

PROJECT MOVE

SAMPLE WEEK 1

MONDAY 31 AUG

INTERVAL

4 Sets

400m Run

2 Minutes

*Look to increase pace each run.
NOT Max Effort 400's

5 SETS

Min 1- 15 Bar Facing Burpees
Min 2- Max Effort Cal Bike
Rest 1 Minute

TUESDAY 1 SEP

FOR TIME (15-17 MIN CAP)

5 Rounds

75 Double Unders
15 DBL DB Power Cleans
25 Push Ups

@22.5/15 (50/35)

5 SETS

20 Russian Twists
+
30 Second Side Plank (R+L)

Rest 1 min between sets

WEDNESDAY 2 SEP

AMRAP

20 Mins

20 Air Squats
10 Pull Ups
20 Step Back Lunges
10 TTB

5 SETS

10 Reps

V-up Russian Twist Combo

1 rep = 1 V-up + a Russian Twist
each way.

*Rest 1min between sets

THURSDAY 3 SEP

INTERVAL

4 Sets

2:30 Mins on 90 Seconds Off

15 KB Swings
10 Thrusters
ME Double Unders

@24/16 (53/35)
@42.5/30 (95/65)

*Score = Total number of DU
completed

4 SETS

20 Split Jumps
+
45 Second Wall Sit

Rest 90 seconds between sets

FRIDAY 4 SEP

FOR TIME (16-18 MIN CAP)

5 Rounds

500m Row
200m Run

5 SETS

20-30 Second Dead Hang

Rest 1 min between sets

PROJECT MOVE

SAMPLE WEEK 2

MONDAY 7 SEP

AMRAP

20 Min AMRAP

30 Double Unders
8 Alternating DB Clusters
6 TTB

@22.5/15 (50/35)

4 SETS

45 Second Single Arm Farmers
Hold (R+L)

Rest 1 Minute between sets

TUESDAY 8 SEP

INTERVAL

3 Sets

4 Min AMRAP

1-2-3-4-5-6 etc
Burpees to Target
2-4-6-8-10-12 etc
Box Jump Overs

Rest 3 Mins between sets

@60/50cm (24/20)

Score Each round by total number
of reps

Each round scored individually

EMOM 5 MINS

15 Second L-sit Hold

Rest remainder of minute

WEDNESDAY 9 SEP

FOR TIME (18-20 MIN CAP)

Heavy Helen

3 Rounds

800m Run
21 KB Swings
12 Pull Ups

@32/24 (70/53)

5 SETS

10-15 Hollow Rocks

*Rest 45sec between sets

THURSDAY 10 SEP

AMRAP

24 Min AMRAP

50 Air Squats
25 Push Ups
200m DBL DB Farmers Carry
24/18 Calorie Bike

@22.5/15 (50/35)

4 SETS

6 Plank Push Ups
+
30 Second Plank Hold

Rest 90 Seconds between sets

FRIDAY 11 SEP

INTERVAL

6 Sets

2 Mins on 1 min off

200m Run
ME Burpee Box Jumps

@60/50cm (24/20)

*Score = Total number of Burpee
Box Jumps

5 SETS

20 Second Single Leg Wall Sit
(R+L)

Rest 1 minute between sets