

SUMMIT CRUSHER PROGRAM

Weeks 1-3 Schedule :

MONDAY	<p>HIIT – Week 1: 30 on, 30 off. Week 2: 40 on, 30 off. Week 3: 40 on, 20 off. Go HARD during intervals.</p> <p>If you have access to a treadmill, do 8 incline run, then walk during recovery time. If you don't, do sprints outside alternating with walking. Repeat sequence for 25 minutes then light, slow jog or incline walk for 15 minutes.</p>
TUESDAY	3x12 Strength Workout
WEDNESDAY	<p>Aerobic conditioning Options: jogging, biking, elliptical, incline walking or stair climber- steady state for 40 minutes –7 effort level out of 10</p>
THURSDAY	AMRAP (as many rounds as possible) Conditioning Workout
FRIDAY	HIIT (High Intensity Intervals) Workout
SATURDAY	Hike with weighted pack at least 3 miles
SUNDAY	Rest day or go for a walk, hike, do restorative yoga or stretch! Take care of your body so that you feel recovered entering a new week.

SUMMIT CRUSHER PROGRAM

Weeks 1-3 : Tuesday

Equipment needed: Medium Dumbbells

EXERCISE	TIME/REPS/INTENSITY NOTES
Double rack squat to reverse lunge (squat + lunge is one) Chest fly to pullover Ab U's (each way)	3 sets of 12 reps Rest for 1 minute between sets and minimally between exercises
SLDL w/ row at bottom Curl to bent over row Feet elevated plank to pushup	3 sets of 12 reps Rest for 1 minute between sets and minimally between exercises
Double rack curtsey lunge Arnold press Dragon flag	3 sets of 12 reps Rest for 1 minute between sets and minimally between exercises

REPEAT EACH SET 3X THROUGH BEFORE MOVING ON



SUMMIT CRUSHER PROGRAM

Weeks 1-3 Thursday

Equipment needed: Light Dumbbells + timer

EXERCISE	TIME/REPS/INTENSITY NOTES
<p>5 minutes: 10 snatch (each side) 10 crab glute thrust 10 hollow body chest press</p> <p>6 minutes: 10 renegade rows (row, pushup is one) 10 reverse lunge with front raise (each side) 25 sumo drops</p> <p>6 minutes: 10 dips 10 lateral lunge with double high row 25 squat jump with turn</p> <p>6 minutes: 10 curl circle press tri ext 10 ab circles 10 jumping lunges (each leg)</p> <p>5 minutes: 25 step up taps (each leg) 25 mountain climbers (each leg) 10 romanian deadlift</p>	<p>AMRAP - As many rounds as possible in the given time- Rest 1 minute between rounds</p>



SUMMIT CRUSHER PROGRAM

Weeks 1-3 Friday

Equipment needed: Bodyweight, timer, and treadmill if available

EXERCISE	TIME/REPS/INTENSITY NOTES
<p>-Treadmill on incline 8 OR find an incline outside OR sprint in place</p> <p>-Squat jumps with heel click</p> <p>-Runners lunge hops R leg back -Runners lunge hops L leg back</p> <p>-Pike hops</p> <p>-Treadmill on incline 7 OR find an incline outside OR sprint in place</p> <p>-Single leg split stance hops R leg forward -Single leg split stance hops L leg forward</p> <p>-Sumo drops</p> <p>-Burpee with tuck jump</p> <p>-Wide high knees</p> <p>-3 way burpee</p>	<p>HIIT- Go HARD during intervals.</p> <p>Week 1: 40 on, 30 off Week 2: 40 on, 20 off Week 3: 50 on, 20 off</p> <p>3x total with 1-2 minutes rest between rounds</p>

