

Winter Workout Regime by Jay & Mike your coaches!!

Do a warmup routine before each workout. I do a series of movements that combine stretching and flexibility with activating muscle groups. A typical warmup may consist of running, spin bike, rowing, or elliptical. If you do a cardio warmup, start easy and build over 10 minutes to a high intensity.

The workouts consist of two groups. Each is done for 4 weeks and then rotated with the next group. Do 3 rounds of each group. Repetitions are shown in the weekly columns. The repetitions increase each week. As the workout groups are rotated, add weight the next time that workout comes up in 4 weeks. At the start, it may take a week or two to determine how much weight to start with.

Group 1

	Week 1	Week 2	Week 3	Week 4	Wt
Pullups Crossfit Style	8	10	12	14	
One Arm Row Seated	12	15	18	20	160
Rotational Row Standing	12	15	18	20	60
Russian Twist Incline Bench	12	15	18	20	Add Ball
Back Extensions	6	8	10	12	

Group 2

	Week 1	Week 2	Week 3	Week 4	Wt
Chainsaws	12	15	18	20	80
Cable Lifting Standing	12	15	18	20	40
Dumbbell Overhead	1minute	1:30	1:45	2minute	10
Hanging Pullup	:30	:45	1minute	1:30	
Hip Extensions	7	8	9	10	

Testing will consist of using the rowing machine for a 20 minute test of how many meters can u do. The rowing machine shall be set up with the canoe paddle. This test will be used to measure your improvement in technique and fitness over the winter. Video may be used to help critique when using the machine. Paddling technique will be improved over the winter this way.

Quote to measure each workout by:

It is not necessary to be strong but to feel strong. Allright go forth, work hard and be great!