

**BIGGER
SMALLER
BIGGER**

WORK OUT PROGRAM

WEEK 1

NATE GREEN

**BY MARTIN ROONEY,
TRAINING FOR
WARRIORS**

MONDAY – Upper Body (Strength)

WARM-UP

- 3 sets jumping jacks x 10
- 3 sets pogo jumps x 50
- 3 sets of wide outs x 10
- 2 sets of 20 yard skips
- 2 sets of 20 yard side shuffle
- 2 sets of 20 yard carioca
- 2 sets of 20 yards backward run
- 1 set of fire hydrants x 8
- 1 set of forward hip circles x 8
- 1 set of backward hip circles x 8
- 1 set of side leg raise x 8

- 2 sets of band shoulder external rotation x 10
- 2 sets of band shoulder row x 10
- 2 sets of band shoulder extension x 10

WEIGHTS

Bench Press

- Warm-up sets of 5 reps up to the weight of your 5RM (5 rep max)
- perform 5 sets of 5RM

Weighted Chin-up

- Warm-up set of 8 reps
- second set with 25 pounds of 6
- perform 4 sets of 6 reps with 6RM

Weighted Dips

- Warm-up set of 10 reps
- second set with 30 pounds for 8
- perform 4 sets of 8 reps with 8 RM

Overhead Press

- Perform 4 sets of 10 with 10 RM

Barbell Curls

- Perform 4 sets of 10 with 10 RM

Abs of your choice

TUESDAY – Hurricane Sprints

WARM-UP

- 3 sets jumping jacks x 10
- 3 sets pogo jumps x 50
- 3 sets of wide outs x 10
- 2 sets of 20 yard skips
- 2 sets of 20 yard side shuffle
- 2 sets of 20 yard carioca
- 2 sets of 20 yards backward run
- 1 set of fire hydrants x 8
- 1 set of forward hip circles x 8
- 1 set of backward hip circles x 8
- 1 set of side leg raise x 8
- 5 sets of quick steps for 5 yards
- 5 sets of high knees for 5 yards

HURRICANE CATEGORY 2

Round 1

- Treadmill at 10 mph and 10% grade incline for 25 sec. for 3 sets with Regular Crunch (20 reps) and Table Top Crunch (20 reps) after each sprint.
- Rest 2 minutes

Round 2

- Treadmill at 11 mph and 10% grade incline for 20 sec. for 3 sets with Knee Grabs (20 reps) and Ab Knee Slides Crunch (20 reps) after each sprint.
- Rest 2 Minutes

Round 3

- Treadmill at 12 mph and 10% grade incline for 20 sec. for 3 sets with Knee Grab with Row (20 reps) and Split Leg Crunch (10 reps) each side after each sprint.

WEDNESDAY – Off

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WEEK 1

NATE GREEN

**BY MARTIN ROONEY,
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THURSDAY – Hurricane Energy Circuit

WARM-UP

- 3 sets jumping jacks x 10
- 3 sets pogo jumps x 50
- 3 sets of wide outs x 10
- 2 sets of 20 yard skips
- 2 sets of 20 yard side shuffle
- 2 sets of 20 yard carioca
- 2 sets of 20 yards backward run
- 1 set of fire hydrants x 8
- 1 set of forward hip circles x 8
- 1 set of backward hip circles x 8
- 1 set of side leg raise x 8
- 5 sets of quick steps for 5 yards
- 5 sets of high knees for 5 yards

TRAINING FOR WARRIORS CIRCUIT

Complete each station of the circuit for 1 minute for 5 total minutes. Rest for 3 minutes and repeat. Rest for 3 minutes and perform the last round for 30 seconds each station.

1. Rope

Begin standing holding one end of the rope in each hand. Start by performing 10 double arm swings by bringing the arms up and down as violently as possible. Then perform 10 alternating swings by bringing each arm up and down one at a time. Then perform 10 rotations by bringing each arm up and out to the sides and back down. Once all 30 reps are completed as fast as possible, start back at the beginning for the allotted time.

2. KB Swing

Begin standing with the kettlebell in both hands. Swing the bell between the legs while squatting down. Extend at the knees and hips and swing the bell forward to shoulder height. Repeat for 10 reps. Then perform 10 more reps using each arm single handed. Once the 30 reps are completed, start back at the beginning with two hands for the allotted time.

3. Medicine Ball Slams

Begin holding the medicine ball in both hands overhead. Fire the ball into the ground as hard as possible. Recover the ball and repeat for as many reps as possible in the allotted time.

4. Sledge Hammer Swings

Begin facing the tire with both feet forward holding the hammer. Bring the hammer back and over one side of the body and hit the tire as hard as possible. Return the hammer over the other side of the body and repeat for as many reps as possible in the allotted time.

5. Ladder

Begin standing inside of the ladder with both feet. Jump the feet outside of and forward one box. Jump the feet back into the box and repeat for the length of the ladder and back. Once completed, begin running with high knees using one foot in each box down and back the length of the ladder. Once this second set is finished, perform side steps through the ladder using two feet in each box down and back up the ladder. Once the third set is completed, start at the beginning and complete as many reps in the allotted time possible.

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WORK OUT PROGRAM

WEEK 1

NATE GREEN

BY MARTIN ROONEY,
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FRIDAY – Upper Body (Hypertrophy)

WARM-UP

- 3 sets jumping jacks x 10
- 3 sets pogo jumps x 50
- 3 sets of wide outs x 10
- 2 sets of 20 yard skips
- 2 sets of 20 yard side shuffle
- 2 sets of 20 yard carioca
- 2 sets of 20 yards backward run
- 1 set of fire hydrants x 8
- 1 set of forward hip circles x 8
- 1 set of backward hip circles x 8
- 1 set of side leg raise x 8

- 2 sets of band shoulder external rotation x 10
- 2 sets of band shoulder row x 10
- 2 sets of band shoulder extension x 10

WEIGHTS

Close Grip Bench

- do 3 warmup sets of 5 reps.
- Perform 4 sets of 8 with your 8 RM

Cable High Pull

- do 4 sets of 10 reps after a warmup set.

Band Triceps Pushdown

- do 4 sets of 15 reps with high tension

Cable Rows

- Do 4 sets of 8 reps with 8RM

Dumbbell Curls

- Do 3 sets of 8 each arm

Abs of your choice

SATURDAY – Lower Body (Strength)

WARM-UP

- 3 sets jumping jacks x 10
- 3 sets pogo jumps x 50
- 3 sets of wide outs x 10
- 2 sets of 20 yard skips
- 2 sets of 20 yard side shuffle
- 2 sets of 20 yard carioca
- 2 sets of 20 yards backward run
- 1 set of fire hydrants x 8
- 1 set of forward hip circles x 8

- 1 set of backward hip circles x 8
- 1 set of side leg raise x 8
- Stretch out the hip flexors, the hip rotators and the ankles.

WEIGHTS

A. 45 degree back raise

- Perform 1 set of 10 with bodyweight
- Perform 1 set of 8 with 25 pounds
- Perform 1 set of 8 with 45 pounds
- Perform 1 set of 8 with 70 pounds

B. Barbell Squat

- after 3-4 warmup sets
- Perform 5 sets x 8 of 8 RM

C. Deadlift

- after 3-4 warmup sets
- Perform 5 sets x 8 with 8RM

SUNDAY – Off

**BIGGER
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WORK OUT PROGRAM

WEEK 2

NATE GREEN

**BY MARTIN ROONEY,
TRAINING FOR
WARRIORS**

MONDAY – Upper Body (Strength)

WARM-UP

- 3 sets jumping jacks x 10
- 3 sets pogo jumps x 50
- 3 sets of wide outs x 10
- 2 sets of 20 yard skips
- 2 sets of 20 yard side shuffle
- 2 sets of 20 yard carioca
- 2 sets of 20 yards backward run
- 1 set of fire hydrants x 8
- 1 set of forward hip circles x 8
- 1 set of backward hip circles x 8
- 1 set of side leg raise x 8
- 2 sets of band shoulder external rotation x 10
- 2 sets of band shoulder row x 10
- 2 sets of band shoulder extension x 10

WEIGHTS

Bench Press

- warmup sets of 6 reps up to the weight of your 6RM
- perform 5 sets of 6RM
(goal is to get heavier weight in last few sets than Week 1 at 5 reps)

Weighted Chin-up

- warmup set of 8 reps
- second set with 25 pounds of 8
- perform 4 sets of 8 reps with 8RM
(goal is to get heavier weight in last few sets than Week 1 at 6 reps)

Weighted Dips

- warmup set of 10 reps
- second set with 30 pounds for 10
- perform 4 sets of 10 reps with 10 RM
(goal is to get heavier weight in last few sets than Week 1 at 8 reps)

Overhead Press

- Perform 5 sets of 6 with 6 RM

Barbell Curls

- Perform 5 sets of 8 with 8 RM

Abs of your choice

TUESDAY – Hurricane Sprints

WARM-UP

- 3 sets jumping jacks x 10
- 3 sets pogo jumps x 50
- 3 sets of wide outs x 10
- 2 sets of 20 yard skips
- 2 sets of 20 yard side shuffle
- 2 sets of 20 yard carioca
- 2 sets of 20 yards backward run
- 1 set of fire hydrants x 8
- 1 set of forward hip circles x 8
- 1 set of backward hip circles x 8
- 1 set of side leg raise x 8
- 5 sets of quick steps for 5 yards
- 5 sets of high knees for 5 yards

HURRICANE CATEGORY 3

(Use a 65-pound barbell for the following.)

Round 1

Perform the following for three sets:

- Treadmill at 9.5 mph X 10% grade for 25 sec
- Push Jerks X 10, Close Grip Snatch X 8
- Rest 2 min

Round 2

Perform the following for three sets:

- Treadmill at 10.5 mph X 10% grade for 25 sec
- Wide Grip Bent Over Row X 10, High Pull X 10
- Rest 2 min

Round 3

Perform the following for three sets:

- Treadmill at 11.5 mph X 10% grade for 25 sec
- Bicep Curl X 10, Cleans X 10
- Rest 2 min

WEDNESDAY – Off

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WORK OUT PROGRAM

WEEK 2

NATE GREEN

**BY MARTIN ROONEY,
TRAINING FOR
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THURSDAY – Hurricane Energy Circuit

WARM-UP

- 3 sets jumping jacks x 10
- 3 sets pogo jumps x 50
- 3 sets of wide outs x 10

- 2 sets of 20 yard skips
- 2 sets of 20 yard side shuffle
- 2 sets of 20 yard carioca
- 2 sets of 20 yards backward run

- 1 set of fire hydrants x 8
- 1 set of forward hip circles x 8
- 1 set of backward hip circles x 8
- 1 set of side leg raise x 8

- 5 sets of quick steps for 5 yards
- 5 sets of high knees for 5 yards

TRAINING FOR WARRIORS CIRCUIT

Complete each station of the circuit for 1 minute for 5 total minutes. Rest for 3 minutes and repeat. Rest for 3 minutes and perform the last round for 30 seconds each station.

1. Farmer's Walk

Begin standing holding a heavy dumbbell or implement in each hand with the elbows extended. Walk for 20 yards down and back as many times as possible in the time allotted.

2. Sandbag Drag

Begin facing the sandbag while gripping the bag with both hands. Drag the bag backward for 20 yards, using a toe-heel foot contact. Repeat for the distance as many times as possible in the time allotted.

3. Arm Over Arm Rope Pull

Begin standing with the single rope in each hand. Pull the rope to the hip with the far hand and then grab further down the rope with the opposite hand. Repeat for as many grips as possible in the allotted time.

4. Prowler Push or Plate or Sled Push

Begin using the high grip on the Prowler. Taking as big of steps as possible, push the sled 20 yards. Run around to the other side of the sled and push it back using the low grip. Repeat for as much distance as possible in the allotted time.

5. Tire Flip

Begin facing the tire. Bend down and grab both hands under the bottom rim. Using the legs, lift the tire onto one side while keeping the elbows extended. Turn the hands over and push the tire down as hard as possible. Run to the opposite side of the tire and flip it back to the other side. Repeat for as many reps as possible in the allotted time.

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WORK OUT PROGRAM

WEEK 2

NATE GREEN

BY MARTIN ROONEY,
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FRIDAY – Upper Body Day (Hypertrophy)

WARM-UP

- 3 sets jumping jacks x 10
- 3 sets pogo jumps x 50
- 3 sets of wide outs x 10
- 2 sets of 20 yard skips
- 2 sets of 20 yard side shuffle
- 2 sets of 20 yard carioca
- 2 sets of 20 yards backward run
- 1 set of fire hydrants x 8
- 1 set of forward hip circles x 8
- 1 set of backward hip circles x 8
- 1 set of side leg raise x 8

- 2 sets of band shoulder external rotation x 10
- 2 sets of band shoulder row x 10
- 2 sets of band shoulder extension x 10

WEIGHTS

Close Grip Bench

- Do 3 warmup sets of 5 reps.
- Perform 4 sets of 10 with your 10 RM

Cable High Pull

- Do 4 sets of 8 reps after a warmup set.

Band Triceps Pushdown

- Do 4 sets of 20 reps with high tension

Cable Rows

- Do 4 sets of 8 reps with 8RM

Dumbbell Curls

- Do 3 sets of 8 each arm

Abs of your choice

SATURDAY – Lower Body (Strength)

WARM-UP

- 3 sets jumping jacks x 10
- 3 sets pogo jumps x 50
- 3 sets of wide outs x 10
- 2 sets of 20 yard skips
- 2 sets of 20 yard side shuffle
- 2 sets of 20 yard carioca
- 2 sets of 20 yards backward run
- 1 set of fire hydrants x 8

- 1 set of forward hip circles x 8
- 1 set of backward hip circles x 8
- 1 set of side leg raise x 8
- Stretch out the hip flexors, the hip rotators and the ankles.

WEIGHTS

A. 45 degree back raise

- Perform 1 set of 10 BW
- Perform 1 set of 8 with 25 pounds

- Perform 1 set of 8 with 45 pounds
- Perform 1 set of 8 with 90 pounds

B. Barbell Squat

- after 3-4 warmup sets
- Perform 5 sets x 8 of 8 RM

C. Deadlift

- after 3-4 warmup sets
- Perform 5 sets x 8 with 8RM

SUNDAY – Off

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WORK OUT PROGRAM

WEEK 3

NATE GREEN

BY MARTIN ROONEY,
TRAINING FOR
WARRIORS

MONDAY – Upper Body (Strength)

WARM-UP

- 3 sets jumping jacks x 10
- 3 sets pogo jumps x 50
- 3 sets of wide outs x 10
- 2 sets of 20 yard skips
- 2 sets of 20 yard side shuffle
- 2 sets of 20 yard carioca
- 2 sets of 20 yards backward run
- 1 set of fire hydrants x 8
- 1 set of forward hip circles x 8
- 1 set of backward hip circles x 8
- 1 set of side leg raise x 8
- 2 sets of band shoulder external rotation x 10
- 2 sets of band shoulder row x 10
- 2 sets of band shoulder extension x 10

WEIGHTS

Band Bench Press

- warmup sets of 5 reps up to the weight of your 5RM
- perform 5 sets of 5RM (using mini bands)

Alternating Grip Weighted Chin

- warmup set of 8 reps (do 4 reps with each grip)
- second set with 25 pounds of 8 (4 each side)
- perform 4 sets of 8 reps with 8RM

Weighted Dips

- warmup set of 6 reps
- second set with 40 pounds for 6
- perform 5 sets of 6 reps with 6 RM (goal is to get heavier weight in last few sets than Week 1 at 8 reps)

Overhead Press

- Perform 5 sets of 5 with 5 RM

Barbell Curls

- Perform 4 sets of 8 with 8 RM

Abs of your choice

TUESDAY – Hurricane Sprints

WARM-UP

- 3 sets jumping jacks x 10
- 3 sets pogo jumps x 50
- 3 sets of wide outs x 10
- 2 sets of 20 yard skips
- 2 sets of 20 yard side shuffle
- 2 sets of 20 yard carioca
- 2 sets of 20 yards backward run
- 1 set of fire hydrants x 8
- 1 set of forward hip circles x 8
- 1 set of backward hip circles x 8
- 1 set of side leg raise x 8

- 5 sets of quick steps for 5 yards
- 5 sets of high knees for 5 yards

HURRICANE CATEGORY 3

(Use a 65-pound barbell for the following.)

Round 1

Perform the following for three sets:

- Treadmill at 9.5 mph X 10% grade for 25 sec
- High Pull X 10, Bent Over Row X 8
- Rest 2 min

Round 2

Perform the following for three sets:

- Treadmill at 10.5 mph X 10% grade for 25 sec
- Close Grip Snatch X 10
- Rest 2 min

Round 3

Perform the following for three sets:

- Treadmill at 11.5 mph X 10% grade for 25 sec
- Cleans X 10
- Rest 2 min

WEDNESDAY – Off

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WEEK 3

NATE GREEN

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THURSDAY – Hurricane Energy Circuit

WARM-UP

- 3 sets jumping jacks x 10
- 3 sets pogo jumps x 50
- 3 sets of wide outs x 10

- 2 sets of 20 yard skips
- 2 sets of 20 yard side shuffle
- 2 sets of 20 yard carioca
- 2 sets of 20 yards backward run

- 1 set of fire hydrants x 8
- 1 set of forward hip circles x 8
- 1 set of backward hip circles x 8
- 1 set of side leg raise x 8

- 5 sets of quick steps for 5 yards
- 5 sets of high knees for 5 yards

TRAINING FOR WARRIORS CIRCUIT

(Same exercises as Week 1, but with different time parameters.)

Complete each station of the circuit for 30 seconds for 2.5 total minutes. Rest for 1 minute and repeat. Do 4 total sets.

1. Rope

Begin standing holding one end of the rope in each hand. Start by performing 10 double arm swings by bringing the arms up and down as violently as possible. Then perform 10 alternating swings by bringing each arm up and down one at a time. Then perform 10 rotations by bringing each arm up and out to the sides and back down. Once all 30 reps are completed as fast as possible, start back at the beginning for the allotted time.

2. KB Swing

Begin standing with the kettlebell in both hands. Swing the bell between the legs while squatting down. Extend at the knees and hips and swing the bell forward to shoulder height. Repeat for 10 reps. Then perform 10 more reps using each arm single handed. Once the 30 reps are completed, start back at the beginning with two hands for the allotted time.

3. Med Ball Slams

Begin holding the medicine ball in both hands overhead. Fire the ball into the ground as hard as possible. Recover the ball and repeat for as many reps as possible in the allotted time.

4. Sledge Hammer Swings

Begin facing the tire with both feet forward holding the hammer. Bring the hammer back and over one side of the body and hit the tire as hard as possible. Return the hammer over the other side of the body and repeat for as many reps as possible in the allotted time.

5. Ladder

Begin standing inside of the ladder with both feet. Jump the feet outside of and forward one box. Jump the feet back into the box and repeat for the length of the ladder and back. Once completed, begin running with high knees using one foot in each box down and back the length of the ladder. Once this second set is finished, perform side steps through the ladder using two feet in each box down and back up the ladder. Once the third set is completed, start at the beginning and complete as many reps in the allotted time possible.

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WORK OUT PROGRAM

WEEK 3

NATE GREEN

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FRIDAY – Upper Body Day (Hypertrophy)

WARM-UP

- 3 sets jumping jacks x 10
- 3 sets pogo jumps x 50
- 3 sets of wide outs x 10

- 2 sets of 20 yard skips
- 2 sets of 20 yard side shuffle
- 2 sets of 20 yard carioca
- 2 sets of 20 yards backward run

- 1 set of fire hydrants x 8
- 1 set of forward hip circles x 8
- 1 set of backward hip circles x 8
- 1 set of side leg raise x 8

- 2 sets of band shoulder external rotation x 10
- 2 sets of band shoulder row x 10
- 2 sets of band shoulder extension x 10

WEIGHTS

Incline Bench

- do 3 warmup sets of 5 reps.
- Perform 4 sets of 10 with your 10 RM

One Arm Dumbbell Row

- do 4 sets of 8 reps each arm after a warmup set.

Cable Tricep Pushdown

- do 4 sets of 12 reps with high tension
- Bent Over Reverse Flys with dumbbells
- 3 sets of 10

Dumbbell Curls

- Do 3 sets of 8 each arm

Abs of your choice.

SATURDAY – Lower Body (Strength)

WARM-UP

- 3 sets jumping jacks x 10
- 3 sets pogo jumps x 50
- 3 sets of wide outs x 10

- 2 sets of 20 yard skips
- 2 sets of 20 yard side shuffle
- 2 sets of 20 yard carioca
- 2 sets of 20 yards backward run

- 1 set of fire hydrants x 8
- 1 set of forward hip circles x 8

- 1 set of backward hip circles x 8
- 1 set of side leg raise x 8

- Stretch out the hip flexors, the hip rotators and the ankles.

WEIGHTS

A. 45 degree back raise

- Perform 1 set of 10 BW
- Perform 2 sets 45 pounds
- Perform 2 set of 8 with 90 pounds

B. Barbell Squat

- after 3-4 warmup sets
- Perform 5 sets x 6 of 6 RM

C. Deadlift

- after 3-4 warmup sets
- Perform 5 sets x 6 with 6RM

SUNDAY – Off

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WORK OUT PROGRAM

WEEK 4

NATE GREEN

**BY MARTIN ROONEY,
TRAINING FOR
WARRIORS**

MONDAY – Upper Body Day (Strength)

WARM-UP

- 3 sets jumping jacks x 10
- 3 sets pogo jumps x 50
- 3 sets of wide outs x 10
- 2 sets of 20 yard skips
- 2 sets of 20 yard side shuffle
- 2 sets of 20 yard carioca
- 2 sets of 20 yards backward run
- 1 set of fire hydrants x 8
- 1 set of forward hip circles x 8
- 1 set of backward hip circles x 8
- 1 set of side leg raise x 8
- 2 sets of band shoulder external rotation x 10

- 2 sets of band shoulder row x 10
- 2 sets of band shoulder extension x 10

WEIGHTS

Band Bench Press

- warmup sets of 8 reps up to the weight of your 8RM
- perform 5 sets of 8RM (using mini bands)

Weighted Pull-up

- warmup set of 8 reps
- second set with 25 pounds of 8
- perform 3 sets of 6 reps with 40 pounds added

Weighted Dips

- warmup set of 6 reps with 25 pounds
- second set with 40 pounds for 6
- perform 5 sets of 6 reps with 80 pounds added

Overhead Press

- Perform 4 sets of 8 with 8RM

Barbell Curls

- Perform 4 sets of 10 with 10 RM

Abs of your choice

TUESDAY – Hurricane Sprints

WARM-UP

- 3 sets jumping jacks x 10
- 3 sets pogo jumps x 50
- 3 sets of wide outs x 10
- 2 sets of 20 yard skips
- 2 sets of 20 yard side shuffle
- 2 sets of 20 yard carioca
- 2 sets of 20 yards backward run
- 1 set of fire hydrants x 8
- 1 set of forward hip circles x 8
- 1 set of backward hip circles x 8
- 1 set of side leg raise x 8
- 5 sets of quick steps for 5 yards
- 5 sets of high knees for 5 yards

HURRICANE CATEGORY 3

(Use light weight – 30 pounds or so – on the cable exercises.)

Round 1

Perform the following for three sets:

- Treadmill at 10 mph X 10% grade for 30 sec
- Cable Row X 10, Cable Triceps Pressdown X 8
- Rest 2 min

Round 2

Perform the following for three sets:

- Treadmill at 10.5 mph X 10% grade for 30 sec
- Cable High Pull To Chin X 10
- Rest 2 min

Round 3

Perform the following for three sets:

- Treadmill at 11.5 mph X 10% grade for 30 sec
- Cable Lat Pull-downs X 10
- Rest 2 min

WEDNESDAY – Off

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WEEK 4

NATE GREEN

**BY MARTIN ROONEY,
TRAINING FOR
WARRIORS**

THURSDAY – Hurricane Energy Circuit

WARM-UP

- 3 sets jumping jacks x 10
- 3 sets pogo jumps x 50
- 3 sets of wide outs x 10
- 2 sets of 20 yard skips
- 2 sets of 20 yard side shuffle
- 2 sets of 20 yard carioca
- 2 sets of 20 yards backward run
- 1 set of fire hydrants x 8
- 1 set of forward hip circles x 8
- 1 set of backward hip circles x 8
- 1 set of side leg raise x 8
- 5 sets of quick steps for 5 yards
- 5 sets of high knees for 5 yards

TRAINING FOR WARRIORS CIRCUIT

(Same exercises as Week 2, but with different time parameters.)

Complete each station of the circuit for 30 seconds for 2.5 total minutes. Rest for 1 minute and repeat. Do 4 total sets.

1. Farmer's Walk

Begin standing holding a heavy dumbbell or implement in each hand with the elbows extended. Walk for 20 yards down and back as many times as possible in the time allotted.

2. Sandbag Drag

Begin facing the sandbag while gripping the bag with both hands. Drag the bag backward for 20 yards, using a toe-heel foot contact. Repeat for the distance as many times as possible in the time allotted.

3. Arm Over Arm Rope Pull

Begin standing with the single rope in each hand. Pull the rope to the hip with the far hand and then grab further down the rope with the opposite hand. Repeat for as many grips as possible in the allotted time.

4. Prowler Push or Plate or Sled Push

Begin using the high grip on the Prowler. Taking as big of steps as possible, push the sled 20 yards. Run around to the other side of the sled and push it back using the low grip. Repeat for as much distance as possible in the allotted time.

5. Tire Flip

Begin facing the tire. Bend down and grab both hands under the bottom rim. Using the legs, lift the tire onto one side while keeping the elbows extended. Turn the hands over and push the tire down as hard as possible. Run to the opposite side of the tire and flip it back to the other side. Repeat for as many reps as possible in the allotted time.

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WORK OUT PROGRAM

WEEK 4

NATE GREEN

BY MARTIN ROONEY,
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WARRIORS

FRIDAY – Upper Body (Hypertrophy)

WARM-UP

- 3 sets jumping jacks x 10
- 3 sets pogo jumps x 50
- 3 sets of wide outs x 10
- 2 sets of 20 yard skips
- 2 sets of 20 yard side shuffle
- 2 sets of 20 yard carioca
- 2 sets of 20 yards backward run
- 1 set of fire hydrants x 8
- 1 set of forward hip circles x 8
- 1 set of backward hip circles x 8
- 1 set of side leg raise x 8

- 2 sets of band shoulder external rotation x 10
- 2 sets of band shoulder row x 10
- 2 sets of band shoulder extension x 10

WEIGHTS

Incline Bench

- do 3 warmup sets of 5 reps.
- Perform 4 sets of 6 with your 6 RM

One Arm Dumbbell Row

- do 4 sets of 8 reps each arm after a warmup set.

Seated Dumbbell Triceps Behind-the-neck Extensions

- do 4 sets of 10 reps

Bent Over Reverse Flys with dumbbells

- 3 sets of 10

Dumbbell Curls

- Do 3 sets of 8 each arm

Abs of your choice

SATURDAY – Lower Body (Strength)

WARM-UP

- 3 sets jumping jacks x 10
- 3 sets pogo jumps x 50
- 3 sets of wide outs x 10
- 2 sets of 20 yard skips
- 2 sets of 20 yard side shuffle
- 2 sets of 20 yard carioca
- 2 sets of 20 yards backward run
- 1 set of fire hydrants x 8

- 1 set of forward hip circles x 8
- 1 set of backward hip circles x 8
- 1 set of side leg raise x 8
- Stretch out the hip flexors, the hip rotators and the ankles.

WEIGHTS

A. 45 degree Back Raise

- Perform 1 set of 10 BW

- Perform 2 sets 45 pounds
- Perform 2 set of 8 with 90 pounds

B. Barbell Squat

- after 3-4 warmup sets
- Perform 5 sets x 10 of 10 RM

C. Deadlift

- after 3-4 warmup sets
- Perform 5 sets x 8 with 8RM

SUNDAY – OFF