

SwanStrong Base

Sample Week

MONDAY

5 rounds for time:

25 Medicine Ball Cleans (20/14lbs)

10 Handstand Push-ups

Target time: Under 15 mins

- *If you cannot perform the Medicine Ball Clean, simply do Squats with the Wall Ball, or Air Squats*
- *If you don't have a Wall Ball you could also do 10-15 Squats with your Dumbbells racked on your shoulders each round*
- *Do 5 HSPU per round if these are hard for you*
- *Scale to Abmat HSPU, Box Pike HSPU or Dumbbell Press/ Push Press or 5 x Wall Climbs per round*

TUESDAY

5 X AMRAP 3 mins:

Run 400m

20 Kettlebell Swings (24/16kg)

Max reps Pull-ups in time remaining

Rest 2 mins between rounds

Rx+ Option: 32kg Kettlebell, C2B Pull-ups

Target Reps: 10+ Pull-ups per round

- *You should be getting onto the pull-up bar every round. Reduce the run distance so that you are coming in at around the 1:30 mark each round*
- *Substitute the run for a row or bike if you have access to one and cannot run (look to finish around 1:30 per round)*
- *Swing to eye level only if you cannot safely swing the KB overhead*

- If you find that you are not getting to the pull-up bar, reduce the number of KB swings to 15 or 10 reps
- Use a band to assist pull-ups, switch for ring rows or inverted body rows if needed

WEDNESDAY

AMRAP 12 mins:

- 10 Dumbbell Push Press (right arm)**
- 10 Burpees**
- 10 Dumbbell Push Press (left arm)**
- 20 Sit-ups**

Men use 22.5kg Dumbbell. Women use 15kg Dumbbell.

Target Rounds: 4+ rounds

- Try and choose a DB weight where you can do 10 unbroken reps for your first round on each arm
- If the DB weight you have is too heavy for this, reduce your reps to the highest number you can do unbroken for 1 round and repeat for the duration of the workout
- Use an AbMat for Sit-ups if you have one but this isn't mandatory
- Scale Burpees to a kickback burpee (remove push-up component) to keep you moving

THURSDAY

AMRAP 10 minutes:

- 15 Dumbbell Deadlifts (22.5/15kg)**
- 20 Overhead Lunges with Single Dumbbell (22.5/15kg)**

Target Rounds: 5+ rounds

- Hold DB's at the very back for DL and only touch front head of DB to the floor
- Focus on keeping your chest up and hinging back with your hips to perform each rep of DL
- One DB only for lunges, do 10 reps with your left arm and 10 reps with your right arm
- If you find this too challenging, alternate arms every 5 reps
- You can also take DB down to your shoulder or hold one DB with both hands at your chest

FRIDAY

EMOM x 20:

Min 1: Max reps Double Unders

Min 2: Max reps T2B

Min 3: Max reps Push-ups

Min 4: Rest

- *Think of this as 3 min on/ 1 min off x 5 rounds*
- *Try to use up as much of each minute as you can*
- *Substitute double unders for single skips if needed but today is a great opportunity to practice the skill if it needs work*
- *Scale T2B to hanging knee raises or sit-ups*
- *Keep your body tight during the push-up, try and keep it in a straight line throughout the entire movement*
- *If your T2B or push-ups are failing, try quick singles to squeeze in as many reps as possible*

SATURDAY

For time:

10 Box Jumps

10 Wall Balls

20 Box Jumps

20 Wall Balls

30 Box Jumps

30 Wall Balls

40 Box Jumps

40 Wall Balls

Time cap: 15 minutes

Men: 24" box, 20lb Wall Ball

Women: 20" box, 14lb Wall Ball

- *In today's workout, you are trying to beat the clock.*
- *If you finish, record your time, if you get capped at 15 minutes, record your time as 15:00 and then add a note with how many reps you got through*

- *Reduce box jump height or step up instead*
- *Standard Wall Ball target is 10ft/9ft but reduce this height if needed*
- *Swap for Wall Ball Thruster (no throw to wall)*