Friday 1/1
Baseline Test
Record time to complete and modifications used
All: ½ mile Run/Walk or 500m Row
Beginner: 20 reps
Intermediate/Advanced: 40 reps
Air Squats
Push-ups
Sit-ups
Pull-ups*
(*alternatives: Jumping pull-ups, ring rows, tricep dips)

Saturday 1/2
All: 15 sec on 45 sec off for 15 min
Pace yourself and do the same distance or reps for each movement consistently
Run/Walk/Row
Push-ups
Air Squats
Intermediate/Advanced
Add a weighted ruck 10/20

Sunday 1/3
EMOM 10 mins
Pull-ups
Beginner: 10
Intermediate: 15
Advanced: 20
Alternative movements:
Jumping Pull ups
Ring Rows
Tricep Dips
Bent Over row

Monday 1/4
Active Rest
Go do something fun that does not feel like exercise

Tuesday 1/5
5 rounds
1 min of tempo squats
1 min rest
Beginner: 2113
(2 counts down, 1 count hold, 1 count up, 3 counts at the top)
Intermediate/Advanced: 3111
Add weight if desired

Wednesday 1/6
Run/walk/row for 20 mins
Beginner: Run or walk/row at a brisk pace for 1 min, rest, slow down, for 2 min and repeat
Intermediate: Alternate Run 1 minute, walk 1 minute
Advanced: Run for 20 minutes

Thursday 1/7
EMOM 10 minutes
Air Squats
Push-ups
Sit-ups
Pull-ups
Beginning: 2 reps of each, rest for remainder of minute
Intermediate: 4
Advanced: 8
Cut reps if you have less than 15 seconds of rest after movements are completed

Friday 1/8
Complete rest day
Read a book, cook a healthy meal, or chat with loved ones.

Saturday 1/9
5 rounds
10 1 1/2 Air squats (with control; all the way down, 1/2 up, back down, then up)
30 sec Plank Hold
-then-
5 rounds
10 Plank shoulder taps
30 sec wall sits

Sunday 1/10
Row/run/walk briskly for 5 mins straight with a consistent pace, rest as long as needed then repeat
Beginning: 2x
Intermediate: 4-5x
Advanced: 6-10x
Monday 1/11
Tabata
20 seconds work/10 seconds rest, 4 rounds for each set, rest 1 min before going to the next set
Jumping Jacks/Sit-ups
Push-ups/ Squat jumps
Mountain Climbers/Tricep dips
-then-
Finish it with a flutter kick medley, two sets without rest
Flutter Kick/ open close/over under/ both legs up and down

Tuesday 1/12
Active rest
Try some yoga or do something fun with others!

Wednesday 1/13
Run/walk ¼ mile or Row 250m.
Rest for an equal amount of time and then repeat.
Beginner: 2x
Intermediate: 4-6x
Advanced: 10x

Thursday 1/14
10 min AMRAP
Beginner/Intermediate/Advanced
2/5/10 Air Squats
2/5/10 Push-ups
1/3/6 Pull-ups
Beginner: minimum 15 sec rest between rounds
Intermediate/Advanced: rest optional

Friday 1/15
15 sec on 45 sec off, Alternate between sit-ups and pull-ups each minute for 12 minutes. Maintain a consistent rep count for each exercise.

Saturday 1/16
Complete Rest
Reach out to an old friend, do something for your community, or get creative.

Sunday 1/17
30 sec on 30 sec off for 20 min
Pace yourself and do the same distance or reps for each movement consistently
Run/Walk/Row
Air Squats
Push-ups
Sit-ups
Intermediate/Advanced: Add a weighted ruck 10/20 lb

Monday 1/18
Goal today is low intensity, longer duration.
Go for a run, walk or row for 20 minutes. Set a challenging pace you can hold for the whole time.

Tuesday 1/19
10 min EMOM
Complete “perfect form” push-ups and then rest for the remainder of the minute.
Start with the hardest level you can do then modify as your form begins to fail.
Beginner: 5
Intermediate: 10
Advanced: 15-20
Perfect form= hips and shoulders move together, elbows close to your sides.

Wednesday 1/20
Active rest
Have a dance party, play tag, go for a bike ride.

Thursday 1/21
1 min on 1 min off
Max effort run/walk or row pace for 1 min, easy recovery pace for 1 min
Repeat Beginner: 4x
Intermediate: 6x
Advanced: 8-10x
-then-
Cool down easy walk for 2 mins

Friday 1/22
Tabata
20 seconds work/10 seconds rest, 4 rounds for each set, rest 1 min before going to the next set
Skaters/Hand release push-ups
Lunges/ Bent over row*
Air Squats/Shoulder 2 overhead*
-then-
Finish it with 1 max effort plank hold until form fails
*use a weighted backpack for some resistance

Saturday 1/23
5 rounds
1 min of tempo squats
1 min rest
Beginner: 3112 tempo
Intermediate: 3311
Advanced: 3311
Add weight if desired

Sunday 1/24
Complete Rest
Organize your closet, do some meal prep, or clean out your email inbox

Monday 1/25
4 rounds for time
200m run/walk, 125m row
Air Squats
Push-ups
Sit-ups
Pull-ups
Beginner: 4 rounds
Intermediate: 6 rounds
Advanced: 8-10 rounds

Tuesday 1/26
200m run/walk or 250m row
-then-
30 sec on 30 sec off
Air Squats
Push-ups
Sit-ups
Pull-ups
Beginner: 4 rounds
Intermediate: 6 rounds
Advanced: 8-10 rounds

Wednesday 1/27
Active Rest
Go do something fun like a scavenger hunt, battlefield hike, or a ropes course.

Thursday 1/28
EMOM 20 minutes (4 Rounds)
0-1: 30 sec High Knees
1-2: 10 Push-ups
2-3: 10 Jumping Squats
3-4: 10 High Pulls*
4-5: Rest
Intermediate: 20 reps
Advanced: 30 reps
*use a weighted backpack

Friday 1/29
400m run/walk or 250m row
-then-
30 sec on 30 sec off
Air Squats
Push-ups
Sit-ups
Pull-ups

Saturday 1/30
Rest Day before Test Day
Try some stretching or yoga today
Drink water and get some rest

Sunday 1/31
Baseline Test
Record time to complete and modifications used
All: ½ mile Run/Walk or 500m Row
Beginner: 20 reps
Intermediate/Advanced: 40 reps

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