

Not a Recovery Day (aka, NARD, pronounced like a pirate)

Get-Ups

One set of 8-12 reps with each arm. Choose a weight that you can control. Alternate sides or perform left and right side sets separately. The kettle-bell is the preferred implement, but dumbbells can work also. Go straight to the next station.

Ground Base Combo Twist

Three timed sets each side (30s, 25s, 20s). Take no rest between sides and minimal time between sets. Load a weight that allows you to maintain speed of movement. Take a short break before moving the next station.

Kettle-Bell Swings

Three sets of 15 reps, choosing the weight accordingly. Rest no more than 30s between sets. Take a short water break as you transition to the next station.

MedBall Throws

We prefer the rotational throws, either with the bouncing MedBall against a wall or the Dynamax balls with a partner. Perform three, 1-minute sets (switching sides at the 30s mark), with no more than a 30s rest between sets. Take a short break before moving the next station.

Air Squat/Push-ups/Pull-ups

Start the clock; perform 15 air squats, 10 push-ups, 5 pull-ups for speed. Rest until the clock strikes 1minute. Continue for 15 minutes. Take a short water break as you transition to the next station.

Anaerobic Big Finish

Row, bike, or sprint for up to three minutes. Consider racing on the rower for 500 meters or track/street for ½ mile.

Purpose: This workout was designed with the core in mind. It also presents a full-spectrum (aerobic and anaerobic) endurance challenge.

Utilization: This is meant to be a stand-alone workout, lasting about 45 minutes. Consider doing it once a week for 3-4 weeks, increasing the volume along the way.

Precautions: The first four components of this workout require mastery of technique, especially the Turkish Get-Up. Take the time to master each one separately before combining them into this smoke session. Perform movement prep before this workout.

Notes:

- Perform the Get-Ups first, while you are fresh. The next three stations can be ordered differently, however we recommend the Kettle-Bell Swings in the middle so that rotational and linear movements are alternated.
- The last two events are relatively safe (if form fails, there is no added weight to increase the injury risk), so you can push fatigue to the desired level.

Hines' Hell

30 seconds Bag Push
30 Seconds Isometric Squat Hold
30 Seconds Burpees
30 Seconds Rest

30 seconds Renegade Rows
30 seconds Push-ups on kettle bells
30 seconds mountain climbers on kettle bells
30 Seconds Rest

30 seconds Pull-Ups
30 seconds Isometric Holds at the Top of the Pull-Up bar.
30 seconds hanging leg raises
30 Seconds Rest

30 Seconds Kettle bell Cleans
30 Seconds Kettle bell Push-Presses
30 Seconds Air Squats
30 Seconds Rest

Then immediately start over at Bag Push.

Purpose: This workout does not fit neatly into one category. There is both a strong muscular endurance and anaerobic component.

Utilization: This is a stand-alone workout that is best suited as a Friday "Gut Check" for your men. Probably best to do this no more than once a month. The key is to go hard as you can and try not to pace yourself.

Precautions: When doing the Renegade Rows, be sure to keep the kettle bell directly under your armpit and lock-in before trying to row with the opposite arm. If you do not do this you risk the kettle bell rolling on your support arm and injuring your wrist.

Notes:

- Bag push refers to the Wave, water-filled device. You can substitute with sled push, Skedco drag, etc.
- Select a kettle bell weight you can Renegade Row for reps - usually 35-40 pounds. This will also be the weight you use for kettle bell cleans and push press.
- Three rounds is a hard workout. You can do four rounds if you really want to suffer. Do not do more than four rounds or you will lose intensity or sanity.
- To increase difficulty, simply go harder in each event and do more reps.

RNUT SPECIAL

The entire group completes 15 air squats, 10 push-ups, and 5 pull-ups as quickly as possible in a 1 minute timeframe. This usually takes 30-40 seconds. The remainder of the 1 minute will be rest and movement to the next station.

Then each Ranger will go to one of 4 stations

- 1) Tire Flips for 20m
- 2) Lateral jumps over orange cone or log
- 3) Med Ball Slams-20lb ball
- 4) Burpees

Persons at station 2, 3, 4 go as long as it takes the person doing tire flips to flip tire 20m.

Then repeat the 15 air squats, 10 push-up, and 5 pull-ups. Then rotate to the next station of the 4 stations listed about.

Continue for 10 rounds. You can do 15 rounds if you want to really push it.

Purpose: This workout is a nice hybrid work. There are components of strength endurance, agility and anaerobic fitness. One can adjust the volume and/or intensity to increase or decrease the difficulty of event. It is important to give maximum effort during each event. Pacing yourself can limit intent of the workout.

Utilization: This work out could be a stand-alone workout, lasting about 30-45 minutes depending on the number of sets conducted. Consider doing it once a week for 3-4 weeks, increasing the volume along the way.

Precautions: The movements that make up this hybrid are pretty basic. Perform movement prep before this workout.

Notes:

- To increase difficulty, add additional reps or increase length of tire flip (there for increasing the length of each station).
- If there are a lot of Rangers, you can add more exercise stations.

DUNCAN'S DELIGHT

This circuit can be done in 3 or 4-man teams

- 1) 100m Sprint (out to sidewalk and back)
- 2) 100m Sled Pull (90lbs)
- 3) 75m Granite Ball Carry (105lbs) (method of your choice)
- 4) 15x Tire Flips*

*After tire flips, next team member rolls tire back to start and begins step 1

- 5) 50m Sprint (to weighted ball)
- 6) 25x Ball Slams (20lbs)
- 7) 10x Dead lift (135lbs)
- 8) 10x Spiderman Push Ups (bring knee to elbow on each rep)
- 9) 50m Sprint (to barbell forward)
- 10) 10x Clean and Press (75lbs)
- 11) 50m (to medium box)
- 12) 10x Box Jump**

**After Box Jumps, wait for remaining team members. Once team is complete, they stay within arm's reach as they run 400 meters (1/4 mile). Time stops when all team members reach the stairs.

Purpose: This workout is a nice hybrid work that also brings in the team building concept. There is both a strong muscular endurance and anaerobic component. One can adjust the volume and/or intensity to increase or decrease the difficulty of event. It is important to give maximum effort during each event. Pacing yourself can limit intent of the workout.

Utilization: This is meant to be a stand-alone workout, lasting about 45 minutes. Consider doing it once a month. Go all out during each event. **DO NOT PACE YOURSELF!!!**

Precautions: Overall movements are pretty simple. Keep in mind proper form and body mechanics during Tire Flips and Deadlifts. The Clean and Press is another movement that should be practiced and perfected prior to event. Perform movement prep before this workout.

Notes:

- To increase difficulty simply go harder in each event and do more reps.
- 2 rounds is a hard workout. You can do 3 rounds if you really want to suffer.
- Do not do anymore than 3 rounds or you would lose intensity.