



Day 1

**Circuit 1 - Ground Skills**

Exercise	Sets	Reps	Notes
<a href="#">Turkish Get Up</a>	2	3	
<a href="#">Bear Crawls</a>	2	10-20 paces	Go forward & backwards

**Circuit 2 - Ramping Isometrics** - Click [HERE](#) to see how to do Ramping Isometrics

Exercise	Sets	Reps	Notes
<a href="#">Deadlift</a>	1	1	30 sec. 50%/ 30 sec. 80%/ 30 sec. 100%
<a href="#">Shoulder Press</a>	1	1	30 sec. 50%/ 30 sec. 80%/ 30 sec. 100%
<a href="#">Plank</a>	1	1	30 sec. 50%/ 30 sec. 80%/ 30 sec. 100%

**Circuit 3 - Movement Skills**

Exercise	Sets	Reps	Notes
<a href="#">Barbarian Squat</a>	3	5/ 5	Do <a href="#">KB Goblet Squats</a> if no Mace
<a href="#">Stick Windmill</a>	3	5	
<a href="#">Farmers Walk</a>	3	100 paces	

Day 2

**Circuit 1 - Ground Skills**

Exercise	Sets	Reps	Notes
<a href="#">Half Turkish Get Up</a>	2	5	
<a href="#">Crab Walks</a>	2	10-20 paces	Go forward & backwards

**Circuit 2 - Ramping Isometrics** - Click [HERE](#) to see how to do Ramping Isometrics

Exercise	Sets	Reps	Notes
<a href="#">Belted Bridge</a>	1	1	30 sec. 50%/ 30 sec. 80%/ 30 sec. 100%
<a href="#">Chest Press</a>	1	1	30 sec. 50%/ 30 sec. 80%/ 30 sec. 100%
<a href="#">Neck/ Tricep Extension</a>	1	1	30 sec. 50%/ 30 sec. 80%/ 30 sec. 100%

**Circuit 3 - Movement Skills**

Exercise	Sets	Reps	Notes
<a href="#">Airborne Lunge</a>	3	5	Do <a href="#">Reverse Lunge</a> if needed
<a href="#">Mace Windmill</a>	3	5	Do <a href="#">Stick Windmill</a> if needed
<a href="#">Solsky Push Ups</a>	3	10-20	