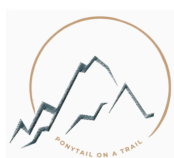


SUMMIT CRUSHER PROGRAM

Weeks 4-6 Schedule :

MONDAY	3x12 Strength Workout
TUESDAY	HIIT (High Intensity Intervals) Workout
WEDNESDAY	EMOM (Every Minute on the Minute) Conditioning Workout
THURSDAY	Aerobic Cardio Options: jogging, biking, elliptical, incline walking or stair climber- steady state for 50 minutes –7 effort level out of 10
FRIDAY	Cardio Intervals If using treadmill, incline 8 If no access to treadmill, sprint outside If unable to run, do cardio machine 40 seconds hard, 40 seconds easy repeat for 40-50 minutes
SATURDAY	Hike with weighted pack at least 5 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 4-6 Monday

Equipment needed: Medium Dumbbells + pull up bar if available

EXERCISE	TIME/REPS/INTENSITY NOTES
Double pulse deadlift Pull-ups or split stance wide rows (each side) Weighted v-ups	3 sets of 12 reps Rest for 1 minute between sets and minimally between exercises
Reverse lunge to SLDL (12 each) (1 of each is 1 rep) Narrow push-ups to wide push-ups (1 of each is 1 rep) DB side plank hip drops	3 sets of 12 reps Rest for 1 minute between sets and minimally between exercises
Bulgarian split squat (12 each) Kneeling windmill (8 each) Saw to plank wide knee drives alt sides (Saw to knee drive is 1 rep)	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 4-6 Tuesday

Equipment needed: Bodyweight + timer

EXERCISE	TIME/REPS/INTENSITY NOTES
<p><u>Reverse lunge to knee drive R leg</u> <u>Reverse lunge to knee drive L leg</u></p> <p><u>4 hops to knee tuck</u></p> <p><u>8 Mountain climbers to pop up</u></p> <p><u>Sprint in place</u></p> <p><u>Pivoting floor taps</u></p> <p><u>Split squat drops</u></p> <p><u>Sumo drop with twist</u></p> <p><u>Sumo drop with heel click</u></p>	<p>HIIT- Go HARD during intervals.</p> <p>45 on, 15 off Rest 30 seconds between rounds - repeat 3x</p> <p>Cool down with a 1 mile walk or jog</p>



SUMMIT CRUSHER PROGRAM

Weeks 4-6 Wednesday

Equipment needed: Light dumbbells + timer

EXERCISE	TIME/REPS/INTENSITY NOTES
<p>15 Squat to press</p> <p>15 DB back elevated GT</p> <p>20 dips</p> <p>15 plank reach rotations</p> <p>40 seconds pivoting SS with press at top</p> <p>10 lateral lunge with front raise each side</p> <p>15 reverse flyes</p> <p>10 reverse lunge to kick hop each side</p> <p>25 ab in + out</p> <p>8 curtsey with curl at top each side</p> <p>20 chest press</p> <p>20 beast rows (10 each arm)</p>	<p>EMOM- Start new exercise at the top of each minute</p> <p>Week 4- rest 1 minute between each round if needed</p> <p>Week 5 - add on 40 seconds narrow to wide squat hops with arm raise 12 side hip raises per side</p> <p>Week 6 - no rest at all - add on 20 step ups per side</p>

