined effort within that context.

Gerard Butler admitted that the first time anyone had ever called him fat was when we met and started this job. To me there is a massive gulf between "not fat" and "lean". The difference between "fit looking" and "truly capable" is greater. To the rest of the world the terms may as well be interchangeable.

To make sure the trainees understood the difference we made them train with their shirts off. Everyone knew what everyone else had and how they were progressing. The scrutiny some days was vicious.

Spousal scrutiny was appreciative: after four weeks Vincent's wife visited, and he had changed so much she didn't recognize him at the airport. He was properly rewarded and that boosted morale and discipline to a whole new level.

The diet was hard on some of the guys. I wasn't allowing any more than 2000 calories per day when they were with us. This was the only job where I prescribed a strict Zone diet. I choose it for a variety of reasons but mostly because it made communication with the chefs easier: I could clearly describe and adapt individual intake for 40 different guys. From a technical point I needed a way to constantly feed them (to support the workload) without putting on weight, and to trigger the satiety enzymes that would keep them from making bad food decision when famished. We provided breakfast, lunch, two snacks and a takeaway dinner. They ate every 2-3 hours.

Supplements were simple: fish oil (salmon), a multi-vitamin (largely a placebo in my opinion), and anti-oxidant (also unnecessary if diet is filled with nutrient-dense food). The very few guys who needed to maintain or gain weight drank post-workout shakes with protein but this was just how we manipulated caloric intake - there was no magic powder in the mix.

We had the full support of the director, Zack Snyder. In fact, he trained with us most days during the prep period, and then whenever the schedule allowed once filming began. He pressured the guys to work by tying the role — the job — to doing the training. And he led from the front. He usually finished his training each day just as the stunt guys and cast filed in for breakfast. What they saw on the white board determined the tenor of the day. When Zack threw down they knew it would be a hard one for them too.

The main cast trained for about 90 minutes with us each day, and then did two hours of fight training. The stunt crew had 60-90 minutes with us plus about six hours of fight choreography and training. Five days per week.

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To look after their bodies we had a masseuse on staff. Some guys were getting massaged 2-3 times per week, some only once. Twice each week the physical therapist for the local hockey team (Montreal Canadiens) came with an assistant to do chiropractic work, electrical stimulation, and deep tissue manipulation.

It worked: everyone got lean and everyone had enough energy to do all of the work. A few of the guys turned into real physical specimens. The results of the "300" workout test bear that out, as well as the rowing and Pull-up challenges we imposed. I don't recall many sick days and there were only two injuries on the whole job: a sword in the eye, then a blown ACL that happened when one guy fell on another during a fight rehearsal. Neither injury was related to overtraining, under-recovery or caloric restriction.

Over the next several years we refined our ideas and execution so when it came time to prepare a similar number of guys for "300: Rise Of An Empire" we knew what had to be done.

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ABBREVIATIONS:

#-POUNDS/LBS, 1RM-ONE REP MAX, BB-BARBELL (WEIGHT IS 45#), BW-BODYWEIGHT, DB/S-DUMBBELL/S, DNF-DID NOT FINISH, GHD-GLUTE HAM DEVELOPER, HSPU-HANDSTAND PUSH-UP, KB/S-KETTLEBELL/S, KTE-KNEES TO ELBOWS, MIN/S-MINUTE/S, REP/S-REPETITION/S, ROM-RANGE OF MOTION, SEC/S-SECOND/S.

NOTES:

THE SPECIFIED WEIGHT OF THE CHAINS REFERS TO TOTAL SUSPENDED WEIGHT (24#, 38#, OR 62#).

A TABATA SET IS 8 INTERVALS CONSISTING OF 20 SECS OF WORK FOLLOWED BY 10 SECS OF REST, A TOTAL TIME OF 4 MINS. THIS SET IS SCORED BY THE LOWEST NUMBER OF REPS FROM ANY OF THE INTERVALS.

ANY WORKOUTS UTILIZING "ROPE" ARE REFERRING TO HEAVYWEIGHT MILITARY GRADE FASTROPE.

NOT ALL WORKOUTS WERE TIMED OR SCORED.

FOR MORE INFORMATION ON VISIT WWW.NONPROPHET.MEDIA but we will not answer any questions — you are on your own.

| DATE | WORKOUT | NAME | WEIGHT/NOTES | TIME/SCORE |
|----------|--|----------|--------------|------------|
| 09/07/05 | 200M ROW + 10X BALL SLAM @ 10#, 3 ROUNDS | GERRY B. | | 5:42 |
| | 25X WALL BALL @ 10# + 10X PULL-UP, 3 ROUNDS | JON V. | | 6:22 |
| | TAG TEAM | JON E. | DAN H. | 5:27 |
| | 2X 20M ROPE PULL/PARTNER DRAG + 10X RING PUSH-UP + KB SWING @ 35#, 3 ROUNDS (EACH PLAYER PULLS TWICE THEN ONE PLAYER SWINGS KB UNTIL THE OTHER FINISHES PUSH-UPS, SWITCH, REPEAT 3X) | DAN H. | JON. E | 5:27 |
| | | MATT R. | TAD G. | 5:14 |
| | DEADLIFT + RING PUSH-UP, 21/15/9 | TAD G. | MATT R. | 5:14 |
| | | TIM R. | 95# | 3:04 |
| | DAVE L. | 135# | 3:29 | |
| 09/08/05 | 1MIN ROW + 1MIN KTE + 1MIN BOX JUMP @ 20" + 1MIN PUSH PRESS @ 45#, 2 ROUNDS (SCORED BY TOTAL NUMBER OF REPS, CALORIES COUNTED AS REPS ON THE ROW) | JON E. | | 162 |
| | | JON V. | | 142 |
| | | MATT R. | | 149 |
| | | DAN H. | | 142 |
| | 5X PUSH-UP + 10X SIT-UP + 15X SQUAT, EVERY MIN ON THE MIN FOR 10 MIN | RICH C. | | |
| | | DAVE L. | | |
| | | TIM C. | | |
| | | TIM R. | | |

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| | | | | |
|--|---|--|--------------------------------------|-----------|
| 09/09/05 | 5X SPRINT START @ GREEN BAND + 10X RING PUSH-UP, 5 ROUNDS (3 FORWARD, 2 BACKWARD) 30 SEC STATIC HOLD W/ 15 SEC TO ROTATE, 3 ROUNDS 1. SQUAT @ 24# KB 2. TUCK SIT ON PARALLETES 3. HANDSTAND 4. RING PUSH-UP TOP HOLD | GERRY B. | 5:08 | |
| | | RICH C. | | |
| | | TIM R. | | |
| | | DAVE L. | | |
| | | TIM C. | | |
| 09/12/05 | TAG TEAM 20X TEAM WALL BALL @ 10# + 10X PULL-UP & BALL SLAM @ 10#, 3 ROUNDS (2 PLAYER WALL BALL IN WHICH YOU PERFORM A BURPEE AFTER EACH TOSS TO YOUR PARTNER. AFTER COMPLETING REPS, ONE PLAYER SLAMS NONSTOP UNTIL HIS PARTNER COMPLETES THE PULL-UPS, SWITCH, REPEAT 3X) | JON E. | MATT R. | 7:48 |
| | | MATT R. | JON. E | 7:48 |
| | | JON V. | DAN H. | 6:08 |
| | | DAN H. | JON V. | 6:08 |
| | | TIM R. | DAMON | 5:48 |
| | | DAMON | TIM R. | 5:48 |
| | | DAVE L. | TIM C. | 6:08 |
| | | TIM C. | DAVE L. | 6:08 |
| | | 5X SPRINT START BACKWARD @ GREEN BAND + 10X DEADLIFT @ 165#, 3 ROUNDS | RICH C. | 5:24 |
| | | 09/13/05 | SQUAT @ 75# + RING PUSH-UP, 30/20/10 | JON E. |
| TIM R. | 3:36 | | | |
| DAVE L. | 4:49 | | | |
| JON V. | 4:46 | | | |
| 45X RUSSIAN TWIST @ BB + 40X FLOOR WIPER @ BB, 2 ROUNDS | JON E. | | | |
| | DAN H. | | | |
| SQUAT @ 75# + SIT-UP, 30/20/10 ONE ARM KB SWING @ 35# + KTE, 30/20/10 | RICH C. | | | |
| | TIM R. | | 4:47 | |
| | DAVE L. | | 4:34 | |
| | TIM C. | | 5:24 | |
| 6X GET-UP (3X EACH SIDE) @ 24# KB, 5 ROUNDS 6X GET-UP (3X EACH SIDE) @ 26# KB, 3 ROUNDS + 6X GET-UP (3X EACH SIDE) @ 35# KB, 2 ROUNDS | MATT R. | 6:05 | | |
| | TIM R. | | | |
| | DAVE L. | | | |
| | 09/14/05 | 10X BALL TOSS AND SPRINT @ 20# + 30X TWISTING RAGE BALL @ 10#, 2 SEPARATE ROUNDS | JON E. | 1:16/1:11 |
| JON V. | | | 1:20/1:07 | |
| MATT R. | | | 1:21/1:12 | |
| DAN H. | | | 1:30/1:13 | |
| RICH C. | | | 3:22 | |
| DEADLIFT @ 135# + PUSH PRESS @ 75#, 15/12/9 | TIM R. | 4:10 | | |

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| | | | | |
|------------|---|------------|------------|------|
| | | DAVE L. | | 4:21 |
| 09/20/05 | 20X WALL BALL @ 10# + 7X RING PULL-UP, 3 ROUNDS 250M ROW + BALL SLAM @ 10#, 3 ROUNDS, 20/15/10 | MICHAEL F. | | 4:59 |
| | | DAVID W. | | 5:41 |
| | | TOM W. | | 6:04 |
| | | GERRY B. | | 2:05 |
| | | GERRY B. | 25# DBS | DNF |
| | 21X WALL BALL @ 10# + 15X WALL BALL @ 12# + 9X WALL BALL @ 20# | GERRY B. | 135# | |
| | TABATA THRUSTER | GERRY B. | | |
| | BENCH PRESS, 13/9/8 | GERRY B. | | |
| 09/21/05 | TAG TEAM 20M ROPE PULL/PARTNER DRAG + 10X BOX JUMP + TWISTING RAGE BALL @ 10#, 3 ROUNDS (EACH PLAYER PULLS THE OTHER ONCE THEN ONE PLAYER DOES RAGE BALL UNTIL THE OTHER COMPLETES THE BOX JUMPS, SWITCH, REPEAT 3X) 30X SQUAT @ BB W/ 24# OF CHAINS 30X SQUAT @ BB W/ 38# OF CHAINS ROMANIAN DEADLIFT, 7 SETS OF 3 W/ 30 SECS REST BETWEEN SETS 50X FLOOR WIPER 50X FLOOR WIPER + KB FLOOR PRESS (DROP SETS TO FAILURE) | TOM W. | LOGAN | 3:15 |
| | | LOGAN | TOM | 3:15 |
| | | MICHAEL F. | DAVID W. | 4:05 |
| | | DAVID W. | MICHAEL F. | 4:05 |
| | | VINCENT R. | GERRY B. | 5:37 |
| | | GERRY B. | VINCENT R. | 5:37 |
| | | MICHAEL F. | | 0:59 |
| | | TOM W. | | 2:30 |
| | | DAVID W. | | 1:31 |
| | | VINCENT R. | | 1:30 |
| | | DAVID W. | 155# | |
| | | VINCENT R. | 185# | |
| | | MICHAEL F. | 135# | |
| | | VINCENT R. | | |
| | | DAVID W. | | |
| MICHAEL F. | | | | |
| TOM W. | 26, 35, 53# KBS | | | |

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| | | | | | |
|--|---|------------|---------|------|--------|
| 09/22/05 | 500M ROW | MICHAEL F. | | 1:48 | |
| | | TOM W. | | 1:40 | |
| | | GERRY B. | | 1:34 | |
| | | VINCENT R. | | 1:47 | |
| | | DAVID W. | | 1:55 | |
| | 30 SEC STATIC HOLDS W/ 15 SECS TO ROTATE, 3 ROUNDS | VINCENT R. | | | |
| | 1. SQUAT @ 24# KB | | | | |
| | 2. TUCK SIT ON PARALLETES | | | | |
| | 3. HANDSTAND | | | | |
| | 4. TUCK HANG ON PULL-UP BAR | | | | |
| | 5. RING PUSH-UP TOP HOLD | | | | |
| | ASSORTED AB WORK WITH MEDICINE BALLS | VINCENT R. | | | |
| | TABATA PUSH PRESS W/ TOP HOLD | TOM W. | 15# DBS | | 6 |
| | | DAVE L. | 25# DBS | | 6 |
| | | GERRY B. | 20# DBS | | DNF |
| | 400M ROW + 10X FLOOR PRESS, 5 ROUNDS | JON E. | 115# | | 12:14 |
| | *SUBSTITUTED 15X FLOOR PRESS W/ DBS FOR 10X W/ BB | DAN H. | 135# | | 10:35 |
| | | DAVE L. | 135# | | 11:17 |
| | | JON V. | 95# | | 10:25 |
| | | MATT R. | 30# DBS | | *14:15 |
| | TAG TEAM | JON E. | MATT R. | | 4:26 |
| | 7X DEADLIFT @ 95# + 7X RING PULL-UP + RING PUSH-UP TOP HOLD, 3 ROUNDS (ONE PLAYER DOES THE RING PUSH-UP TOP HOLD UNTIL THE OTHER COMPLETES THE DEADLIFTS AND PULL-UPS, SWITCH, REPEAT 3X) | MATT R. | JON E. | | 4:26 |
| | | DAN H. | JON V. | | 2:57 |
| | | JON V. | DAN H. | | 2:57 |
| | | DAVE L. | TIM C. | | 2:55 |
| | | TIM C. | DAVE L. | | 2:55 |
| | | RICH C. | TIM R. | | 3:41 |
| | TIM R. | RICH C. | | 3:41 | |
| SQUAT @ BB W/ 62# OF CHAINS, 3 SETS OF 12 WITH 1 MIN REST BETWEEN SETS | TIM R. | | | | |

"300" FITNESS TRAINING

| | | | | |
|---|---|-------------|----------------|----------------|
| 09/23/05 | TABATA PUSH PRESS W/ TOP HOLD | WES | 15# DBS | 7 |
| | | ZACK | 15# DBS | 7 |
| | | MFT | 20# DBS | 9 |
| | | LOGAN | 30# DBS | 5 |
| | 50M WEIGHTED LUNGES (25M FORWARD & 25M BACKWARD), 3 ROUNDS W/ 1 MIN REST IN BETWEEN FOLLOWED IMMEDIATELY BY MAX PUSH-UPS | WES | 15# DBS | 20 PUSH-UPS |
| | | ZACK | 20# DBS | 30 PUSH-UPS |
| | | DAMON | 20# DBS | ? |
| | | MFT | 40+# (VARIOUS) | 33 PUSH-UPS |
| | | LOGAN | 60+# (VARIOUS) | 69 PUSH-UPS |
| | 15 MIN ROW COOL DOWN | DAMON | | |
| | | MFT | | |
| | | LOGAN | | |
| | TAG TEAM | HUBERT | & MAX | 6:33 |
| | 20X TEAM WALL BALL @ 10# + 10X PULL-UP & BALL SLAM @ 10#, 3 ROUNDS | MAX | & HUBERT | 6:33 |
| | (2 PLAYER WALL BALL IN WHICH YOU PERFORM A BURPEE AFTER EACH TOSS TO THE OTHER PLAYER. AFTER COMPLETING REPS, ONE PLAYER SLAMS NONSTOP UNTIL THE OTHER COMPLETES THE PULL-UPS, SWITCH, REPEAT 3X) | ILAN | & JEFF | 5:25(BAD FORM) |
| | | JEFF | & ILAN | 5:25 |
| | | LOUIS | & CHRIS | 3:58 |
| | | CHRIS | & LOUIS | 3:58 |
| | 150M LUNGE (75M FORWARD & 75M BACKWARD) FOLLOWED BY AB BALL TOSS (V-SIT ON GROUND WHILE THROWING MEDICINE BALLS UNTIL YOU QUIT) | HUBERT | | |
| | | MAX | | |
| | | ILAN | | |
| | | CHRIS | | |
| | | LOUIS | | |
| | TABATA SQUAT W/ BOTTOM HOLD | MICHAEL F. | | 9 |
| | | TOM W. | | 9 |
| | | VINCENT R. | | 9 |
| | | DAVID W. | | 12 |
| | GERRY B. | | 11(BAD FORM) | |
| | MFT | | 15 | |
| BENCH PRESS PYRAMID, SETS OF 10 WITH WEIGHT INCREASING BY 20# INCREMENTS, ASSISTED | GERRY B. | 45# TO 145# | | |
| GET-UP PROGRESSION TO 1RM | TOM W. | 65# | | |
| | MICHAEL F. | 65# | | |
| | VINCENT R. | 65# | | |
| | LOGAN | 85# | | |
| SQUAT, 2 SETS OF 10X @ BLACK BANDS, 1 SET OF 10X @ BLACK & RED BANDS, 1 SET OF 10X SQUAT JUMPER @ BLACK BANDS | MICHAEL F. | | | |
| | TOM W. | | | |
| | DAVID W. | | | |
| | VINCENT R. | | | |
| 15X SQUAT @ BB W/ 62# CHAINS + 15X KTE + 15X SQUAT @ RED & BLACK BANDS + 15 KTE, 2 ROUNDS | JEAN | | 6:14 | |

"300" FITNESS TRAINING

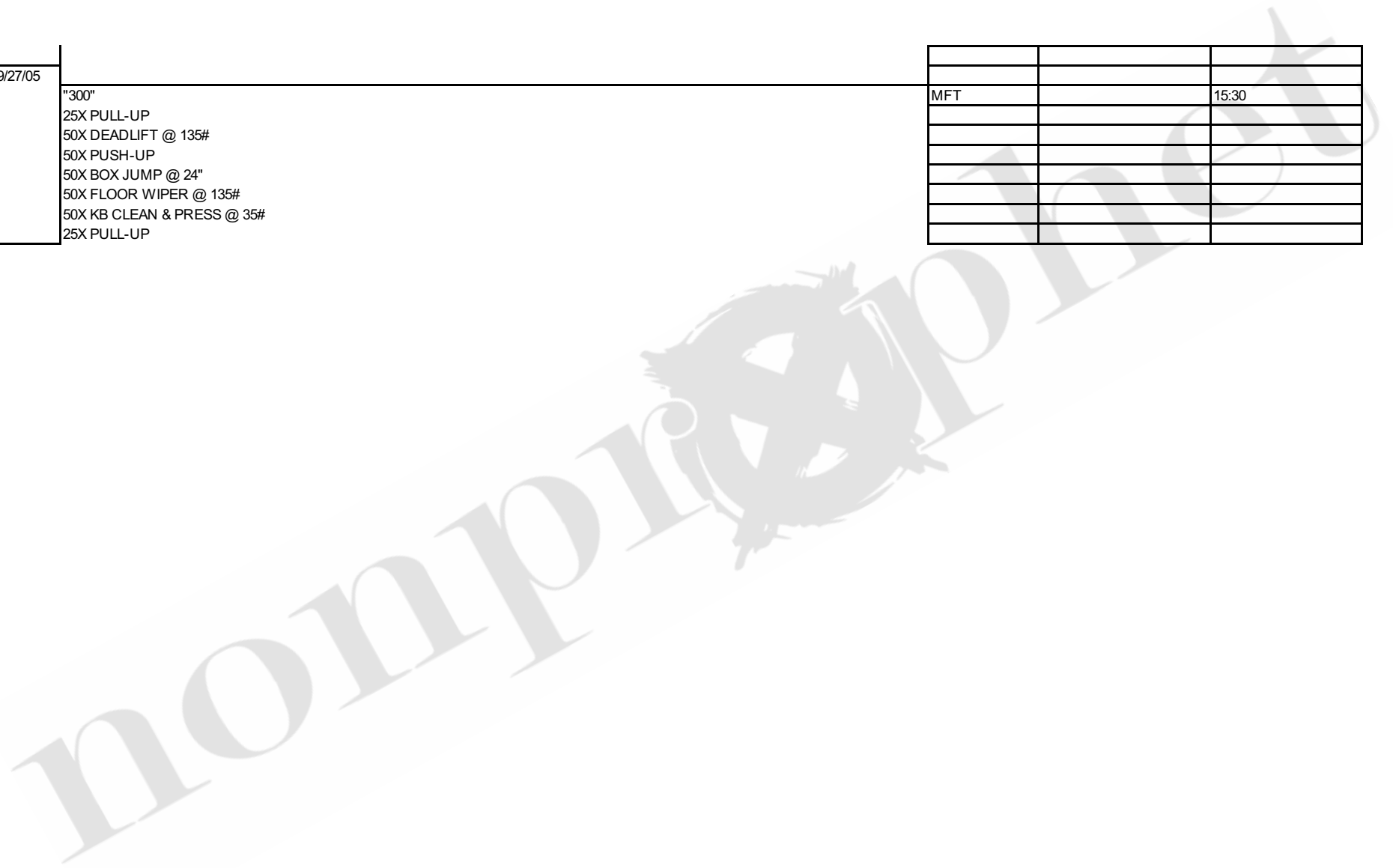
| | | | | |
|------------|---|------------|-----------------|-------|
| 09/26/05 | "THOSE BURPEES SUCK" 10X PULL-UP 20X KB SWING @ 53# 30X BOX JUMP 40X PUSH-UP 50X SIT-UP 60X BURPEE 10X PULL-UP | LOUIS | | 9:36 |
| | | CHRIS | | 13:02 |
| | | HUBERT | | 14:07 |
| | | ILAN | | 14:20 |
| | | JEFF | | 12:57 |
| | | DARRIN | | 15:07 |
| | | MAX | | 21:33 |
| | | ALEX | | 15:40 |
| | | MATHIEU | | 12:55 |
| | | STEPHANE | | 17:39 |
| | | JASON | | 26:55 |
| | GUILLERMO | | 21:27 | |
| | LOGAN | | 10:57 | |
| | DEADLIFT, 3 SETS OF 5 AND PROGRESSION TO 1RM | MICHAEL F. | 115# & 205# 1RM | |
| | | TOM W. | 115# & 205# 1RM | |
| | | DAVID W. | 115# & 205# 1RM | |
| | | VINCENT R. | 135# & 265# 1RM | |
| | BARBELL PUSH PRESS, PROGRESSION TO 1RM | MICHAEL F. | 135# 1RM | |
| | | TOM W. | 135# 1RM | |
| DAVID W. | | 115# 1RM | | |
| VINCENT R. | | 145# 1RM | | |

"300" FITNESS TRAINING

| | | | | |
|----------|---|------------|------------|-------------|
| 09/27/05 | BENCH PRESS + BURPEE, INVERTED REPS - 10/1, 9/2, 8/3, 7/4, 6/5, 5/6, 4/7, 3/8, 2/9, 1/10 | LOGAN | 205# | 14:24 |
| | | ZACK | 135# | 16:27 |
| | | WES | 75# | 18:35 |
| | PULL-UP LADDER, 1 TO 10 WITHIN 10 MIN. | ZACK | | |
| | | WES | | |
| | BENCH PRESS + BURPEE, INVERTED REPS - 5/2, 4/4, 3/6, 2/8, 1/10. | MICHAEL F. | 155# | 7:10 |
| | | MFT | 155# | 4:18 |
| | | ALEX | 115# | 4:10 |
| | | STEPHANE | 165# | 5:52 |
| | | MATHIEU | 165# | 4:10 |
| | | GUILLERMO | 115# | |
| | 30 SEC STATIC HOLDS W/ 15 SECS TO ROTATE, 4 ROUNDS | DARRIN | | |
| | 1. TUCK HANG ON PULL-UP BAR | JEFF | | |
| | 2. RING DIP TOP HOLD | HUBERT | | |
| | 3. INVERTED HANG ON RINGS | CHRIS | | |
| | 4. PUSH-UP TOP HOLD | LOUIS | | |
| | 5. OVERHEAD LUNGE @ 15# D-BALL | ILAN | | |
| | 6. HANDSTAND | GUILLERMO | | |
| | 7. SQUAT @ 35# KB | ALEX | | |
| | | STEPHANE | | |
| | | MATHIEU | | |
| | | JASON | | |
| | | JEAN | | |
| | | MAX | | |
| | TAG TEAM | LOGAN | DAVID W. | 13:02 TOTAL |
| | TEAM SPRINT START LADDER (BACKWARD @ GREEN BAND) + PULL-UP LADDER + KB SWING LADDER @ 44#, 1 TO 6, 2 ROUNDS | DAVID W. | LOGAN | 13:02 TOTAL |
| | | MICHAEL F. | TOM | 13:15 TOTAL |
| | | TOM W. | MICHAEL F. | 13:15 TOTAL |
| | | VINCENT R. | GERRY B. | 12:31 TOTAL |
| | | GERRY B. | VINCENT R. | 12:31 TOTAL |
| | "THOSE BURPEES SUCK" | DAN H. | | 9:28 |
| | 10X PULL-UP | JON E. | | 11:22 |
| | 20X KB SWING @ 53# | TIM C. | | 10:26 |
| | 30X BOX JUMP | TIM R. | | 11:10 |
| | 40X PUSH-UP | JON V. | | 8:12 |
| | 50X SIT-UP | DAVE L. | | 10:32 |
| | 60X BURPEE | MATT R. | | * 7:21 |
| | 10X PULL-UP | RYAN W. | | * 8:32 |
| | *INJURED VARIATION | | | |

"300" FITNESS TRAINING

| | | | |
|----------|---|-----|-------|
| 09/27/05 | "300" 25X PULL-UP 50X DEADLIFT @ 135# 50X PUSH-UP 50X BOX JUMP @ 24" 50X FLOOR WIPER @ 135# 50X KB CLEAN & PRESS @ 35# 25X PULL-UP | | |
| | | MFT | 15:30 |
| | | | |
| | | | |
| | | | |
| | | | |
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"300" FITNESS TRAINING

| | | | | |
|---|--|----------|-----------------|------|
| 09/28/05 | TEAM LUNGE LADDER W/ BOTTOM HOLD, 1 TO 10 (ONE PLAYER PERFORMS REPS WHILE THE OTHER PLAYERS HOLD IN THE BOTTOM POSITION, SWITCH, CONTINUE) | MFT | | |
| | | ZACK | | |
| | | WES | | |
| | | DEBBIE | | |
| | | CAROLINE | | |
| | | CELESTE | | |
| | "CAROLYN IS A SADIST" TEAM SQUAT LADDER W/ BOTTOM HOLD, 1 TO 10 (ONE PLAYER PERFORMS REPS WHILE THE OTHER PLAYERS HOLD IN THE BOTTOM POSITION, SWITCH, CONTINUE) | MFT | 50# KB | |
| | | MARC | 50# KB | |
| | | | | |
| | | | | |
| | BENCH PRESS + BURPEE, INVERTED REPS - 5/2, 4/4, 3/6, 2/8, 1/10 | DAVID W. | 155# | 6:38 |
| | 30 POWER CLEAN & JERK FOR TIME | LOGAN | 95# | 1:49 |
| | 8X FRONT SQUAT @ 95# + PLATE DRAG SPRINT @ 90#, 4 ROUNDS | MFT | | |
| | TABATA PUSH PRESS W/ TOP HOLD | KURT | 25# DBS | 6 |
| | | DEBBIE | 10# DBS | 0 |
| | | ZACK | 20# DBS | 4 |
| | | WES | 20# DBS | 2 |
| | | CAROLINE | 15# DBS | 4 |
| | | CELESTE | 10# DBS | 0 |
| | | MFT | 25# DBS | 7 |
| | | LOGAN | 30# DBS | 7 |
| "FRAN" THRUSTER @ 95# + PULL-UP, 21/15/9 * SUBSTITUTED RING DIPS FOR PULL-UPS | CHRIS | 65# | 5:40 | |
| | LOUIS | 65# | 5:36 | |
| | ILAN | 95# | * 4:40(CHEATED) | |
| | HUBERT | 65# | 9:45 | |
| | JEFF | 65# | 9:41 | |
| | TIM R. | 75# | 8:15 | |
| | DAVE L. | 75# | 6:29 | |
| | JON E. | 65# | 9:39 | |
| | JASON | 65# | 6:39 | |
| | GUILLERMO | 65# | 8:02 | |
| | ALEX | 65# | 7:37 | |
| | MARC | 65# | 5:11 | |

"300" FITNESS TRAINING

| | | | | |
|----------|--|------------|--------------------|------------------------|
| 09/29/05 | TAG TEAM | DEBBIE | CELESTE & CAROLINE | 11:37 |
| | 2X 30M ROPE PULL @ 45# + TWISTING RAGE BALL @ 10# + SIT-UP , 3 ROUNDS | CELESTE | DEBBIE & CAROLINE | 11:37 |
| | (3 PLAYERS, 3 STATIONS, RAGE BALL AND SIT-UPS ARE DONE FOR AS LONG AS THE PERSON ON THE ROPE PULL TAKES) | CAROLINE | DEBBIE & CELESTE | 11:37 |
| | 2X 30M PLATE DRAG @ 90# + 20X RING PUSH-UP + 10X PULL-UP, 3 ROUNDS | KURT | | 4:11 |
| | | ZACK | | 7:43 |
| | | WES | | 11:01 |
| | 7X DEADLIFT + 14X FLOOR WIPER, 3 ROUNDS | TOM W. | 135# | 3:07 |
| | SUMO DEADLIFT HIGH PULL @ 75# + FLOOR WIPER @ 135#, INVERTED REPS - 21/3,18/6, 15/9, 12/12, 9/15, 6/18, 3/21 | ILAN | | 7:27 |
| | | CHRIS | | 8:18 |
| | | LOUIS | | 6:12 |
| | | HUBERT | | 8:36 |
| | | JEFF | W/ LEG WEIGHTS | 6:58(GOOD FORM) |
| | | MAX | | 12:24 |
| | "VINCENT" | VINCENT R. | 75#, 70# KBS | 24:58 |
| | 21X THRUSTER + 80M FARMER CARRY + 21X DECLINE PUSH-UP | DAVID W. | 65#, 53# KBS | 12:20 |
| | 15X THRUSTER + 80M FARMER CARRY + 15X DECLINE PUSH-UP | MICHAEL F. | 65#, 53# KBS | 10:06 |
| | 9X THRUSTER + 80M FARMER CARRY + 9X DECLINE PUSH-UP | TOM W. | 65#, 53# KBS | 16:14 |
| | * SUBSTITUTED PULL-UPS FOR PUSH-UPS | GERRY B. | 65#, 70# KBS | 10:08 |
| | | MFT | 65#, 53# KBS | * 5:33 |
| | 400M ROW + 10X DEADLIFT + 10X FLOOR PRESS WIPER, 3 ROUNDS | LOGAN | 75#, 70# KBS | 5:20 |
| | * NO PRESS MOVEMENT ON THE FLOOR WIPERS | TIM R. | 135# | 9:55 |
| | ** SUBSTITUTED REVERSE CRUNCHES AND GHD SIT-UPS FOR DEADLIFTS AND FLOOR PRESS WIPERS | DAVE L. | 135# | 10:51 |
| | | DAN H. | 135# | 9:11 |
| | | TAD | 135# | 10:30 |
| | | TIM C. | 135# | 10:59 |
| | | RYAN W. | 135# | * 9:51 |
| | | JON E. | 115# | 10:09 |
| | | MATT R. | | ** 9:08 |
| | | STEPHANE | 115# | 10:00 |
| | | MATHIEU | 135# | 10:47 |
| | | GUILLERMO | 135# | 12:23 |
| | | ALEX | 115# | 11:48 |
| | | JASON | 115# | 12:58 |

"300" FITNESS TRAINING

| | | | | |
|-----------------------------|--|-------------------|--|----------------|
| 09/30/05 | "TGIF" | CAROLINE | 10# D-BALL, 18", GROUND, 15# DBS, 10# MED BALL | 17:24 |
| | 500M ROW | DEBBIE | 10# D-BALL, 18", KNEE, 10# DBS, 6# MED BALL | 19:58 |
| | 20X BALL SLAM (10# OR 20# D-BALL) | ZACK | 20# D-BALL, 24", RING, 20# DBS, 20# MED BALL | 15:37 |
| | 20X BALL TOSS (10# OR 20# D-BALL) | KURT | 20# D-BALL, 24", RING, 20# DBS, 20# MED BALL | * 12:20(PROUD) |
| | 20X BOX JUMP (18" OR 24" BOX) | | | |
| | 20X BACK EXTENSION | | | |
| | 20X REVERSE CRUNCH | | | |
| | 20X PUSH-UP (RING, GROUND, OR KNEE) | | | |
| | 20X KTE | | | |
| | 20X DB PRESS (10# TO 30# DBS) | | | |
| | 20X WALL BALL (6# TO 20# MED BALL) | | | |
| | 20X BURPEE | | | |
| | * PLUS 20X PULL-UP | | | |
| | "PICK ONE" | LOUIS | THRUSTERS | 7:09 |
| | (PICK ONE EXERCISE, REPETITIONS AND WEIGHT ARE UNKNOWN UNTIL EXERCISE IS CHOSEN) | JEFF | WALL BALL | 9:09 |
| | WALL BALL X 150 @ 20# | CHRIS | THRUSTERS | 6:05(STRONG) |
| | THRUSTER X 100 @ 65# | DARRIN | BALL SLAM | 4:34 |
| | BALL SLAM X 75 @ 25# | MAX | * GHD WALL BALL | *8:00 |
| | * INJURED OPTION - GHD WALL BALL X 100, 17# BOUNCE BALL FOR 50, 11# BOUNCE BALL FOR 50 | | | |
| | 500M ROW FOR TIME | LOGAN | | 1:26.5 |
| DEADLIFT PROGRESSION TO 1RM | DAVID W. | 235# | | |
| | TOM W. | 255# | | |
| | MICHAEL F. | 215# | | |
| | VINCENT R. | 305# | | |
| SQUAT PROGRESSION TO 1RM | DAVID W. | 165# | | |
| | TOM W. | 205# + 62# CHAINS | | |
| | VINCENT R. | 225# + 62# CHAINS | | |

"300" FITNESS TRAINING

| | | | | |
|----------|---|------------|---------------|----------------|
| 10/03/05 | VIRTUAL SHOVEL + PUSH-UP, 20/15/10 | ZACK | 70# | 5:30 |
| | | WES | 70# | 5:29 |
| | | DEBBIE | 30# | 5:18 |
| | | CELESTE | 30# | 6:02 |
| | | CAROLINE | 55# | 6:10 |
| | | LOGAN | 70# | 3:16 |
| | 1 MIN W/ IMMEDIATE ROTATION, 3 ROUNDS WITH 1MIN REST IN BETWEEN ROUNDS, SCORED BY TOTAL NUMBER OF REPS, CALORIES USED AS REPS FOR THE ROW | DARRIN | | 235 |
| | 1. ROW | CHRIS | | 265 |
| | 2. PUSH-UP | HUBERT | | 262 |
| | 3. KB SWING @ 44# | MAX | | 222 |
| | 4. JUMPING PULL-UP | ILAN | | 356(BAD FORM) |
| | | LOUIS | | 338(BAD FORM) |
| | | JEFF | | 288(GOOD FORM) |
| | | BRIAN | FIRST WORKOUT | 177 |
| | | STEPHANE | | 211 |
| | | JON E. | | 223 |
| | | MARC | | 239 |
| | | JASON | | 166 |
| | | MATHIEU | | 271 |
| | | GUILLERMO | | 232 |
| | 10X DEADLIFT + 25X BOX JUMP @ 24", 3 ROUNDS | VINCENT R. | 135# | 8:51 |
| | | TOM W. | 115# | 7:15 |
| | | DAVID W. | 95# | 6:21 |
| | | MICHAEL F. | 115# | 7:32 |
| | 50M LUNGE @ 24# KB OVERHEAD (25M FORWARD & 25M BACKWARD) | VINCENT R. | | |
| | | TOM W. | | |
| | | DAVID W. | | |
| | | MICHAEL F. | | |

"300" FITNESS TRAINING

| | | | | | |
|----------|--|-------------------------------|------------|---------|---|
| 10/04/05 | DEADLIFT PROGRESSION TO 1RM | DARRIN | 255# | | |
| | | MAX | 275# | | |
| | | LOUIS | 345# | | |
| | | ILAN | 405# | | |
| | | HUBERT | 355# | | |
| | | BRIAN | 205# | | |
| | | JON E. | 305# | | |
| | | CHRIS | 305# | | |
| | | STEPHANE | 345# | | |
| | | MATHIEU | 365# | | |
| | | JASON | 255# | | |
| | | GUILLERMO | 305# | | |
| | | MFT | 365# | | |
| | | TEAM LADDERS | VINCENT R. | 135# | |
| | | FLOOR PRESS, 1 TO 6, 3 ROUNDS | DAVID W. | 115# | |
| | | JUMPING PULL-UP, 1 TO 10 | GERRY B. | 135# | |
| | | KTE, 1 TO 6 | MICHAEL F. | 115# | |
| | | TABATA PUSH PRESS W/ TOP HOLD | DAVE L. | 30# DBS | 3 |
| | | RICH C. | 30# DBS | 6 | |
| | | JON E. | 20# DBS | 7 | |
| | | TAD G. | 25# DBS | 8 | |
| | | JON V. | 15# DBS | 12 | |
| | | MATT R. | 15# DBS | 11 | |
| | | DAN H. | 20# DBS | 8 | |
| | TAG TEAM | TIM R. | DAVE L. | 7:06 | |
| | 2X 25M ROPE PULL PARTNER DRAG + 15X PULL-UP + KB SWING @ 44#, 3 ROUNDS (EACH PLAYER PULLS THE OTHER TWICE, THEN ONE PLAYER SWINGS UNTIL OTHER PLAYER FINISHES PULL-UPS, SWITCH, REPEAT 3X) | DAVE L. | TIM R. | 7:06 | |
| | | DAN H. | JON E. | 7:44 | |
| | | JON E. | DAN H. | 7:44 | |
| | | TAD G. | RICH C. | 6:25 | |
| | | RICH C. | TAD G. | 6:25 | |
| | | MFT | MATT R. | 7:12 | |
| | | MATT R. | MFT | 7:12 | |

"300" FITNESS TRAINING

| | | | | |
|--|---|------------|--------------------|----------|
| 10/05/05 | <p>"TEARS & POWER" 4 DIFFERENT MOVEMENTS WITH 4 DIFFERENT REP STRUCTURES, 4 ROUNDS FLOOR PRESS @ 135#, 20/15/10/5 KTE, 15/10/5/20 THRUSTER @ 60# (30# DBS) 10/5/20/15 RING PULL-UP, 5/20/15/10 *SUBSTITUTED DECLINE PUSH-UPS FOR FLOOR PRESS **SUBSTITUTED ONE ARM ROWS FOR PULL-UPS ***SUBSTITUTED GHD SIT-UPS FOR KTE</p> | MAX | | 20:01 |
| | | CHRIS | | 13:33 |
| | | JEFF | | 15:26 |
| | | DARRIN | | *20:05 |
| | | BRIAN | | 19:52 |
| | | ILAN | | **12:05 |
| | | HUBERT | | 17:29 |
| | | JASON | | 20:33 |
| | | ALEX | | 24:05 |
| | | MATHIEU | | 13:20 |
| | | STEPHANE | | 18:56 |
| | | JEAN | | ***21:18 |
| | | GUILLERMO | | 23:52 |
| | | MARC | | 13:44 |
| 10/06/05 | <p>MINI "TABATA THIS" TABATA SQUAT/TABATA PUSH-UP/TABATA SIT-UP</p> | DEBBIE | KNEE PUSH-UPS | 8/5/8 |
| | | CAROLINE | | 12/5/10 |
| | <p>MINI "TEARS & POWER" FLOOR PRESS @ 135#S, 12/9/6/3 KTE, 9/6/3/12 THRUSTER @ 60# (30# DBS) 6/3/12/9 RING PULL-UP, 3/12/9/6</p> | ZACK | | 10:24 |
| | | WES | 95# & 20# DBS | |
| | <p>15 MIN ROW AB BALL TOSS GHD WALL BALL W/ 11# BOUNCE BALL 100X ONE HAND 10# D-BALL TOSS OVER PULL-UP BAR</p> | MAX | | |
| | | DARREN | | |
| | | CHRIS | | |
| | | ILAN | | |
| | | JEFF | | |
| | | LOUIS | | |
| | | HUBERT | | |
| | BRIAN | | | |
| | <p>"SQUAT, CRAWL, CARRY" 12X SQUAT @ 38# CHAINS + 40M BEAR CRAWL + 40M ROCK CARRY @ 25#, 5 ROUNDS</p> | MICHAEL F. | | 6:21 |
| | | VINCENT R. | | 10:03 |
| TOM W. | | | 6:57 | |
| DAVID W. | | | 8:03 | |
| GERRY B. | | | DNF | |
| <p>"TEARS & POWER" 4 DIFFERENT MOVEMENTS WITH 4 DIFFERENT REP STRUCTURES, 4 ROUNDS. FLOOR PRESS @ 135#, 20/15/10/5 KTE, 15/10/5/20 THRUSTER @ 60# (30# DBS) 10/5/20/15 RING PULL-UP, 5/20/15/10</p> | DAVE L. | | 9:20(SOLID) | |
| | TIM R. | | 12:26 | |
| | DAN H. | | 11:52 | |
| | TAD G. | | 11:41 | |
| | | | | |
| | | | | |
| | | | | |

"300" FITNESS TRAINING

| | | | |
|---|---|------------|---------------|
| 10/07/05 | "SQUAT, CRAWL, CARRY" 12X SQUAT @ 38# CHAINS + 40M BEAR CRAWL + 40M ROCK CARRY @ 25#, 5 ROUNDS | HUBERT | 6:18 |
| | | CHRIS | 4:55 |
| | | MAX | 7:13 |
| | | BRIAN | 7:47 |
| | | JEFF | 5:20 |
| | | MATHIEU | 4:40(AWESOME) |
| | | STEPHANE | 4:46 |
| | | MARC | 5:18 |
| | | JEAN | 9:51 |
| | | ALEX | 5:23 |
| | | GUILLERMO | 6:18 |
| | | JASON | 6:20 |
| | TABATA SQUAT W/ BOTTOM HOLD | DARREN | 10 |
| | BENCH PRESS PROGRESSION TO 1RM + MEDICINE BALL CHASER (PLAYER LAYS ON BACK AND FORCEFULLY/QUICKLY THROWS BALL STRAIGHT UP TO THE PERSON DROPPING IT TO THEM, DONE UNTIL FAILURE) | MICHAEL F. | 175# |
| | | DAVID W. | 185# |
| | D-BALL AB WHEEL, 3 ROUNDS | VINCENT R. | 185# |
| | | MICHAEL F. | |
| ROCKING LEANING REST (WITH FEET HELD OFF THE GROUND IN A JUMP STRETCH BAND, AND FROM A TOP HOLD PUSH-UP POSITION, THE PLAYER SLOWLY ROCKS BACK AND FORTH UNTIL FAILURE) | DAVID W. | | |
| | VINCENT R. | | |
| RING PUSH-UP STATIC HOLD, 3X 30SEC | TOM W. | | |
| DIP SUPPORT STATIC HOLD, 4X 30SEC | | | |

"300" FITNESS TRAINING

| | | | | |
|--|---|---------------|----------------------|-------------|
| 10/11/05 | BURPEE PULL-UP LADDER 1-6 + KB SWING @ 44# LADDER, 1 TO 6 + PUSH PRESS @ 45# BAR LADDER, 1-6, 3 MAN TEAM, 2 SEPARATE ROUNDS | TOM W. | DAVID W., MICHAEL F. | 11:55/11:15 |
| | | DAVID W. | TOM, MICHAEL F. | 11:55/11:15 |
| <p>"TABATA HELL"</p> <p>TABATA SQUAT W/ BOTTOM HOLD + 1 MIN REST</p> <p>TABATA PUSH-UP W/ TOP HOLD + 1 MIN REST</p> <p>TABATA BALL SLAM @ 10# W/ OVERHEAD HOLD + 1 MIN REST</p> <p>TABATA SIT-UP W/ STRAIGHT LEG HOLD (LEGS TOGETHER 6" OFF THE DECK) + 1 MIN REST</p> <p>TABATA KB SWING @ 53# W/ NO RELEASE OF KB (KB MUST REMAIN OFF THE DECK) (SCORED BY TOTALING THE LOWEST REP SETS)</p> | MICHAEL F. | TOM, DAVID W. | 11:55/11:15 | |
| | JEFF | | 49 | |
| | CHRIS | | 47 | |
| | DARREN | | 49 | |
| | MAX | | 34 | |
| | BRIAN | | 30 | |
| | LOUIS | | 52 | |
| | ILAN | | DNF | |
| | HUBERT | | 47 | |
| | TIM R. | | 51 | |
| | TAD G. | | 45 | |
| | DAVE L. | | 55 | |
| | DAMON | | 45 | |
| | TIM C. | | 45 | |
| | JON E. | | 43 | |
| | DAN H. | | 38 | |
| | RICH C. | | 55 | |
| | MARC | | 45 | |
| | GUILLERMO | | 48 | |
| | ALEX | | 33 | |
| JEAN | | 39 | | |
| JASON | | 26 | | |
| STEPHANE | | 44 | | |
| MATHIEU | | 56 | | |
| BENCH PRESS @ 225# + BURPEE PULL-UP, INVERTED REPS - 5/2, 4/4, 3/6, 2/8, 1/10 | LOGAN | | 6:01 | |
| 5K ROW | LOGAN | | 18:27 | |

"300" FITNESS TRAINING

| | | | | |
|----------|---|------------|-----------|-------------|
| 10/12/05 | TAG TEAM | BRIAN | HUBERT | LOSERS |
| | 50M FARMER CARRY @ 53# & 70# KBS + 5X PULL-UP, TAG YOUR PARTNER AND HE DOES THE SAME, 3 ROUNDS (DONE TOURNAMENT STYLE AND RANKED AS "WINNERS & LOSERS") | HUBERT | BRIAN | LOSERS |
| | | DARREN | CHRIS | WINNERS |
| | | CHRIS | DARREN | WINNERS |
| | | MAX | JEFF | LOSERS (X2) |
| | | JEFF | MAX | LOSERS (X2) |
| | | LOUIS | ILAN | LOSERS |
| | | ILAN | LOUIS | LOSERS |
| | | STEPHANE | ALEX | LOSERS |
| | | ALEX | STEPHANE | LOSERS |
| | | MATHIEU | JEAN | WINNERS |
| | | JEAN | MATHIEU | WINNERS |
| | | MARC | GUILLERMO | LOSERS (X2) |
| | | GUILLERMO | MARC | LOSERS (X2) |
| | | JASON | MFT | LOSERS |
| | | MFT | JASON | LOSERS |
| | 500M LUNGE (150M @ 0#, 50M @ 26# KBS, 100M @ 26# KB OVERHEAD, 100M @ 35# KB OVERHEAD, 100M @ 56# KBS) | MFT | | |
| | DEADLIFT + COUSIN, INVERTED REPS - 6/20, 9/15, 12/10 (COUSINS BEGIN IN THE LOWERED SIT-UP POSITION, PERFORM A PULLOVER W/ THE 20# D-BALL, DRIVE THE WEIGHT BETWEEN YOUR LEGS WHILE SITTING UP AND ENDING IN A SQUAT POSITION, FROM HERE PERFORM THE STANDARD WALL BALL TOSS, RECOVER AND REPEAT) | VINCENT R. | 185# | 9:18 |
| | | TOM W. | 175# | 7:39 |
| | | MICHAEL F. | 155# | 7:07 |
| | | DAVID W. | 155# | 7:51 |
| | | | | |

"300" FITNESS TRAINING

| | | | | |
|----------|--|---|--|---|
| 10/13/05 | <p>"AN EASY AB DAY..."</p> <p>30 SEC STATIC HOLD/MOVEMENT AND 30 SECS TO ROTATE IN ADDITION TO PERFORMING 5X PUSH-UP, 3 ROUNDS FOR A TOTAL OF 12 MIN OF WORK AND 120 PUSH-UPS</p> <ol style="list-style-type: none"> 1. GHD SIT-UP 2. V-SIT 3. RING PUSH-UP TOP HOLD 4. TUCK HANG ON THE RINGS 5. LEFT PLANK 6. PLANK 7. RIGHT PLANK 8. BASTARD SIT-UP | <p>MAX</p> <p>JEFF</p> <p>HUBERT</p> <p>ILAN</p> <p>LOUIS</p> <p>BRIAN</p> <p>DARREN</p> <p>CHRIS</p> | | |
| | <p>TEAM BOX JUMP RACE TO 100</p> <p>(2 PLAYERS MUST, AS A TEAM, COMPLETE 100X BOX JUMPS @ 24")</p> <p>*REPS WERE NOT STRICT ON THEIR 2ND EFFORT</p> | <p>DARREN</p> <p>BRIAN</p> <p>BRIAN</p> <p>MAX</p> <p>ILAN</p> <p>CHRIS</p> <p>HUBERT</p> <p>LOUIS</p> <p>JEFF</p> <p>STEPHANE</p> <p>ALEX</p> <p>ALEX</p> <p>MARC</p> <p>GUILLERMO</p> <p>MATHIEU</p> <p>JEAN</p> <p>JEAN</p> <p>STEPHANE</p> <p>MATHIEU</p> | <p>BRIAN</p> <p>DARREN</p> <p>ILAN</p> <p>MAX</p> <p>HUBERT</p> <p>CHRIS</p> <p>JEFF</p> <p>LOUIS</p> <p>ALEX</p> <p>STEPHANE</p> <p>GUILLERMO</p> <p>MARC</p> <p>JEAN</p> <p>MATHIEU</p> <p>MATHIEU</p> <p>STEPHANE</p> | <p>3:15</p> <p>3:15</p> <p>3:17</p> <p>3:17</p> <p>2:34</p> <p>2:34</p> <p>2:59</p> <p>2:59</p> <p>2:42</p> <p>2:42</p> <p>2:49</p> <p>2:49</p> <p>3:06</p> <p>3:06</p> <p>*2:32</p> <p>*2:32</p> |
| | <p>100 BOX JUMP @ 24"</p> <p>TABATA PUSH PRESS W/ TOP HOLD</p> | <p>MFT</p> <p>VINCENT R.</p> <p>MFT</p> <p>TOM W.</p> | <p></p> <p>20# DBS</p> <p>20# DBS</p> <p>20# DBS</p> | <p>4:11</p> <p>10</p> <p>11</p> <p>6</p> |
| | <p>RING PUSH-UP TOP HOLD</p> | <p>TOM W.</p> <p>MFT</p> | <p>NARROW HOLD</p> <p>WIDE HOLD</p> | <p>10X 30SEC</p> <p>8X 30SEC</p> |
| | <p>ONE LEGGED DEADLIFT</p> | <p>TOM W.</p> <p>VINCENT R.</p> | <p>70# KB</p> <p>70# KB</p> | <p>5 REPS</p> <p>3 REPS</p> |
| | <p>PULL-UP + PUSH-UP W/ 30# DB RENEGADE ROW, 21/15/9</p> | <p>DAVE L.</p> <p>TIM R.</p> | <p></p> <p></p> | <p>8:11</p> <p>8:11</p> |

"300" FITNESS TRAINING

| | | | |
|--------------------|--|------------|-------|
| 10/13/05 | MAX PULL-UP | MATHIEU | 20 |
| | | STEPHANE | 7 |
| | | ALEX | 3 |
| | | GUILLERMO | 9 |
| | | MARC | 13 |
| | 5X SPRINT START BACKWARD @ RED & GREEN BANDS + 10X BODYWEIGHT DEADLIFT, 3 ROUNDS AND THEN FINISH OFF WITH 50X BURPEE PULL-UP | MFT | 34 |
| | | MATHIEU | 11:08 |
| | | STEPHANE | 15:58 |
| | | ALEX | 16:26 |
| | | GUILLERMO | 19:21 |
| 50X BURPEE PULL-UP | MARC | 11:05 | |
| | MFT | 5:08 | |
| | VINCENT R. | 5:34 | |
| 10/16/05 | BENCH PRESS @ 155# + BURPEE, INVERTED REPS - 5/2, 4/4, 3/6, 2/8, 1/10. | VINCENT R. | 5:34 |
| | SQUAT, 8 SETS OF 2 @ 135# W/ CHAINS, 30 SECOND REST BETWEEN SETS | VINCENT R. | |
| | GET-UP, 9 ON EACH SIDE @ 35# | VINCENT R. | |

"300" FITNESS TRAINING

| | | | |
|----------|---|------------|---------------|
| 10/17/05 | MAX PULL-UP | TOM W. | 5 |
| | | DAVID W. | 7 |
| | | MICHAEL F. | 13 |
| | 250M LUNGE (50M @ 0#, 50M @ 12# DBS, 50M @ 25# DBS, 50M @ 35# KBS, 50M @ 0#) | TOM W. | |
| | | DAVID W. | |
| | | MICHAEL F. | |
| | DIP - ROUND 1 MAX EFFORT ON RINGS, MAX EFFORT ON BARS, MAX STATIC HOLD ON BARS. REST UNTIL OTHERS ARE DONE WITH THEIR ROUND * FEET SUPPORTED W/ BOX DURING RING DIPS | TOM W. | *6/7/61 SECS |
| | | DAVID W. | 8/12/28 SECS |
| | | MICHAEL F. | 8/10/32 SECS |
| | DIP - ROUND 2 MAX EFFORT ON RINGS, MAX EFFORT ON BARS, MAX STATIC HOLD ON BARS. REST UNTIL OTHERS ARE DONE WITH THEIR ROUND * FEET SUPPORTED W/ BOX DURING RING DIPS | TOM W. | *10/5/23 SECS |
| | | DAVID W. | 8/9/23 SECS |
| | | MICHAEL F. | 7/6/32 SECS |
| | DIP - ROUND 3 MAX EFFORT ON RINGS, MAX EFFORT ON BARS, MAX STATIC HOLD ON BARS * FEET SUPPORTED W/ BOX DURING RING DIPS | TOM W. | *6/4/62 SECS |
| | | DAVID W. | 7/6/24 SECS |
| | | MICHAEL F. | 5/7/20 SECS |
| | 30X CRUNCH + 30X SIT-UP + 30X FLUTTER KICK + 30X REVERSE CRUNCH + AB BALL TOSS + 10 BASTARD SIT-UP | TOM W. | |
| | | DAVID W. | |
| | | MICHAEL F. | |
| | SQUAT @ BB W/ 62# CHAINS + KTE + DIPS, REVERSE LADDER - 10 TO 1 | MARC | 9:22 |
| | | BRIAN | 9:45 |

"300" FITNESS TRAINING

| | | | | |
|--|---|-----------|-----------------------|---------------------|
| 10/18/05 | <p>"REGURGITATOR"</p> <p>1. MAX PULL-UP</p> <p>2. 500M ROW FOR TIME</p> <p>3. "THE DIRTY THIRTY"</p> <p>30X DIP</p> <p>30X ATOMIC SIT-UP</p> <p>30X THRUSTER @ 30#(X2) DBS</p> <p>30X PUSH-UP</p> <p>30X BOX JUMP @ 24"</p> <p>30X GET-UP @ 25#</p> <p>(SCORE AND RULES - MAX PULL-UPS ARE MULTIPLIED BY 2 AND SUBTRACTED IN SECONDS FROM THE TOTAL TIME OF THE DIRTY THIRTY. ROW MUST BE COMPLETED WITHIN 1:50 OR WILL BE IMMEDIATELY REPEATED.</p> <p>30 SECONDS ARE SUBTRACTED FROM THE TOTAL TIME OF THE DIRTY THIRTY FOR EACH SECOND UNDER 1:40 ON THE ROW)</p> <p>*VARIOUS INJURED VARIATIONS</p> | STEPHANE | 11 PULL-UPS | 18:44 |
| | | ALEX | 10 PULL-UPS | 19:22 |
| | | GUILLERMO | 9 PULL-UPS | 27:05 |
| | | MATHIEU | 21 PULL-UPS | 14:28 |
| | | MATHIEU | 2 TIME AROUND! | 10:48(CRAZY) |
| | | MARC | 14 PULL-UPS | 14:01 |
| | | JASON | 6 PULL-UPS | 29:03 |
| | | LOUIS | 29 PULL-UPS | 17:47(GOT DIZZY) |
| | | ILAN | 12 PULL-UPS | 18:18 |
| | | MAX | 14 PULL-UPS | FINISHED(VOMITED) |
| | | HUBERT | 23 PULL-UPS | 23:34 |
| | | CHRIS | 12 PULL-UPS | 12:54 |
| | | DARREN | 10 PULL-UPS | 19:24(VOMITED) |
| | | JEFF | 5 PULL-UPS | 17:27 |
| | | BRIAN | 14 PULL-UPS | *19:31 |
| | | TIM R. | 13 PULL-UPS | 16:50 |
| | | JON E. | 9 PULL-UPS | *28:26 |
| | | DAVE L. | 28 PULL-UPS | 13:04 |
| | | RICH C. | 21 PULL-UPS | *16:11 |
| | | DAN H. | 18 PULL-UPS | *12:30 |
| MATT R. | 11 PULL-UPS | 22:39 | | |
| TAD G. | 24 PULL-UPS | 15:10 | | |
| 30X CLEAN | VINCENT R. | 135# | | |
| | TOM W. | 115# | | |
| | MICHAEL F. | 115# | | |
| | DAVID W. | 115# | | |
| 6X GET-UP (3 ON EACH SIDE) + 20X KB PRESS (10 EACH SIDE), 3 ROUNDS | VINCENT R. | 44# KB | | |
| | MICHAEL F. | 24# KB | | |
| | DAVID W. | 35# KB | | |

"300" FITNESS TRAINING

| | | | | | |
|----------|--|------------|--------|-----------------|-------|
| 10/19/05 | DEADLIFT + HSPU, 21/15/9 *ASSISTED HSPU | ILAN | 225# | 6:50 | |
| | | CHRIS | 225# | *9:14 | |
| | | MAX | 225# | *13:00 | |
| | | JASON | 185# | *14:23 | |
| | | JEAN | 185# | *7:27 | |
| | | STEPHANE | 225# | *10:29 | |
| | | MATHIEU | 225# | *7:21 | |
| | | HUBERT | 225# | *13:08 | |
| | | JEFF | 185# | *6:09 | |
| | | LOUIS | 225# | *4:39(BAD FORM) | |
| | | 5K ROW | BRIAN | | 22:18 |
| | | | LOUIS | | 20:27 |
| | | | JEFF | | 20:08 |
| | | | HUBERT | | 19:40 |
| | ALEX | | 20:59 | | |
| | GUILLERMO | | 21:59 | | |
| | MARC | | 19:44 | | |
| | CHRIS | | 19:51 | | |
| | MAX | | 20:46 | | |
| | 30 SECS OF WORK WITH 10 SECS TO ROTATE, 7 ROUNDS | TOM W. | | | |
| | 1. RUSSIAN TWIST W/ BARBELL | DAVID W. | | | |
| | 2. BOB & WEAVE @ 35# KBS IN RACK POSITION | VINCENT R. | | | |
| | 3. DECLINE PUSH-UP | MICHAEL F. | | | |
| | 4. FLOOR WIPER @ 95# | | | | |
| | 100X DEEP SQUAT | VINCENT R. | 56# KB | 4:10 | |
| | | MICHAEL F. | 56# KB | 4:30 | |
| | 30 SECS OF WORK WITH 15 SECS TO ROTATE, 6 ROUNDS | DAN H. | | | |
| | 1. RUSSIAN TWIST W/ BARBELL | DAVE L. | | | |
| | 2. BOB & WEAVE @ 35# KBS IN RACK POSITION | TIM C. | | | |
| | 3. DECLINE PUSH-UP | MATT R. | | | |
| | 4. FLOOR WIPER @ 135# | DAMON | | | |
| | 5. BOX JUMP @ 24" | | | | |

"300" FITNESS TRAINING

| | | | | |
|---|--|--------------------|--------------------|--------|
| 10/20/05 | ROW 500M + 21X HSPU + ROW 400M + 15X HSPU + ROW 300M + 9X HSPU | BRIAN | | *10:29 |
| | *ASSISTED HSPU | DAN H. | | *7:14 |
| | 5K ROW | MFT | | 18:51 |
| | | LOGAN | | 17:56 |
| | | JEAN | | 22:40 |
| | | STEPHANE | | 19:25 |
| | | MATHIEU | | 20:52 |
| | | TOM W. | | |
| | 30 SEC HOLDS W/ 15 SECS TO ROTATE, 7 ROUNDS 1. TUCK HANG ON PULL-UP BAR 2. TUCK SIT ON PARALLETES 3. PUSH-UP TOP HOLD 4. SQUAT W/ 26# KB | MICHAEL F. | | |
| | | VINCENT R. | | |
| | | DAVID W. | | |
| | | | | |
| | AB BALL TOSS + 10 MIN ROW | TOM W. | | |
| | | MICHAEL F. | | |
| | | VINCENT R. | | |
| | | DAVID W. | | |
| | BENCH PRESS, 8 SETS OF 2 | MICHAEL F. | 115# W/ 62# CHAINS | |
| | | DAVID W. | 125# W/ 62# CHAINS | |
| | BENCH PRESS, 1 SET OF 2 | MICHAEL F. | 125# W/ 62# CHAINS | |
| | | DAVID W. | 135# W/ 62# CHAINS | |
| DEADLIFT + HSPU, 21/15/9 | DAVE L. | 185# | 9:27 | |
| | TIM C. | 225# | 11:50 | |
| | MARC | 185# | 9:58 | |
| DEADLIFT + BENCH PRESS, 21/15/9 | MATT R. | 185# DL, 135# BP | 8:47 | |
| | JON E. | 135# DL, 135# BP | 9:05 | |
| | ALEX | 135# W/ 62# CHAINS | *8:31 | |
| SQUAT + HSPU, 21/15/9 *ASSISTED HSPU | GUILLERMO | 135# W/ 62# CHAINS | 4:32 | |

"300" FITNESS TRAINING

| | | | | |
|--|--|------------------|-------------------|------|
| 10/21/05 | TABATA INTERVAL FOR EACH MOVEMENT WITH 1 MIN REST BETWEEN EACH 1. RUSSIAN TWIST W/ BARBELL 2. BOB & WEAVE @ 35# KBS IN RACK POSITION 3. DECLINE PUSH-UP 4. FLOOR WIPER @ 135# (SCORED BY TOTAL NUMBER OF REPS OF ALL 4 MOVEMENTS) | HUBERT | 134, 128, 37, 90 | 389 |
| | | MAX | 177, 128, 50, 75 | 430 |
| | | JEFF | 190, 151, 68, 90 | 499 |
| | | CHRIS | 172, 173, 76, 110 | 531 |
| | | BRIAN | 129, 118, 49, 77 | 373 |
| | | ILAN | 170, 169, 76, 126 | 541 |
| | | LOUIS | 175, 195, 94, 104 | 568 |
| | | JEAN | 169, 140, 44, 80 | 433 |
| | | JASON | 139, 169, 33, 85 | 426 |
| | | ALEX | 188, 133, 52, 73 | 446 |
| | | MATHIEU | 165, 165, 58, 98 | 486 |
| | | STEPHANE | 170, 140, 43, 84 | 437 |
| | | GUILLERMO | 175, 150, 74, 86 | 485 |
| | MARC | 150, 135, 51, 92 | 428 | |
| | 100X DEEP SQUAT | HUBERT | 53# KB | 3:04 |
| | | JEFF | 53# KB | 2:35 |
| | | CHRIS | 53# KB | 2:28 |
| | | LOUIS | 53# KB | 3:09 |
| | | JASON | 53# KB | 3:43 |
| | | JEAN | 53# KB | 4:15 |
| ALEX | | 53# KB | 4:50 | |
| MARC | | 53# KB | 3:36 | |
| TABATA SQUAT + 4 MINS OF 5X PUSH-UP & 5X PULL-UP + TABATA SQUAT, 2 MIN REST BETWEEN 4 MIN SETS | GUILLERMO | 53# KB | 2:17 | |
| | TOM W. | | | |
| | MICHAEL F. | | | |
| | DAVID W. | | | |

"300" FITNESS TRAINING

| | | | | |
|--|---|------------|--------------------|-------|
| 10/24/05 | SQUAT + PULL-UP, 21/15/9 | DARREN | 135# W/ 62# CHAINS | 12:04 |
| | | BRIAN | 135# | 10:35 |
| | "FRAN" | HUBERT | | 9:57 |
| | THRUSTER @ 95# + PULL-UP, 21/15/9 | CHRIS | | 10:07 |
| | | LOUIS | | 6:07 |
| | | MAX | | 10:25 |
| | | STEPHANE | | 12:43 |
| | | MARC | | 7:18 |
| | | MATHIEU | | 6:49 |
| | | GUILLERMO | | 16:05 |
| | | LOGAN | | 5:03 |
| | TABATA PUSH PRESS | TOM W. | 20# DBS | 10 |
| | | VINCENT R. | 25# DBS | 9 |
| | | DAVID W. | 15# DBS | 9 |
| | | MICHAEL F. | 20# DBS | 6 |
| | | MFT | 25# DBS | 7 |
| | TAG TEAM | VINCENT R. | DAVID W. | 6:46 |
| | 20X SQUAT @ 75# W/ CHAINS + KTE | DAVID W. | VINCENT R. | 6:46 |
| | (ONE PLAYER DOES KTE UNTIL THE OTHER COMPLETES 20 SQUATS, SWITCH, 3 ROUNDS) | TOM W. | MICHAEL F. | 5:03 |
| | | MICHAEL F. | TOM | 5:03 |
| SQUAT @ 75# W/ CHAINS + KTE, 30/20/10/5 | MFT | | 5:13 | |
| KB SWING + KTE, 30/20/10/5 | DAMON | 44# KB | 5:32 | |
| KB SWING + KTE, 21/15/9 | DAVE L. | 53# KB | 3:15 | |
| 35 WALL BALL @ 20# + 15X PULL-UP, 3 ROUNDS | JEAN | | 17:56 | |
| | JASON | | 18:44 | |
| | ALEX | | 11:27 | |

"300" FITNESS TRAINING

| | | | | |
|----------|---|--------------------|-----------|------------------|
| 10/25/05 | TAG TEAM "CRAWL & CARRY" PLAYER ONE ROWS UNTIL THE OTHER PLAYER COMPLETES THE FOLLOWING TWO TIMES, 1. 25M BEAR CRAWL 2. 25M FARMER CARRY @ 70# KBS 3. 25M FARMER CARRY @ 53# KBS 4. 25M FARMER CARRY @ 35# KBS 5. 25M PLATE DRAG @ 90# PLAYERS SWITCH, SCORE IS DETERMINED BY SUBTRACTING THE TOTAL NUMBER OF CALORIES BURNED WHILE ROWING FROM THE TOTAL TIME OF THE WORKOUT | CHRIS | BRIAN | 93CAL/6:20=3:14 |
| | | BRIAN | CHRIS | 93CAL/6:20=3:14 |
| | | LOUIS | JEFF | 102CAL/6:27=3:05 |
| | | JEFF | LOUIS | 102CAL/6:27=3:05 |
| | | ILAN | ILAN | 80CAL/6:22=3:42 |
| | | HUBERT | MAX | 116CAL/6:51=2:59 |
| | | MAX | HUBERT | 116CAL/6:51=2:59 |
| | | JEAN | JASON | 108CAL/8:58=5:26 |
| | | JASON | JEAN | 108CAL/8:58=5:26 |
| | | MARC | GUILLERMO | 97CAL/6:34=3:20 |
| | | GUILLERMO | MARC | 97CAL/6:34=3:20 |
| | | ALEX | STEPHANE | 121/6:30=2:28 |
| | | STEPHANE | ALEX | 121/6:30=2:28 |
| | | CHRIS | BRIAN | 3:15 |
| | | BRIAN | CHRIS | 3:15 |
| | | LOUIS | JEFF | 3:04 |
| | | JEFF | LOUIS | 3:04 |
| | | ILAN | MFT | 3:02 |
| | | MFT | ILAN | 3:02 |
| | | HUBERT | MAX | 3:29 |
| | | MAX | HUBERT | 3:29 |
| | | MARC | GUILLERMO | 4:07 |
| | | GUILLERMO | MARC | 4:07 |
| | | MICHAEL F. | | 13:54 |
| | | TOM W. | | 14:19 |
| | | VINCENT R. | | 14:32 |
| | | MICHAEL F. | | |
| | TOM W. | | | |
| | VINCENT R. | | | |
| | LOGAN | | | |
| | MFT | | | |
| | MICHAEL F. | 115# W/ 62# CHAINS | | |
| | VINCENT R. | 115# W/ 62# CHAINS | | |
| | VINCENT R. | 125# W/ 62# CHAINS | | |
| | TAG TEAM | | | |
| | 20X TEAM WALL BALL @ 10# + 15X RING PUSH-UP & BALL SLAM, 3 ROUNDS (2 PLAYER WALL BALL, A BURPEE IS DONE AFTER EACH TOSS TO THE OTHER PLAYER, AFTER COMPLETING REPS, ONE PLAYER SLAMS UNTIL THE OTHER PLAYER COMPLETES THE RING PUSH-UPS, SWITCH) | DAVE L. | TIM R. | 8:38 |
| | | TIM R. | DAVE L. | 8:38 |
| | | JON E. | DAN H. | 7:29 |
| | | DAN H. | JON E. | 7:29 |
| | | MATT R. | STEPHANE | 9:57 |
| | | STEPHANE | MATT R. | 9:57 |

"300" FITNESS TRAINING

| | | | |
|----------|---|-----------------|--------|
| 10/25/05 | "300" 25X PULL-UP 50X DEADLIFT @ 135# 50X PUSH-UP 50X BOX JUMP @ 24" 50X FLOOR WIPER @ 135# 50X KB CLEAN & PRESS @ 35# 25X PULL-UP | MATHIEU | 18:09 |
| 10/26/05 | "JONESWORTHY" SQUAT + KB SWING @ 53# + PULL-UP, 6 ROUNDS - 80/40/20, 69/32/16, 48/24/12, 32/16/8, 24/12/6, 16/8/3 *SUBSTITUTED 24# KB FOR 53# KB | HUBERT | 21:03 |
| | | MAX | 24:50 |
| | | LOUIS | 17:29 |
| | | JEFF | 23:51 |
| | | BRIAN | *23:37 |
| | | CHRIS | 18:03 |
| | | LOGAN | 16:21 |
| | DEADLIFT W/ BLUE STRETCH BAND ASSIST | TOM W. 315# | |
| | | VINCENT R. 405# | |
| | | MICHAEL F. 275# | |
| | | DAVID W. 275# | |
| | "300" 25X PULL-UP 50X DEADLIFT @ 135# 50X PUSH-UP 50X BOX JUMP @ 24" 50X FLOOR WIPER @ 135# 50X KB CLEAN & PRESS @ 35# 25X PULL-UP | STEPHANE | 21:42 |
| | | GUILLERMO | 23:53 |
| | 100M LUNGE (50M FORWARD & 50M BACKWARD) + 25X ABS (BASTARD SIT-UP/FLUTTER KICK/CRUNCH/REVERSE CRUNCH/SIT-UP), 5 ROUNDS | MARC | |
| | 5K ROW | TIM R. | 19:36 |

"300" FITNESS TRAINING

| | | | | |
|---|---|------------|--------------|-------|
| 10/27/05 | "VINCENT " | TOM W. | 65#, 53# KBS | 11:30 |
| | 21X THRUSTER + 80M FARMER CARRY + 21X DECLINE PUSH-UP | DAVID W. | 65#, 53# KBS | 7:30 |
| | 15X THRUSTER + 80M FARMER CARRY + 15X DECLINE PUSH-UP | MICHAEL F. | 65#, 53# KBS | 6:06 |
| | 9X THRUSTER + 80M FARMER CARRY + 9X DECLINE PUSH-UP | VINCENT R. | 75#, 70# KBS | 13:42 |
| | | TIM R. | 75#, 70# KBS | 9:33 |
| | | DAN H. | 75#, 70# KBS | 7:22 |
| | | MATT R. | 75#, 70# KBS | 7:53 |
| | | ALEX | 75#, 70# KBS | 7:51 |
| | "300" | DAVE L. | | 17:02 |
| | 25X PULL-UP | JON E. | | 31:20 |
| | 50X DEADLIFT @ 135# | | | |
| | 50X PUSH-UP | | | |
| | 50X BOX JUMP @ 24" | | | |
| | 50X FLOOR WIPER @ 135# | | | |
| | 50X KB CLEAN & PRESS @ 35# | | | |
| 25X PULL-UP | | | | |
| 500M ROW | TIM R. | | 1:36 | |
| "JONESWORTHY" | MATHIEU | | 19:01 | |
| SQUAT + KB SWING @ 53# + PULL-UP, 6 ROUNDS - 80/40/20, 69/32/16, 48/24/12, 32/16/8, 24/12/6, 16/8/3 | STEPHANE | | 20:44 | |

"300" FITNESS TRAINING

| | | | | |
|---|--|--|-----------------|----------------|
| 10/28/05 | 500M ROW, 3 ROWS WITH 5 MIN REST IN BETWEEN | | | |
| | | MAX | | 1:43/1:40/1:39 |
| | | BRIAN | | 1:48/1:46/1:47 |
| | | DARREN | | 1:31/1:34/1:41 |
| | | LOUIS | | 2:00/1:47/1:45 |
| | | MATHIEU | | 1:41/1:42/1:41 |
| | | ALEX | | 1:40/1:40/1:44 |
| | | STEPHANE | | 1:36/1:37/1:36 |
| | | GUILLERMO | | 1:39/1:43/1:52 |
| | | 30 SEC HOLD/MOVEMENT W/ 15 SECS TO ROTATE 7 ROUNDS 1. TUCK HANG ON PULL-UP BAR 2. GHD SIT-UP 3. RING PUSH-UP TOP HOLD 4. LEFT PLANK 5. RIGHT PLANK 6. PLANK 7. V-SIT 8. BASTARD SIT-UP | | MICHAEL F. |
| VINCENT R. | | | | |
| DAVID W. | | | | |
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| "CAROLYN IS A SADIST" TEAM SQUAT LADDER W/ BOTTOM HOLD, 1 TO 10 (ONE PLAYER HOLDS IN THE BOTTOM WHILE THE OTHER DOES 1 SQUAT, SWITCH, CONTINUE) | | MICHAEL F. | 25# | |
| | | VINCENT R. | 25#S | |
| | | DAVID W. | 25#S | |
| | | | | |
| "300" 25X PULL-UP 50X DEADLIFT @ 135# 50X PUSH-UP 50X BOX JUMP @ 24" 50X FLOOR WIPER @ 135# 50X KB CLEAN & PRESS @ 35# 25X PULL-UP | | CHRIS | | 15:49 |
| | | JEFF | | 24:36 |
| | | JASON | | 27:55 |
| | | JEAN | | 28:33 |
| | | | | |
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| | | | | |
| | | | | |
| 10/31/05 | "ANGIE" 100X PULL-UP + 100X PUSH-UP + 100X SIT-UP + 100X SQUAT SQUAT, 12 SETS OF 2 | BRIAN | | 29:34 |
| | | | | |
| | | DAVID W. | 135#S W/ CHAINS | |
| | | MICHAEL F. | 185#S W/ CHAINS | |
| | | DAVID W. | | |
| | | MICHAEL F. | | |
| KB SWING + 25M SHUTTLE, 21 @ 26#/15 @ 35#/9 @ 53#/6 @ 70#, 2 ROUNDS (SWING KB FOR SPECIFIED REPS AT SPECIFIED WEIGHT, THEN SHUTTLE IT 25M, ONCE ALL KBS ARE AT THE 25M LINE, REPEAT IN OPPOSITE DIRECTION FOR ROUND 2) | | | | |
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"300" FITNESS TRAINING

| | | | | |
|--|---|------------|------------|---------------|
| 11/01/05 | LUNGE LADDER, 1 TO 10 + 12X RING PUSH-UP + 10X DIP + 55X PUSH-UP, 3 ROUNDS - 0#/15#/20# DB FOR SQUATS | DAVID W. | MICHAEL F. | |
| | | MICHAEL F. | DAVID W. | |
| | | MFT | | |
| | 50M OVERHEAD PRESS PLATE DRAG, WITH A BARBELL HELD OVERHEAD, WALK 50M WHILE DRAGGING 90# OF PLATES BEHIND YOU, 3 ROUNDS | DAVID W. | | |
| | | MICHAEL F. | | |
| | MFT | | | |
| "300" | LOGAN | | 14:18 | |
| 25X PULL-UP | | | | |
| 50X DEADLIFT @ 135# | | | | |
| 50X PUSH-UP | | | | |
| 50X BOX JUMP @ 24" | | | | |
| 50X FLOOR WIPER @ 135# | | | | |
| 50X KB CLEAN & PRESS @ 35# | | | | |
| 25X PULL-UP | | | | |
| 5X PULL-UP + 10X PUSH-UP + 15X SQUAT, ONE ROUND EVERY MINUTE ON THE MINUTE | TIM C. | | 12 ROUNDS | |
| | MFT | | 12 ROUNDS | |
| 11/02/05 | "BAR HOP" | ILAN | | *15:34 |
| | 10X HSPU | MAX | | 24:13 |
| | 15X FRONT SQUAT @ 75# | CHRIS | | 13:27 |
| | 20X PULL-UP | BRIAN | | 16:58 |
| | 15X PUSH PRESS @ 75# | JEFF | | "I'M SORE..." |
| | 30X BURPEE | HUBERT | | 17:35 |
| | 15X SUMO DEADLIFT HIGH PULL @ 75# | GUILLERMO | | 13:03 |
| | 40X ATOMIC SIT-UP | ALEX | | 14:22 |
| | 15X SQUAT @ 75# | JEAN | | 19:02 |
| | 50X BOX JUMP @ 24" | JASON | | 18:59 |
| | * SUBSTITUTED PLANK PULL FOR PULL-UP | MATHIEU | | 11:26 |
| | ** SUBSTITUTED 35# KB SWING FOR PULL-UP | STEPHANE | | 15:08 |
| | | MARC | | **13:12 |
| | WALL BALL @ 12# + BALL SLAM @ 20# + JUMPING PULL-UP, 30/20/10 | VINCENT R. | | 18:00 |
| | | ANDREW P. | | 9:26 |
| | | DAVID W. | | 10:21 |
| | | MICHAEL F. | | 8:16 |

"300" FITNESS TRAINING

| | | | | |
|----------|--|------------|-----------------|---------|
| 11/03/05 | WALL BALL @ 20# + BALL SLAM @ 20#, 50/40/30/20/10 (PLUS 5X BURPEES FOR EVERY TIME YOU MISS THE WALL BALL TARGET) | LOUIS | | 15:31 |
| | | CHRIS | PLUS 15 BURPEES | 14:10 |
| | | HUBERT | | 12:14 |
| | | GUILLERMO | PLUS 5 BURPEES | 20:01 |
| | | MATHIEU | | 14:11 |
| | 500M ROW + 10X BENCH PRESS @ 135#, 5 ROUNDS * SUBSTITUTED 12X BENCH PRESS @ BB W/ 62# CHAINS FOR BENCH PRESS @ 135# ** SUBSTITUTED 12X FLOOR PRESS @ 135# FOR BENCH PRESS @ 135# | STEPHANE | | 14:36 |
| | | JEFF | | 15:07 |
| | | ILAN | | 14:58 |
| | | BRIAN | | 14:39 |
| | | ANDREW P. | | 12:18 |
| | | MATT R. | | *15:58 |
| | | JEAN | | 17:16 |
| | | ALEX | | 24:05 |
| | | JASON | | **17:47 |
| | | MARC | | 16:49 |
| | DEADLIFT PROGRESSION TO 1RM. | MICHAEL F. | 185# | |
| | | DAVID W. | 225# | |
| | "BAR HOP" 10X HSPU 15X FRONT SQUAT @ 75# 20X PULL-UP 15X PUSH PRESS @ 75# | DAVE L. | | 12:24 |
| | | JON E. | | 18:39 |
| | | | | |
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"300" FITNESS TRAINING

| | | | | |
|---|---|------------|-------------------|-----------|
| 11/04/05 | WALL BALL @ 20# + BALL SLAM @ 20#, 50/40/30/20/10 (5 BURPEES EVERY TIME YOU MISS WALL BALL TARGET) | BRIAN | | 23:24 |
| | | JEFF | PLUS 5 BURPEES | 13:45 |
| | 500M ROW + 10X BENCH PRESS @ 135#, 5 ROUNDS | LOUIS | | 12:52 |
| | | CHRIS | | 12:25 |
| | | HUBERT | | 12:58 |
| | 4 DIFFERENT MOVEMENTS WITH 4 DIFFERENT REP STRUCTURES, 4 ROUNDS | ANDREW P. | | 8:17 |
| | 1. KB SWING @ 53#, 5/10/15/20 | VINCENT R. | | 12:25 |
| | 2. KTE, 20/5/10/15 | | | |
| | 3. RING PUSH-UP, 15/20/5/10 | | | |
| | 4. SQUAT, 10/15/20/5 | | | |
| 1 MIN OF EACH W/ 15 SECS TO ROTATE, 2 ROUNDS | DAVE L. | | | |
| 1. KTE | STEPHANE | | | |
| 2. RING PULL-UP | ALEX | | | |
| 3. PULL-UP | MATHIEU | | | |
| 4. DIP | GUILLERMO | | | |
| 5. SQUAT | ALEX | | | |
| 6. PUSH PRESS @ 25# DBS | JEAN | | | |
| 7. GHD SIT-UP | MARC | | | |
| | | | | |
| 11/07/05 | TABATA PUSH PRESS @ 20# DBS + TABATA BALL SLAM @ 20# + TABATA BOX JUMP @ 24", NO REST BETWEEN SETS | ANDREW P. | | 10/11/7 |
| | GET-UP (SWING AND JERK TO SWITCH SIDES), 16X @ 26# KB, 10X @ 35# KB, 6X @ 44# KB | ANDREW P. | | |
| | TABATA PUSH PRESS + TABATA BALL SLAM + TABATA PUSH-UP + TABATA BOX JUMP @ 24", 1 MIN REST BETWEEN SETS | LOGAN | 30# DBS, 20# BALL | 13/9/7/7 |
| | | JEAN | 20# DBS, 10# BALL | 14/12/9/5 |
| | | JASON | 20# DBS, 10# BALL | 10/10/3/5 |
| | GET-UP (SWING AND JERK TO SWITCH SIDES), 10X @ 26# KB, 6X @ 35# KB | LOGAN | | |
| | JEAN | | | |
| | JASON | | | |
| 11/08/05 | RING PUSH-UP + RING PULL-UP, MAX REPS FOR 5 ROUNDS | ANDREW P. | | 122 |
| | TAG TEAM | JASON | JEAN | 6:43 |
| | 20X SQUAT @ BB W/ 62# CHAINS + KTE, 5 ROUNDS (ONE PLAYER DOES KTE UNTIL OTHER PLAYER FINISHES SQUATS, SWITCH) | JEAN | JASON | 6:43 |
| | | | | |
| | TEAM KB SWING LADDER, 1-10 | JEAN | JASON | |
| | | JASON | JEAN | |
| TABATA SQUAT W/ BOTTOM HOLD | MFT | | 17 | |
| TABATA ROW + 10 MIN REST + TABATA ROW (SCORED BY SHORTEST DISTANCE COVERED WITHIN ANY INTERVAL) | MFT | | 101M & 100M | |

"300" FITNESS TRAINING

| | | | | |
|----------|---|------------|-------------------|-------|
| 11/09/05 | "11" 5X BALL SLAM + 10X PUSH-UP + 15X KB SWING, 11 ROUNDS 30M KB CARRY + 30M D-BALL TOSS & SPRINT + 11X KTE + 11X DECLINE PUSH-UP, 5 ROUNDS (MOVE ALL THE KBS, 26#(X2), 35#(X2), 44#, 53#(X2), 70#(X2), 26# AND 35# MUST BE CARRIED OVERHEAD, TOSS ALL D-BALLS USING SQUAT THRUST THROW, 25#, 20#, 15#, 10#(X2), DO KTE AND DECLINE PUSH-UP IN BETWEEN) 10X DEADLIFT @ 135# + 20X BOX JUMP @ 24", 5 ROUNDS | ZACK | 15# BALL, 44# KB | 29:57 |
| | | WES | 10# BALL, 35# KB | 31:06 |
| | | VINCENT R. | | 13:29 |
| | | ANDREW P. | | 7:32 |
| | | ALEX | | 8:57 |
| | | STEPHANE | | 10:37 |
| | | MATHIEU | | 6:18 |
| | | JEAN | | 10:19 |
| | | JASON | | 11:14 |
| | | TAD G. | | 8:48 |
| 11/10/05 | "1776" (USMC B-DAY WORKOUT) 17X BURPEE PULL-UP + 75 SQUAT, 4 ROUNDS KB SWING @ 35# + FLOOR WIPER @ 95#, 40/30/20/10 DEADLIFT PROGRESSION TO 1RM TEAM PULL-UP LADDER, 1-7 TEAM PULL-UP LADDER, 1-10 TEAM SQUAT LADDER W/ BOTTOM HOLD, 1-10 | MFT | | 16:13 |
| | | MATHIEU | | 17:26 |
| | | STEPHANE | | 18:07 |
| | | GUILLERMO | | 25:45 |
| | | JEFF | | 24:01 |
| | | TAD G. | | |
| | | JON E. | | |
| | | DAVID W. | | 8:32 |
| | | VINCENT R. | 305# | |
| | | DEBBIE | CELESTE, CAROLINE | |
| | | CELESTE | DEBBIE, CAROLINE | |
| | | CAROLINE | DEBBIE, CELESTE | |
| | | ZACK | WES | |
| | | WES | ZACK | |
| JEAN | JASON | | | |
| JASON | JEAN | | | |
| JEAN | JASON | | | |
| JASON | JEAN | | | |
| 11/11/05 | "1776" (USMC B-DAY WORKOUT) 17X BURPEE PULL-UP + 75X SQUAT, 4 ROUNDS BOB & WEAVE @ 24# KBS IN RACK POSITION + TWISTING RAGE BALL @ 10# + JUMPING PULL-UP + MILITARY PRESS @ 20# DBS, 40/30/20/10 DEADLIFT + PULL-UP + RING PUSH-UP, 12/11/10/9/8/7/6/5/4/3/2/1 | ALEX | | 21:34 |
| | | ANDREW P. | | 22:33 |
| | | GUILLERMO | | 26:00 |
| | | JEAN | 165# | |

"300" FITNESS TRAINING

| | | | | |
|---|---|------------|---------|------------|
| 11/14/05 | TABATA PUSH PRESS W/ TOP HOLD | AJS | 30# DBS | 7 |
| | | ANDREW P. | 25# DBS | 6 |
| | | MFT | 25# DBS | 7 |
| | | LOGAN | 30# DBS | 8 |
| | KB SNATCH AND BREATHE LADDER, OPEN ENDED, GO UNTIL YOU FAIL (1 SNATCH, 1 BREATH, 2 SNATCHES, 2 BREATHS, ETC.) | ANDREW P. | 35# KB | 20 @ 35:00 |
| | | AJS | 56# KB | 14 @ 21:00 |
| | | LOGAN | 56# KB | 17 @ 28:50 |
| | HANG CLEAN BREATHE LADDER, OPEN ENDED, GO UNTIL YOU FAIL (1 CLEAN, 1 BREATH, 2 CLEANS, 2 BREATHS, ETC.) | DAVID W. | 75# | 17 @ 19:25 |
| | | | | |
| | 50M TIRE FLIP @ 185# + 10M ROPE CLIMB, 3 ROUNDS | STEPHANE | | 8:48 |
| | | MATHIEU | | 6:16 |
| | 11/15/05 | | ALEX | |
| | | DAVE L. | | 6:51 |
| 50M TIRE FLIP @ 185# + PULL-UP, 20/15/10 + RING PUSH-UP, 20/15/10, 3 ROUNDS | | KURT | | 13:26 |
| | | ZACK | | 17:03 |
| | | WES | | 19:56 |
| | | AJS | | 10:27 |
| | | LOGAN | | 10:07 |
| 10X WALL BALL @ 10# + 15X PUSH-UP + 20X KB SWING @ 26# + 25X BOX JUMP @ 18" + 30X PUSH PRESS @ 10# DBS + 35X LUNGE @ 10# DBS + 40X SIT-UP + 45X SQUAT | | DEBBIE | | 15:39 |
| | | CAROLINE | | 11:53 |
| COUSIN @ 20# + RING PULL-UP, 30/10, 20/7, 10/5 | | VINCENT R. | | 10:26 |
| | | DAVID W. | | 8:57 |
| TABATA PUSH PRESS W/ TOP HOLD | | VINCENT R. | 25# DBS | 9 |
| | | DAVID W. | 20# DBS | 7 |
| "ANGIE" | | GUILLERMO | | 29:07 |
| 100X PULL-UP + 100X PUSH-UP + 100X SIT-UP + 100X SQUAT | | | | |
| 50M TIRE FLIP @ 185# + 10M ROPE CLIMB, 3 ROUNDS | HUBERT | | 7:19 | |
| 10X DEADLIFT @ 135# + 20X BOX JUMP @ 24", 5 ROUNDS | TIM R. | | 10:14 | |

"300" FITNESS TRAINING

| | | | | |
|---|--|------------|------|--------|
| 11/16/05 | 2K ROW | LOGAN | | 6:46.5 |
| | 500M ROW | AJS | | 1:28.8 |
| | 5K ROW | AJS | | 19:22 |
| | "300" | AJS | | 18:06 |
| | 25X PULL-UP | | | |
| | 50X DEADLIFT @ 135# | | | |
| | 50X PUSH-UP | | | |
| | 50X BOX JUMP @ 24" | | | |
| | 50X FLOOR WIPER @ 135# | | | |
| | 50X KB CLEAN & PRESS @ 35# | | | |
| | 25X PULL-UP | | | |
| | SQUAT, 3 SETS OF 2X @ 255# W/ 65# CHAINS | VINCENT R. | | |
| | "FRAN" | JAMES | 95# | 7:04 |
| | THRUSTER + PULL-UP, 21/15/9 | PAT | 95# | 13:08 |
| | | SIMON | 95# | 18:15 |
| | | MATHIEU | 95# | 6:57 |
| | | PATRICK | 75# | 16:55 |
| | | YAN | 75# | 9:30 |
| | | CODY | 75# | 13:30 |
| | | NEIL | 75# | 8:17 |
| | | CLINT | 75# | 23:11 |
| | 100X PULL-UP | DAVE L. | | 11:00 |
| | 500M ROW + 10X BENCH PRESS, 5 ROUNDS | GUILLERMO | 135# | 14:11 |
| 650M TIRE DRAG @ 135# W/ BB HELD OVERHEAD (BROKEN DOWN INTO 13 LAPS OF 50M) | STEPHANE | | | |
| | ALEX | | | |
| | MARC | | | |
| | MIKE C. | | | |
| 50M TIRE FLIP @ 185# W/ 2X JUMP IN & OUT (4 JUMPS PER FLIP) | VINCENT R. | | | |

"300" FITNESS TRAINING

| | | | | |
|--|--|------------------|-------------------|-------------------|
| 11/17/05 | 50M TIRE FLIP @ 185# + PULL-UP, 20/15/10 + RING PUSH-UP, 20/15/10, 3 ROUNDS | GUILLERMO | | 13:55 |
| | 500M ROW + 10X BENCH PRESS, 5 ROUNDS | WES | 75# | 12:27 |
| | | ZACK | 95# | 8:43 |
| | INTERVAL ROW, 30 SECS OF WORK FOLLOWED BY 90 SECS OF REST, 10 INTERVALS FOR A TOTAL OF 20 MIN | ANDREW P. | | |
| | 50M TIRE FLIP @ 185# + 50X SIT-UP + 100M TIRE DRAG @ 135# + 40X SIT-UP + 50M TIRE FLIP @ 185# W/ JUMP IN & JUMP OUT + 30X SIT-UP | ANDREW P. | | |
| | RENEGADE MAN-MAKER RACE TO 30 (A COMBINATION PUSH PRESS/SQUAT/PUSH-UP/ROW MOVEMENT, FIRST PLAYER TO 30 IS DONE WHILE THE REST MUST CONTINUE RACING TO 40, THIS IS CONTINUED UNTIL THERE IS ONLY ONE PLAYER LEFT) | JEAN | 25# DBS | 1ST PLACE |
| | | JASON | 25# DBS | 2ND PLACE |
| | | PATRICK | 25# DBS | 3RD PLACE |
| | | YAN | 25# DBS | 4TH PLACE |
| | | MIKE C. | 25# DBS | 5TH PLACE |
| | 50M LUNGE + BALL SLAM @ 10# + SIT-UP (ONE PLAYER SLAMS WHILE ANOTHER DOES SIT-UPS UNTIL THE OTHER PLAYER COMPLETES THE LUNGES) | DEBBIE | CAROLINE, CELESTE | 16:38 |
| | | CAROLINE | DEBBIE, CELESTE | 16:38 |
| CELESTE | | DEBBIE, CAROLINE | 16:38 | |
| 11/18/05 | 25M TIRE FLIP @ 185# W/ JUMP IN & JUMP OUT | GUILLERMO | | 0:53(FAST) |
| | | ALEX | | 1:01 |
| | | PATRICK | | 1:04 |
| | RENEGADE MAN-MAKER RACE TO 30 (A COMBINATION PUSH PRESS/SQUAT/PUSH-UP/ROW MOVEMENT, FIRST PLAYER TO 30 IS DONE WHILE THE REST MUST CONTINUE RACING TO 40, LOSER HAS TO GO TO 50) | ALEX | 25# DBS | 1ST PLACE |
| | | GUILLERMO | 25# DBS | 2ND PLACE |
| | | PATRICK | 30# DBS | 3RD PLACE |
| | TABATA PUSH PRESS + 1 MIN REST + TABATA ROW + 1 MIN REST + TABATA PUSH-UP | DEBBIE | | |
| | | CELESTE | | |
| | | CAROLINE | | |
| | "ANGIE" | MATHIEU | | 25:28 |
| | 100X PULL-UP + 100X PUSH-UP + 100X SIT-UP + 100X SQUAT | STEPHANE | | 25:28 |
| | BOX JUMP @ 24" + DIP + KTE, 10/9/8/7/6/5/4/3/2/1 | WES | | 16:00 |
| *SUBSTITUTED DECLINE PUSH-UP FOR DIP | CLAY | | *18:17 | |
| RENEGADE MAN-MAKER + KTE, 10/9/8/7/6/5/4/3/2/1 | ANDREW P. | 25# DBS | 22:54 | |
| 11/19/05 | 500M ROW | LOGAN | | 1:24.1 |

"300" FITNESS TRAINING

| | | | | |
|----------|--|------------|----------------|------|
| 11/21/05 | BLINDFOLDED DEADLIFT, 10X @ 135# AND VARIOUS ONE LEG DEADLIFT | VINCENT R. | | |
| | DEADLIFT, 5X @ 225#, 3X @ 275#, 2X @ 295#, 3 SINGLES @ 315# | VINCENT R. | | |
| | BLINDFOLDED DEADLIFT, 3X @ 185#, 2X @ 225#, 2X @ 275#, 2X @ 295# | VINCENT R. | | |
| | 30MIN ROW | ANDREW P. | 2:12 500M PACE | |
| | 5X SPRINT START FORWARD @ GREEN BAND + 15X PARALLETTE PUSH-UP, 3 ROUNDS | ANDREW P. | | 2:53 |
| | 5X SPRINT START BACKWARD @ GREEN BAND + 10X DEADLIFT @ 135#, 3 ROUNDS | ANDREW P. | | 4:34 |
| | 20SEC JUMPING SQUAT @ BB & PURPLE BAND + 5X BOX JUMP @ 24", 3 ROUNDS | ANDREW P. | | |
| | 6X BLINDFOLDED GET-UP @ 36# | ANDREW P. | | |
| | 6X GET-UP @ BB | ANDREW P. | | |
| | BOX STEP-UP @ 14", 10X @ 75#, 8X @ 95#, 5X @ 115# (WITH EACH LEG) | DAVID W. | | |
| | 20 SEC JUMPING SQUAT @ BB & PURPLE BAND, 3 ROUNDS | DAVID W. | | |
| | BENCH PRESS, 10X @ BB & CHAINS, 5X @ 95# & CHAINS, 3X @ 125# & CHAINS, 2X @ 135 & CHAINS + 1MIN REST + 2X @ 135 & CHAINS + 1MIN REST + 3 SINGLES @ 135# & CHAINS | DAVID W. | | |

"300" FITNESS TRAINING

| | | | | |
|--|--|--|--------------------|------------|
| 11/22/05 | 5X SPRINT START FORWARD @ PURPLE BAND + 10X ASYMMETRIC PUSH-UP (10# D-BALL UNDER LEFT OR RIGHT HAND AS SUPPORT), 5 ROUNDS | WES | | 6:43 |
| | 5X SPRINT START BACKWARD @ PURPLE BAND + 7X DEADLIFT @ 95#, 3 ROUNDS | WES | | 4:39 |
| | 50M FLYING BURPEE + 50M FARMER CARRY @ 53# & 70# KB + 10 PULL-UP, 3 ROUNDS *PULL-UPS WERE NOT FULL ROM | HUBERT | | 9:07 |
| | | NEIL | | 11:34 |
| | | JASON | | 11:06 |
| | | JS | | 21:57 |
| | | ALEX | | 8:23 |
| | | PATRICK S. | | *12:08 |
| | | YAN | | 12:01 |
| | | JEAN | | 14:27 |
| | | MARC | | 8:46 |
| | | TAG TEAM 400M ROW + BALL SLAM @ 10#, 3 ROUNDS (ONE PLAYER SLAMS UNTIL THE OTHER PLAYER FINISHES THE ROW, SWITCH, REPEAT 3X) | ANDREW P. | MICHAEL F. |
| | MICHAEL F. | | ANDREW P. | 10:34 |
| | TOM W. | | VINCENT R. | 10:39 |
| | VINCENT R. | | TOM W. | 10:39 |
| | JEFF | | MIKE C. | 10:02 |
| | MIKE C. | | JEFF | 10:02 |
| | 5X PULL-UP + 10X PUSH-UP + 15X SQUAT, ONE ROUND EVERY MINUTE ON THE MINUTE | PATRICK | | 20 MIN |
| | DEADLIFT @ BW + PULL-UP + RING PUSH-UP, 12/11/10/9/8/7/6/5/4/3/2/1 | DAVE L. | 175# | 21:17 |
| | "THOSE BURPEES SUCK" | GUILLERMO | | 12:22 |
| 10X PULL-UP | MATHIEU | | 10:05 | |
| 20X KB SWING @ 53# | STEPHANE | | 14:31 | |
| 30X BOX JUMP | | | | |
| 40X PUSH-UP | | | | |
| 50X SIT-UP | | | | |
| 60X BURPEE | | | | |
| 10X PULL-UP | | | | |
| 11/23/05 | 750M ROW + 40X THRUSTER @ 45# BB + 20X PULL-UP, 2 ROUNDS | TIM R. | ROWS - 2:28 & 3:03 | 20:01 |
| | | MAX | ROWS - 2:48 & 3:20 | 16:02 |
| | 50M FLYING BURPEE + 50M FARMER CARRY @ 53# & 70# KB + 10 PULL-UP, 3 ROUNDS | JAMES | | 9:16 |
| | RING PUSH-UP + KTE + PUSH PRESS + PULL-UP + RUSSIAN TWIST, 45 SECS OF WORK WITH 15 SECS TO REST/ROTATE, 4 ROUNDS FOR A TOTAL OF 20 MIN | DAVID W. | | |
| | | MICHAEL F. | | |
| | | VINCENT R. | | |
| | | TOM W. | | |
| | | ANDREW P. | | |
| | | PATRICK | | |
| | | CHRIS | | |
| | BRIAN | | | |
| DEADLIFT @ BW + PULL-UP + RING PUSH-UP, 12/11/10/9/8/7/6/5/4/3/2/1 | HUBERT | 195# | 31:24 | |

"300" FITNESS TRAINING

| | | | | |
|----------|--|------------|------------------------|-------------------|
| 11/24/05 | 50M ONE ARM OVERHEAD LUNGE @ 25# KB + 50M ROPE PULL @ 90#, 5 ROUNDS | ANDREW P. | | 24:14 |
| 11/25/05 | 1 MIN OF KB FIGURE EIGHT @ 36# + 30 SEC RING PUSH-UP STATIC HOLD, 5 ROUNDS | ANDREW P. | | |
| | TABATA SQUAT + 4 MINS OF 5X PUSH-UP + 5X PULL-UP, TWO ROUNDS (EACH ROUND SCORED INDIVIDUALLY BY ADDING THE TABATA SQUAT SCORE AND THE NUMBER OF PUSH-UP/PULL-UP ROUNDS) | ANDREW P. | | 15(10+5)/17(12+5) |
| | 50M ONE ARM OVERHEAD LUNGE @ 25# KB + 50M ROPE PULL @ 90#, 5 ROUNDS | STEPHANE | | 17:14 |
| | 50M ONE ARM OVERHEAD LUNGE @ 25# KB + 400M ROW, 5 ROUNDS | ALEX | | 20:45 |
| | TAG TEAM | ZACK | WES, C2 | 19:47 |
| | "LOUDER THAN 11" | WES | ZACK, C2 | 19:47 |
| | 50M TIRE DRAG @ 135# TIRE + RING PUSH-UP + RING PULL-UP, 5 ROUNDS (ONE PLAYER DOES PUSH-UPS WHILE THE OTHER DOES PULL-UPS UNTIL THE THIRD PLAYER COMPLETES THE TIRE DRAG, ROTATE, ROTATE, REPEAT 5X) | C2 (CHRIS) | ZACK, WES | 19:47 |
| 11/28/05 | BENCH PRESS - DOUBLES @ 135#, 165#, 175#, 185# (X3), AND ONE SINGLE @ 195# | DAVID W. | | |
| | OVERHEAD SQUAT - 10X @ 45#, 6X @ 65#, 6X @ 75#, 4X @ 85#, 3X @ 95#, 3X @ 105#, 2X @ 115, 3X @ 125# | DAVID W. | | |
| | 25X BOX JUMP @ 24" + 25X KTE + 25X THRUSTER @ 30# DBS + 25X PUSH-UP, 3 ROUNDS | DAVE L. | | 18:04 |
| | 500M ROW | JAMES | | 16:29 |
| | FLOOR PRESS @ 195# + PULL-UP, MAX SETS OF EACH FOR 5 ROUNDS | ANDREW P. | 20/10,10/5,6/5,6/5,5/3 | 1:27.8 |
| | "FIGHT GONE BAD" | YAN | | 239 |
| | ROW FOR CALORIES + SUMO DEADLIFT HIGH PULL @ 75# + WALL BALL @ 20# + BOX JUMP @ 24" + PUSH PRESS @ 75#, 3 ROUNDS | MARC | | 249 |
| | (ONE MIN AT EACH STATION, MOVE FROM ONE STATION TO THE NEXT WITH NO REST OR TRANSITION TIME, ONE MIN REST AFTER COMPLETING EACH ROUND, SCORED BY TOTAL NUMBER OF REPS/CALORIES) | MIKE C. | | 224 |
| | | HUBERT | | 273 |
| | | STEPHANE | | 277 |
| | | MATHIEU | | 278 |
| | | ALEX | | 242 |
| | MAX PULL-UP | STEPHANE | | 25 |
| | | MATHIEU | | 35 |
| | | MFT | | 36 |

"300" FITNESS TRAINING

| | | | | |
|--|--|------------|-------------------|-------|
| 11/29/05 | "FRAN" | DOUG | | 7:21 |
| | THRUSTER @ 95# + PULL-UP, 21/15/9 | | | |
| | 5X PULL-UP + 10X BALL SLAM @ 25# + 15X KB SWING @ 45# | DAVE L. | | 10:46 |
| | 50M TIRE DRAG @ 135# TIRE + 50M FARMER CARRY @ 70# KBS, 3 ROUNDS | ANDREW P. | | 3:13 |
| | | VINCENT R. | | 3:36 |
| | | DAVID W. | | 5:13 |
| | | MICHAEL F. | | 4:09 |
| | TEAM PULL-UP LADDER, 1-8 | ANDREW P. | | |
| | | VINCENT R. | | |
| | | DAVID W. | | |
| | | MICHAEL F. | | |
| | TEAM KB SWING LADDER @ 53#, 1-10 | ANDREW P. | | |
| | | VINCENT R. | | |
| | | DAVID W. | | |
| | | MICHAEL F. | | |
| | 50M TIRE DRAG @ 135# TIRE + 50M FARMER CARRY @ 70# KB, 3 ROUNDS + 50X PULL-UP + 50X BOX JUMP @ 24", NON-STOP FOR TIME (DRAG+CARRY TIME POSTED FOR COMPARISON TO THE ACTORS TIMES FOR THIS DAY) | PATRICK | DRAG+CARRY = 3:36 | 10:42 |
| | | ALEX | DRAG+CARRY = 3:36 | 10:48 |
| | | YAN | DRAG+CARRY = 4:11 | 15:08 |
| | | HUBERT | DRAG+CARRY = 2:57 | 11:55 |
| | | GUILLERMO | DRAG+CARRY = 3:54 | 16:24 |
| | | STEPHANE | DRAG+CARRY = 3:55 | 10:39 |
| | | MATHIEU | DRAG+CARRY = 3:31 | 10:51 |
| | | MARC | DRAG+CARRY = 3:39 | 12:03 |
| 25M FARMER CARRY @ 26# KBS + 25M OVERHEAD LUNGE @ 26# KB + 10X BALL SLAM @ 25# + 10X PLYOMETRIC PUSH-UP (HANDS ON FLOOR, "JUMP" HANDS TO 9" BALL) + 25M FARMER CARRY @ 35# KBS + 25M OVERHEAD LUNGE @ 35# KB + 10X BALL SLAM @ 25# + 10X PLYOMETRIC PUSH-UP + 25M FARMER CARRY @ 53# KBS + 25M OVERHEAD LUNGE @ 53# KB + 10 BALL SLAM @ 25# + 10X PLYOMETRIC PUSH-UP | ZACK | | | |
| | | | | |
| | | | | |
| | | | | |

"300" FITNESS TRAINING

| | | | | | | |
|---|---|---|---|----------------------------------|----------------|------|
| 11/30/05 | "THIS ONE GOES TO 11..." 5X BALL SLAM + 10X PUSH-UP + 15X KB SWING, 11 ROUNDS | ANDREW P. | 25# BALL/45# KB | 11:30 | | |
| | | DAVID W. | 20# BALL/36# KB | 14:29 | | |
| | | MICHAEL F. | 15# BALL/36# KB | 14:05 | | |
| | | PATRICK | 25# BALL/56# KB | 17:17 | | |
| | | JEFF | 20# BALL/56# KB | 12:46 | | |
| | | STEPHANE | 25# BALL/56# KB | 16:19 | | |
| | | HUBERT | | 16:59 | | |
| | | MATHIEU | | 11:23 | | |
| | | YAN | | 22:19 | | |
| | | ZACK | | | | |
| 10X HSPU (OR 20X HSPU NEGATIVES) + 15X HANG CLEAN + 20X BURPEE, 3 ROUNDS | 10X HSPU (OR 20X HSPU NEGATIVES) + 15X HANG CLEAN + 20X BURPEE, 3 ROUNDS | DEBBIE | | | | |
| | | WES | | | | |
| | | CELESTE | | | | |
| | | CAROLINE | | | | |
| | | MFT | 95# | 15 ROUNDS | | |
| | | LOGAN | | SUB 30 MIN | | |
| | | SQUAT PLAY (SQUATS, JUMPING SQUATS, BOTTOM HOLD), 5X INTERVALS OF 30/15SEC + 4 MIN OF MEDICINE BALL FOUR SQUARE SLAM BALL + SQUAT PLAY, 5X INTERVALS OF 30/15 | SQUAT PLAY (SQUATS, JUMPING SQUATS, BOTTOM HOLD), 5X INTERVALS OF 30/15SEC + 4 MIN OF MEDICINE BALL FOUR SQUARE SLAM BALL + SQUAT PLAY, 5X INTERVALS OF 30/15 | ALEX | PATRICK | 6:14 |
| | | | | PATRICK | ALEX | 6:14 |
| | | | | JEAN | JASON, MIKE C. | 8:51 |
| | | | | JASON | JEAN, MIKE C. | 8:51 |
| MIKE C. | JEAN, JASON | | | 8:51 | | |
| ALEX | | | | 3:28.8 | | |
| PATRICK | | | | 3:33.9 | | |
| MIKE C. | | | | 3:19.3 | | |
| TIM C. | 95# | | | 9 ROUNDS | | |
| VINCENT R. | 95# | | | 13 ROUNDS | | |
| HANG CLEAN BREATHING LADDER, OPEN ENDED, GO UNTIL YOU FAIL (1 CLEAN, 1 BREATH, 2 CLEANS, 2 BREATHS, ETC.) | HANG CLEAN BREATHING LADDER, OPEN ENDED, GO UNTIL YOU FAIL (1 CLEAN, 1 BREATH, 2 CLEANS, 2 BREATHS, ETC.) | DAVID W. | 85# | 13 ROUNDS | | |
| | | WES | 45# | 11 ROUNDS | | |
| | | ZACK | 53# | 15 ROUNDS | | |
| | | MFT | 53# | 30 ROUNDS | | |
| | | VINCENT R. | | | | |
| | | VINCENT R. | | | | |
| | | DAVID W. | | | | |
| | | VINCENT R. | | | | |
| | | DAVID W. | | | | |
| | | VINCENT R. | | | | |
| 1 MILE TIRE DRAG @ 135# TIRE | 1 MILE TIRE DRAG @ 135# TIRE | DAVID W. | | | | |
| | | ALEX | | 20:06 | | |
| | | JEAN | | | | |
| | | JASON | | | | |
| | | HANG CLEAN BREATHING LADDER, OPEN ENDED, GO UNTIL YOU FAIL (1 CLEAN, 1 BREATH, 2 CLEANS, 2 BREATHS, ETC.) | HANG CLEAN BREATHING LADDER, OPEN ENDED, GO UNTIL YOU FAIL (1 CLEAN, 1 BREATH, 2 CLEANS, 2 BREATHS, ETC.) | OVERHEAD SQUAT, 2X @ 115# | | |
| | | | | FRONT SQUAT, 3X @ 165# | | |
| | | | | FRONT SQUAT, 3X @ 135# | | |
| | | | | BACK SQUAT, 2X @ 325# | | |
| | | | | BACK SQUAT, 3X @ 245# | | |
| | | | | 500M ROW + 15X PUSH-UP, 7 ROUNDS | | |
| 50M LUNGE @ 2X 24# KB + 15X KB SWING @ 53#, 3 ROUNDS | | | | | | |

"300" FITNESS TRAINING

| | | | | |
|--|--|---|-------------------|---------|
| 12/05/05 | 20X OVERHEAD SQUAT @ 45# + 20X GHD SIT-UP + 30X FRONT SQUAT @ 75# + 30X KTE + 40X BACK SQUAT @ 75# PLUS 62# OF CHAINS + 40X SIT-UP + 50X SQUAT + 50X ATOMIC SIT-UP | ANDREW P. | 15:40 | |
| | | GUILLERMO | 13:30 | |
| | | YAN | 21:03 | |
| | | LOGAN | 13:28 | |
| | | TIM R. | 13:49 | |
| 12/06/05 | BENCH PRESS @ 135# + WALL BALL @ 20#, 15/12/9 | DAVID W. | 7:38 | |
| | KB SWING LADDER @ 53# + PULL-UP LADDER, 1-6, 3 ROUNDS | HUBERT CHRIS | 15:37 | |
| | | CHRIS HUBERT | 15:37 | |
| | BALL SLAM @ 20# + STEP UP @ 18" W/ 2X 26# KB IN RACK POSITION, 30/20/10 | JEAN | 9:44 | |
| | | GUILLERMO | 6:48 | |
| | DEADLIFT PRACTICE | ANDREW P. | UP TO 1X 305# | |
| | | VINCENT R. | UP TO 3X 305# | |
| | "FRAN" LITE THRUSTER + PULL-UP, 21/15/9 | WES | 65# THRUSTER | 15:13 |
| | | ZACK | 75# THRUSTER | 14:07 |
| | 12/07/05 | RENEGADE MAN MAKER + ATOMIC SIT-UP, INVERTED REPS - 10/1, 9/2, 8/3...1/10 | ZACK | 20# DBS |
| WES | | | 15# DBS | 20:49 |
| MATHIEU | | | 165# | 20:11 |
| BENCH PRESS + BURPEE, INVERTED REPS - 10/1, 9/2, 8/3...1/10. | | JEAN | 135# | 15:33 |
| | | ANDREW P. | 195# | 16:35 |
| | | YAN | 115# | 25:03 |
| INBRED COUSIN + STEP UP @ 18" W/ KBS IN THE RACK POSITION, 30/20/10 (INBRED COUSINS BEGIN IN THE LOWERED SIT-UP POSITION, PERFORM A PULLOVER W/ THE 20# D-BALL, DRIVE THE WEIGHT BETWEEN YOUR LEGS WHILE SITTING UP AND ENDING IN A SQUAT POSITION, FROM HERE PERFORM A STANDARD BALL SLAM, RECOVER AND REPEAT) | | VINCENT R. | 25# KBS | 13:00 |
| | | MATHIEU | 25# KBS | 7:33 |
| | | STEPHANE | 36# KBS | 12:03 |
| | | ALEX | 36# KBS | 9:08 |
| | | MIKE C. | 36# KBS | 13:22 |
| 400M ROW + BALL SLAM @ 15# + PUSH-UP, 3 ROUNDS (ONE PLAYER SLAMS WHILE THE OTHER DOES PUSH-UPS UNTIL THE THIRD PLAYER FINISHES THE ROW, ROTATE, ROTATE, REPEAT) | | DEBBIE | CELESTE, CAROLINE | 22:38 |
| | | CELESTE | DEBBIE, CAROLINE | 22:38 |
| | | CAROLINE | DEBBIE, CELESTE | 22:38 |
| 20X OVERHEAD SQUAT @ 45# + 20X GHD SIT-UP + 30X FRONT SQUAT @ 75# + 30X KTE + 40X BACK SQUAT @ 75# PLUS 62# OF CHAINS + 40X SIT-UP + 50X SQUAT + 50X ATOMIC SIT-UP | | MFT | | 10:30 |
| | | | | |
| 12/08/05 | 500M ROW | ANDREW P. | 1:25.6 | |
| | GET-UP @ 36# KB + RUSSIAN TWIST (2 COUNT) @ 45# BB, 21/18/15/12/9/6/3 | ANDREW P. | 28:17 | |
| | DECLINE PUSH-UP + PUSH PRESS @ 30# DBS + 50M FARMER CARRY @ 53# KBS, 21/15/9 | DAVID W. | 6:49 | |

"300" FITNESS TRAINING

| | | | | |
|---|--|-----------------|---------------------------------|----------|
| 12/09/05 | "FRAN" | ANDREW P. | 10:02 | |
| | THRUSTER @ 95# + PULL-UP, 21/15/9 | | | |
| | BENCH PRESS @ 185# + SUMO SQUAT @ 70# KB, 21/15/9 | ROBERT | 10:49 | |
| | GET-UP @ 36# KB + RUSSIAN TWIST (2 COUNT) @ 45# BB, 21/18/15/12/9/6/3 | ALEX | 18:17 | |
| | NOTE: ALEX TRANSFERRED WITH ONE SWING, ANDREW P., FROM 12/08/05 TRANSFERRED WITH TWO SWINGS | | | |
| | PUSH PRESS, 30 SECS OF WORK FOLLOWED BY 30 SEC TOP HOLD, 4 ROUNDS (SCORED BY TOTAL NUMBER OF REPS, PENALTY FOR BREAKING TOP HOLD IS AN EXTRA ROUND PER INFRACTION WITH THE NEXT LOWEST WEIGHT) | WES CAROLINE | 15# DBS, 3 PENALTIES 10# DBS | 40 84 |
| | DIP + PULL-UP + DECLINE PUSH-UP (HANDS ON PARALLETES, FEET ON 30" BOX) + KTE ON STALL BARS, 15/12/9 | ZACK | | 14:45 |
| KB SWING BREATHING LADDER, OPEN ENDED, GO UNTIL YOU FAIL (1 SWING, 1 BREATH, 2 SWINGS, 2 BREATHS, ETC.) | LOGAN | 53# KB | 33 ROUNDS(58MIN) | |
| 12/12/05 | BENCH PRESS, 10X @ 135#, STATIC HOLD @ 305#, SINGLE @ 205#, 7 SETS OF 3 @ 185# | DAVID W. | | |
| | 25X BOX JUMP @ 24" + 25X KTE + 25X PUSH PRESS @ 30# DBS + 25X DECLINE PUSH-UP (HANDS ON FLOOR, FEET ON 24" BOX) + 10X BOX JUMP @ 30" + 10X KTE ON STALL BARS + 10X THRUSTER @ 30# DBS + 10X RING DIP + 25X BOX JUMP @ 24" + 25X KTE + 25X PUSH PRESS @ 30# DBS + 25X DECLINE PUSH-UP (HANDS ON FLOOR, FEET ON 24" BOX) | ANDREW P. | 13:45 | |
| | 50M TIRE FLIP @ 185# TIRE + 25X GHD SIT-UP + 50M TIRE FLIP + 25X BACK EXTENSION + 25M TIRE FLIP W/ 2X JUMP IN/OUT(4 JUMPS PER FLIP) + 25X KTE + 25M TIRE FLIP W/ 2X JUMP IN/OUT + 25X PULL-UP | DAVE L. | | 13:16 |
| 12/13/05 | 50M TIRE FLIP @ 185# TIRE + 25X GHD SIT-UP + 50M TIRE FLIP + 25X BACK EXTENSION + 25M TIRE FLIP W/ 2X JUMP IN/OUT(4 JUMPS PER FLIP) + 25X KTE + 25M TIRE FLIP W/ 2X JUMP IN/OUT + 25X PULL-UP | LOGAN | 11:14 | |
| | "300" 25X PULL-UP 50X DEADLIFT @ 135# 50X PUSH-UP 50X BOX JUMP @ 24" 50X FLOOR WIPER @ 135# 50X KB CLEAN & PRESS @ 35# 25X PULL-UP | ANDREW P. | 18:11 | |

"300" FITNESS TRAINING

| | | | |
|----------------------------|--|------------|--------|
| 12/14/05 | 50M TIRE FLIP @ 185# TIRE + 25X GHD SIT-UP + 50M TIRE FLIP + 25X BACK EXTENSION + 25M TIRE FLIP W/ 2X JUMP IN/OUT(4 JUMPS PER FLIP) + 25X KTE + 25M TIRE FLIP W/ 2X JUMP IN/OUT + 25X PULL-UP | KURT | 30:25 |
| | PUSH PRESS @ 95# + 10X GET-UP @ 44#, 21/15/9 | ANDREW P. | 11:18 |
| | *USED 35# KB FOR GET-UPS ON ROUND 2 AND 26# KB FOR GET-UPS ON ROUND 3 | JAMES | *11:20 |
| | 25X BOX JUMP @ 24" + 25X KTE + 25X PUSH PRESS @ 30# DBS + 25X DECLINE PUSH-UP (HANDS ON FLOOR, FEET ON 24" BOX) + 10X BOX JUMP @ 30" + 10X KTE ON STALL BARS + 10X THRUSTER @ 30# DBS + | MICHAEL F. | 16:58 |
| | 10X RING DIP + 25X BOX JUMP @ 24" + 25X KTE + 25X PUSH PRESS @ 30# DBS + 25X DECLINE PUSH-UP (HANDS ON FLOOR, FEET ON 24" BOX) | MFT | 12:56 |
| | "BITE ME, V.2" | LOGAN | 19:20 |
| | 5X SPRINT START FORWARD @ GREEN BAND + 10X POWER CLEAN @ 135# + 15X KB SWING @ 53# + 20X BALL SLAM @ 20#, 5 ROUNDS | | |
| "300" | ALEX | 24:11 | |
| 25X PULL-UP | | | |
| 50X DEADLIFT @ 135# | | | |
| 50X PUSH-UP | | | |
| 50X BOX JUMP @ 24" | | | |
| 50X FLOOR WIPER @ 135# | | | |
| 50X KB CLEAN & PRESS @ 35# | | | |
| 25X PULL-UP | | | |
| 12/15/05 | "BITE ME, V.2" | MATHIEU | 20:53 |
| | 5X SPRINT START FORWARD @ GREEN BAND + 10X POWER CLEAN @ 135# + 15X KB SWING @ 53# + 20X BALL SLAM @ 20#, 5 ROUNDS | | |
| | 25X BOX JUMP @ 24" + 25X KTE + 25X PUSH PRESS @ 30# DBS + 25X DECLINE PUSH-UP (HANDS ON FLOOR, FEET ON 24" BOX) + 10X BOX JUMP @ 30" + 10X KTE ON STALL BARS + 10X THRUSTER @ 30# DBS + | YAN | 17:15 |
| | 10X RING DIP + 25X BOX JUMP @ 24" + 25X KTE + 25X PUSH PRESS @ 30# DBS + 25X DECLINE PUSH-UP (HANDS ON FLOOR, FEET ON 24" BOX) | | |
| 12/16/05 | 25X BOX JUMP @ 24" + 25X KTE + 25X PUSH PRESS @ 30# DBS + 25X DECLINE PUSH-UP (HANDS ON FLOOR, FEET ON 24" BOX) + 10X BOX JUMP @ 30" + 10X KTE ON STALL BARS + 10X THRUSTER @ 30# DBS + | GUILLERMO | 14:03 |
| | 10X RING DIP + 25X BOX JUMP @ 24" + 25X KTE + 25X PUSH PRESS @ 30# DBS + 25X DECLINE PUSH-UP (HANDS ON FLOOR, FEET ON 24" BOX) | LOGAN | 8:53 |
| | "DAUNTLESS" | ANDREW P. | 13:04 |
| | 10X BOX JUMP @ 34" + 20X BALL SLAM @ 25# + 30X THRUSTER @ 30# DBS + 20X TWO HAND KB CLEAN & JERK @ 36# KBS + 10X BOX JUMP @ 30" + 20X ONE ARM OVERHEAD LUNGE @ 25# D-BALL + 30X PUSH PRESS @ 30# DBS + 20X RING PUSH-UP + 10X BOX JUMP @ 24" | | |
| | BENCH PRESS @ 75# & 62# OF CHAINS + WALL BALL @ 12#, 13/53, 11/33, 7/13 | ALEX | 7:51 |
| | SQUAT PLAY (SQUATS, JUMPING SQUATS, BOTTOM HOLD), 5X INTERVALS OF 30/15SEC | ALEX | |
| | | | |

HOLIDAY BREAK

"300" FITNESS TRAINING

| | | | | |
|--|--|------------|-------|-------|
| 01/03/06 | 10X LATERAL JUMP & BALL SLAM | STEPHANE | 14:42 | |
| | 20X GHD SIT-UP | ALEX | 15:16 | |
| | 10X LATERAL JUMP & BALL SLAM | MARC | 18:24 | |
| | 30X KTE | MATHIEU | 11:49 | |
| | 10X LATERAL JUMP & BALL SLAM | GUILLERMO | | |
| | 40X SIT-UP | | | |
| | 10X LATERAL JUMP & BALL SLAM | | | |
| | 50X ATOMIC SIT-UP | | | |
| | 10X LATERAL JUMP & BALL SLAM | | | |
| | 60X FLUTTER KICKS(2 COUNT) | | | |
| | THRUSTER @ 25# DBS + KTE + 2 COUNT STEP-UP ON 18" BOX W/ 35# KBS IN THE RACK POSITION, 21/15/9 | JASON | 20:01 | |
| | | YAN | 13:49 | |
| | SQUAT PLAY (SQUATS, JUMPING SQUATS, BOTTOM HOLD), 5X INTERVALS OF 30/15SEC | VINCENT R. | | |
| | | MICHAEL F. | | |
| | | LOGAN | | |
| PUSH PRESS, 30SECS OF WORK FOLLOWED BY 30 SECS OF TOP HOLD, 4 ROUNDS (SCORED BY TOTAL NUMBER OF REPS) | VINCENT R. | 2X15# DBS | 116 | |
| | MICHAEL F. | 2X15# DBS | 107 | |
| | LOGAN | 2X20# DBS | 111 | |
| | | | | |
| THRUSTER @ 2X25# DBS + KTE, 21/15/9 | VINCENT R. | | 6:14 | |
| | MICHAEL F. | | 3:27 | |
| | LOGAN | | 3:07 | |
| | | | | |
| | | | | |
| 01/04/06 | 10X LATERAL JUMP & BALL SLAM | YAN | 15:36 | |
| | 20X GHD SIT-UP | JEAN | 19:40 | |
| | 10X LATERAL JUMP & BALL SLAM | | | |
| | 30X KTE | | | |
| | 10X LATERAL JUMP & BALL SLAM | | | |
| | 40X SIT-UP | | | |
| | 10X LATERAL JUMP & BALL SLAM | | | |
| | 50X ATOMIC SIT-UP | | | |
| | 10X LATERAL JUMP & BALL SLAM | | | |
| | 60X FLUTTER KICK(2 COUNT) | | | |
| | THRUSTER @ 25# DBS + KTE + 2 COUNT STEP-UP ON 18" BOX W/ 35# KBS IN THE RACK POSITION, 21/15/9 | MATHIEU | 9:59 | |
| | | GUILLERMO | 14:48 | |
| | OVERHEAD SQUAT + RING PUSH-UP, 21/15/9 | LUC | 45# | 17:14 |
| | | LOGAN | 95# | 13:26 |

"300" FITNESS TRAINING

| | | | | |
|----------|---|----------|------------------|----------------|
| 01/05/06 | BENCH PRESS + PULL-UP, MAX REPS FOR 5 ROUNDS. | ALEX | 135# | 75 |
| | | ZACK | 135# | 65 |
| | | WES | 95# | 29 |
| | PUSH PRESS, 30 SECS OF WORK FOLLOWED BY 30 SECS OF TOP HOLD, 4 ROUNDS (SCORED BY TOTAL NUMBER OF REPS) *FAILED ON TOP HOLD | JAMES | 2X20# DBS | *112 |
| | | CLINT | 2X15# DBS | 126 |
| | | SIMON | 2X20# DBS | 78 |
| | | MIKE D. | 2X20# DBS | 102 |
| | | MARC | 2X20# DBS | 93 |
| | | LOUIS | 2X20# DBS | *47 |
| | | LOGAN | 35# KB | 25:51 |
| | 100X GET-UP | MFT | | 18:43 |
| | 30X KB SWING @ 35# + 20X ONE ARM KB PRESS ON GHD @ 26# (WEAK SIDE) + 15X KB GOOD MORNING @ 53# + 20X ONE ARM KB PRESS ON GHD @ 26# (STRONG SIDE) + 30X KB DEEP SQUATS @ 53#, 4 ROUNDS SQUAT, 30 SECS OF WORK FOLLOWED BY 30 SECS OF BOTTOM HOLD, 4 ROUNDS. | STEPHANE | | 112(GOOD FORM) |
| | | JAMES | | 93 |
| | | LOUIS | | 94(BAD FORM) |
| | "11" | MIKE C. | 20# BALL, 26# KB | 21:55 |
| | 5X BALL SLAM + 10X PUSH-UP + 15X KB SWING, 11 ROUNDS | JEAN | 15# BALL, 26# KB | 30:15 |
| | 10M ROPE CLIMB + 10X HSPU + 10M ROPE CLIMB + 8X HSPU + 10M ROPE CLIMB + 6X HSPU + 10M ROPE CLIMB + 4X HSPU + 10M ROPE CLIMB + 2X HSPU | MATHIEU | | 6:50 |

"300" FITNESS TRAINING

| | | | | |
|--|---|--------------|--------------------|-------|
| 01/06/06 | 30X KB SWING @ 35# + 20X ONE ARM KB PRESS ON GHD @ 26# (WEAK SIDE) + 15X KB GOOD MORNING @ 53# + 20 ONE ARM KB PRESS ON GHD @ 26# (STRONG SIDE) + 30X KB DEEP SQUAT @ 53#, 4 ROUNDS | MATHIEU | | 19:38 |
| | DIP + KTE + FULL ROM BACK EXT., 10/9/8/7/6/5/4/3/2/1 | ZACK | | 17:30 |
| | 50M LUNGE | DEBBIE | 15# DBS | |
| | 50M WEIGHTED LUNGE @ DBS(X2) | CELESTE | 15# DBS | |
| | 50M ONE ARM OVERHEAD LUNGE @ DB (WEAK SIDE) | CAROLINE | 20# DBS | * |
| | 50M ONE ARM OVERHEAD LUNGE @ DB (STRONG SIDE) | | | |
| | 50M LUNGE | | | |
| | *50M CROSSWALK LUNGE @ 15# DB HIGH AND 20# DB LOW | | | |
| | TABATA ABS | DEBBIE | | |
| | | CELESTE | | |
| | | CAROLINE | | |
| | 10X GET-UP @ 44# KB (5 EACH SIDE) + 15X BALL SLAM @ 25#, 5 ROUNDS | ALEX | | 16:55 |
| | 50M TIRE DRAG + 25X SIT-UP + 50M TIRE DRAG + 25X BICYCLE + 50M TIRE DRAG + 25X CRUNCH + 50M TIRE DRAG + 25X FLUTTER KICK (2 COUNT) + 50M TIRE DRAG | LUC | 135# TIRE | 12:49 |
| | TAG TEAM | YAN | STEPHANE/GUILLERMO | 10:34 |
| | "LOUDER THAN 11" | STEPHANE | YAN/GUILLERMO | 10:34 |
| 50M TIRE DRAG @ 135# TIRE + RING PUSH-UP + RING PULL-UP, 5 ROUNDS (ONE PLAYER DOES PUSH-UPS WHILE THE OTHER DOES PULL-UPS UNTIL THE THIRD PLAYER COMPLETES THE TIRE DRAG, ROTATE, ROTATE, REPEAT 5X) | GUILLERMO | YAN/STEPHANE | 10:34 | |
| BOX JUMP FOR 30 SECS FOLLOWED BY 30 SEC HOLD IN THE BOTTOM POSITION, 4 ROUNDS. (SCORED BY TOTAL NUMBER OF BOX JUMPS) | LOGAN | 30" BOX | 26 | |
| | MFT | 18" BOX | 48 | |
| | STEPHANE | 18" BOX | 55 | |
| | GUILLERMO | 18" BOX | 56 | |
| 01/09/06 | KB SWING @ 53# + PUSH-UP, 21/15/9 | LUC | | 11:33 |
| 20X FRONT SQUAT @ 75# + 20X GHD SIT-UP + 5X BOX JUMP @ 30" + 15X FRONT SQUAT @ 75# + 15X GHD SIT-UP + 5X BOX JUMP @ 30" + 10X FRONT SQUAT @ 75# + 10X GHD SIT-UP + 5X BOX JUMP @ 30" | YAN | | | 5:10 |
| -5 MIN REST- | | | | |
| KB SWING @ 53# + BALL SLAM @ 25#, 21/15/9 | YAN | | | 5:58 |

"300" FITNESS TRAINING

| | | | | |
|--|--|--------------------|-------------------|----------------|
| 01/10/06 | THRUSTER BREATHING LADDER, 1-10 OPEN ENDED REPEATS (DO AS MANY LADDERS TO 10 AS POSSIBLE) | LOGAN | 75# | 3 ROUNDS |
| | | MFT | 20# DBS | 11 ROUNDS |
| | 50M FARMER CARRY @ 70# KBS + DEEP DECLINE PUSH-UP (HANDS ON PARALLETES, FEET ON 42" BOX) | LOGAN | | 11:57 |
| | 500M ROW + 100M FARMER CARRY @ 53# KBS, 3 ROUNDS (FARMER CARRY DISTANCE IS TRIPLED IF ROW EXCEEDS 2:00) | LUC | 500M OF CARRIES | 1:49/2:12/1:56 |
| | 100M FARMER CARRY + 10X GET-UP (5 EACH SIDE) + 10X PUSH-UP, 5 ROUNDS | DEBBIE | 15# DBS | |
| | | CAROLINE | 20# DBS | |
| | 100M FARMER CARRY @ 53# KBS + 10X GHD CHEST PRESS (5 EACH SIDE) @ 25# DB + 5X PULL-UP, 5 ROUNDS | ZACK | | |
| | 10X PULL-UP + 1X PULL-UP BAR MUSCLE UP + 5X FASTMOTION PUSH-UP + 10X BOX JUMP @ 18"/24"/30" + 20M SIDE BEAR | YAN | | 13:34 |
| | CRAWL + 20X BALL SLAM @ 15#, 3 ROUNDS | MATHIEU | | 11:30 |
| | JUMP IN/OUT OF TIRE + PUSH-UP (HANDS ON PARALLETES, FEET ON TIRE) + BALL SLAM @ 20#, 21/15/9 | DAVID W. | | 10:27 |
| | STEPHANE | | 7:33 | |
| 01/11/06 | TAG TEAM | DEBBIE | CAROLINE | 15:08 |
| | 250M ROW (ON #10 SETTING) + BALL SLAM @ 15#, FIVE ROUNDS (ONE PLAYER SLAMS UNTIL OTHER PLAYER FINISHES ROW, SWITCH, REPEAT 5X) | CAROLINE | DEBBIE | 15:08 |
| | DEEP DECLINE PUSH-UP (HANDS ON PARALLETES, FEET ON 42" BOX) + GOOD MORNING @ 44# KB + GHD SIT-UP, 3 ROUNDS, 21/10/21, 15/10/15, 10/10/10 | ZACK | | 11:57 |
| | | | | |
| 01/12/06 | FRONT SQUAT, 5X @ 95#, 3 SETS OF 5X @ 135# | VINCENT R. | | |
| | DEADLIFT, 5X @ 95#, 5X @ 135#, 2 SETS OF 5X @ 185#, 5 SINGLES @ 225# | VINCENT R. | | |
| | DEADLIFT FROM 4" BOX, 2 SETS OF 5X @ 135# | VINCENT R. | | |
| | 10X SPRINT START (FORWARD) @ GREEN BAND + 20X KB SWING @ 53# + 30X PULL-UP + 40X BOX JUMP @ 24" + 30X ATOMIC SIT-UP + 20X BURPEE + 10X SPRINT START (FORWARD) @ GREEN BAND | JEAN | | 16:38 |
| | | MATHIEU | | 10:38 |
| | | YAN | | 10:37 |
| | | STEPHANE L. | 35# KB, 18" BOX | 22:01 |
| | | MIKE C. | | 22:23 |
| | | LOGAN | | 9:04 |
| | 50M FARMER CARRY @ 53# KBS + 7X PULL-UP + 15X PUSH-UP, MAX ROUNDS IN 20 MIN | GUILLERMO | | 9 ROUNDS |
| | TABATA SQUAT + TABATA PUSH-UP + TABATA SIT-UP + TABATA PUSH PRESS, ONE MINUTE REST BETWEEN SETS, SCORED BY TOTAL NUMBER OF REPS | ZACK | 129/75/74/95(15#) | 363 |
| | CAROLINE | 155/76/103/49(20#) | 343 | |
| | LOGAN | 136/89/80/80(30#) | 385 | |
| WALL BALL @ 12# + FLUTTER KICK, 50/40/30/20/10 | LUC | | 17:00 | |

"300" FITNESS TRAINING

| | | | | | |
|--|--|---------------|-------------------|-------|-------|
| 01/13/06 | 10X SPRINT START (FORWARD) @ GREEN BAND + 20X KB SWING @ 53# + 30X PULL-UP + 40X BOX JUMP @ 24" + 30X ATOMIC SIT-UP + 20X BURPEE + 10X SPRINT START (FORWARD) @ GREEN BAND | ALEX | | 12:32 | |
| | | GUILLERMO | | 10:46 | |
| | 30 SEC STATIC HOLD W/ 15 SECS TO ROTATE | ZACK | 35# KBS | | |
| | 1. LUNGE HOLD WITH 20# BALL OVERHEAD | DEBBIE | 15#(X2) DBS | | |
| | 2. RING PUSH-UP TOP HOLD | CAROLINE | 24#(X2) KBS | | |
| | 3. RACK POSITION HOLD W/ KBS OR DBS | | | | |
| | 4. TUCK SIT ON PARALLETES | | | | |
| 01/17/06 | 500M ROW + 50X PUSH-UP, 4 ROUNDS | STEPHANE | | 23:15 | |
| | | YAN | | 17:48 | |
| | | MATHIEU | | 17:09 | |
| | "300" | JEFF | | 20:23 | |
| | 25X PULL-UP | | | | |
| | 50X DEADLIFT @ 135# | | | | |
| | 50X PUSH-UP | | | | |
| 50X BOX JUMP @ 24" | | | | | |
| 50X FLOOR WIPER @ 135# | | | | | |
| 50X KB CLEAN & PRESS @ 35# | | | | | |
| 25X PULL-UP | | | | | |
| BENCH PRESS + PULL-UP, 5 ROUNDS, SCORED BY TOTAL # OF REPS | JAMES | 185# (BW+10#) | | 77 | |
| | LOGAN | 205# (BW+5#) | | 92 | |
| 50M TIRE FLIP @ 185# + 20X BALL SLAM @ 25# + 50M LUNGE @ 26# KB OVERHEAD (WEAK SIDE) + 30X TUCK JUMP + 50M LUNGE @ 26# KB OVERHEAD (STRONG SIDE) + 40X DECLINE PUSH-UP + 50M LUNGE @ 50# + 50X KTE | ALEX | | | 20:52 | |
| | YAN | | | 19:24 | |
| | MATHIEU | | | 17:18 | |
| 20X OVERHEAD SQUAT @ 75# + 50M TIRE DRAG @ 135# + 20X GHD SIT-UP + 30X FRONT SQUAT @ 95# + 50M TIRE DRAG @ 135# + 30X KTE + 40X SQUAT @ 115# + 50M TIRE DRAG @ 135# + 40X ATOMIC SIT-UP | MFT | | | 13:29 | |
| | | | | | |
| | | | | | |
| 01/18/06 | 5X BENCH PRESS @ 185# + 20X FRONT SQUAT @ 65#, 5 ROUNDS | ZACK | | 26:17 | |
| | TAG TEAM | DEBBIE | CAROLINE PLUS ONE | | |
| | | CAROLINE | DEBBIE PLUS ONE | | |
| | 250 ROW + BALL SLAM @ 15# + LATERAL JUMP OVER PARALLETTE, 5 ROUNDS (3 PLAYERS, ONE PLAYER SLAMS AND ANOTHER JUMPS UNTIL THE PLAYER ROWING IS FINISHED, ROTATE THROUGH ALL POSITIONS, REPEAT 5X) | | | | |
| | 50M TIRE FLIP @ 185# + 20X BALL SLAM @ 25# + 50M LUNGE @ 26# KB OVERHEAD (WEAK SIDE) + 30X TUCK JUMP + 50M LUNGE @ 26# KB OVERHEAD (STRONG SIDE) + 40X DECLINE PUSH-UP + 50M LUNGE @ 50# + 50X KTE | MIKE C. | | | 28:22 |
| | | STEPHANE | | | 17:22 |
| | | | | | |
| BENCH PRESS + PULL-UP, 5 ROUNDS, SCORED BY TOTAL # OF REPS | HUBERT | 185# (BW-15#) | | 47 | |
| INBRED COUSIN @ 20# + DECLINE PUSH-UP + 50M FARMER CARRY @ 53# & 70# KBS, 3 ROUNDS, 21/15/9 | VINCENT R. | | | 13:37 | |
| "ANGIE" | MATHIEU | | | 19:33 | |
| 100X PULL-UP + 100X PUSH-UP + 100X SIT-UP + 100X SQUAT | | | | | |

"300" FITNESS TRAINING

| | | | | |
|--|---|-----------|-----------|-------|
| 01/19/06 | 25M TIRE FLIP & JUMP THROUGH (FLIP TIRE, JUMP FORWARD INTO AND OUT OF TIRE, RACE AROUND, REPEAT) | MFT | 185# TIRE | 1:00 |
| | | GUILLERMO | 185# TIRE | 1:01 |
| | 5X SPRINT START FORWARD @ GREEN BAND + 15X DECLINE PUSH-UP, 3 ROUNDS | GUILLERMO | | 4:29 |
| | 25M FLYING BURPEE + 25M FARMER CARRY @ 53# & 70# KBS + 10X PULL-UPS, 3 ROUNDS | GUILLERMO | | 7:04 |
| | 10X THRUSTER @ 95# + 50M BEAR CRAWL + 1X PULL-UP BAR MUSCLE-UP W/ 5X FASTMOTION PUSH-UP, 3 ROUNDS | MATHIEU | | 6:42 |
| | 5X BURPEE + 10X RING PULL-UP + 15X ATOMIC SIT-UP, 7 ROUNDS | ALEX | | 15:08 |
| 01/20/06 | "300" | YAN | | 22:26 |
| | 25X PULL-UP | | | |
| | 50X DEADLIFT @ 135# | | | |
| | 50X PUSH-UP | | | |
| | 50X BOX JUMP @ 24" | | | |
| | 50X FLOOR WIPER @ 135# | | | |
| | 50X KB CLEAN & PRESS @ 35# | | | |
| | 25X PULL-UP | | | |
| | 10X DEADLIFT @ 225# + 100M RACK CARRY @ 35# KBS + 15X RING PUSH-UP, 5 ROUNDS | LOGAN | | 12:03 |
| | GHD EXT. + DIP + GHD SIT-UP + PULL-UP, REVERSE LADDER - 10 TO 1 | ZACK | | 21:51 |
| 50M TEAM TIRE DRAG @ 135# TIRE + 25M KB FARMER CARRY (PAIR MUST MOVE 26#, 35#, 44#, & 53# KB) + 50M LUNGE (25M FORWARD & 25M BACKWARD) + 25M KB FARMER CARRY, 3 ROUNDS | DEBBIE | CAROLINE | 10:00 | |
| | CAROLINE | DEBBIE | 10:00 | |
| | 100X GET-UP | MFT | 26# KB | 16:31 |

"300" FITNESS TRAINING

| | | | | |
|---|--|----------------|------------|--------|
| 01/21/06 | 20X OVERHEAD SQUAT @ 75# + 50M TIRE DRAG + 20X GHD SIT-UP + 30X FRONT SQUAT @ 95# + 50M TIRE DRAG + 30X KTE + 40X SQUAT @ 115# + 50M TIRE DRAG + 40X ATOMIC SIT-UP | HUBERT | | 14:16 |
| | "REGURGITATOR" | MIKE C. | 9 PULL-UPS | *36:07 |
| | 1. MAX PULL-UP | | | |
| | 2. 500M ROW FOR TIME | | | |
| | 3. "THE DIRTY THIRTY" | | | |
| | 30X DIP | | | |
| | 30X ATOMIC SIT-UP | | | |
| | 30X THRUSTER @ 30# DBS | | | |
| | 30X PUSH-UP | | | |
| | 30X BOX JUMP @ 24" | | | |
| 30X GET-UP @ 25# | | | | |
| (SCORE AND RULES - MAX PULL-UPS ARE MULTIPLIED BY 2 AND SUBTRACTED IN SECONDS FROM THE TOTAL TIME OF THE DIRTY THIRTY. ROW MUST BE COMPLETED WITHIN 1:50 OR WILL BE IMMEDIATELY REPEATED. | | | | |
| 30 SECONDS ARE SUBTRACTED FROM THE TOTAL TIME OF THE DIRTY THIRTY FOR EACH SECOND UNDER 1:40 ON THE ROW) | | | | |
| *SUBSTITUTED KTE FOR ATOMIC SIT-UP AND 20# DBS FOR 30# ON THE THRUSTER | | | | |
| TAG TEAM | JEAN | STEADYCAM DUDE | | 22:01 |
| 250M ROW + BALL SLAM @20#, 7 ROUNDS (ONE PLAYER SLAMS UNTIL OTHER PLAYER FINISHES ROW, SWITCH, REPEAT 7X) | | | | |
| "300" | GUILLERMO | | | 18:37 |
| 25X PULL-UP | | | | |
| 50X DEADLIFT @ 135# | | | | |
| 50X PUSH-UP | | | | |
| 50X BOX JUMP @ 24" | | | | |
| 50X FLOOR WIPER @ 135# | | | | |
| 50X KB CLEAN & PRESS @ 35# | | | | |
| 25X PULL-UP | | | | |
| 01/23/06 | 500M ROW | LOGAN | | 1:22.3 |

"300" FITNESS TRAINING

| | | | | |
|---|---|------|----------------|--------|
| 01/24/06 | 12X SQUAT @ BB W/ 62# CHAINS + 40M BEAR CRAWL + 40M ROCK CARRY @ 20#, 5 ROUNDS | JEAN | | 11:30 |
| | 10X SQUAT @ BB W/ 62# CHAINS + 5X PULL-UP + 50M FARMER CARRY @ 53# KBS + 5X KTE, 5 ROUNDS | ZACK | | 13:09 |
| | "REGURGITATOR" | ALEX | 25 PULL-UPS | 20:03 |
| | 1. MAX PULL-UP | | | |
| | 2. 500M ROW FOR TIME | | | |
| | 3. "THE DIRTY THIRTY" | | | |
| | 30X DIP | | | |
| | 30X ATOMIC SIT-UP | | | |
| | 30X THRUSTER @ 30# DBS | | | |
| | 30X PUSH-UP | | | |
| 30X BOX JUMP @ 24" | | | | |
| 30X GET-UP @ 25# | | | | |
| (SCORE AND RULES - MAX PULL-UPS ARE MULTIPLIED BY 2 AND SUBTRACTED IN SECONDS FROM THE TOTAL TIME OF THE DIRTY THIRTY. ROW MUST BE COMPLETED WITHIN 1:50 OR WILL BE IMMEDIATELY REPEATED. | | | | |
| 30 SECONDS ARE SUBTRACTED FROM THE TOTAL TIME OF THE DIRTY THIRTY FOR EACH SECOND UNDER 1:40 ON THE ROW) | | | | |
| "300" | JAMES | | 14:33 (STRONG) | |
| 25X PULL-UP | | | | |
| 50X DEADLIFT @ 135# | | | | |
| 50X PUSH-UP | | | | |
| 50X BOX JUMP @ 24" | | | | |
| 50X FLOOR WIPER @ 135# | | | | |
| 50X KB CLEAN & PRESS @ 35# | | | | |
| 25X PULL-UP | | | | |
| 01/25/06 | 500M ROW | MFT | | 1:28.2 |
| END OF PROJECT | | | | |