

SUMMIT CRUSHER PROGRAM

Weeks 10-12 Schedule :

MONDAY	<p>Aerobic Cardio Options: jogging, biking, elliptical, incline walking or stair climber- steady state for 30 minutes –7 effort level out of 10</p> <p>AND 3x12 Strength Workout</p>
TUESDAY	<p>Aerobic Cardio Options: jogging, biking, elliptical, incline walking or stair climber- steady state for 20 minutes –7 effort level out of 10</p> <p>AND HIIT Workout</p>
WEDNESDAY	<p>Aerobic Cardio Options: jogging, biking, elliptical, incline walking or stair climber- steady state for 60 minutes –7 effort level out of 10 *If possible- do incline walking/jogging on a 7 incline*</p>
THURSDAY	<p>EMOM (Every Minute on the Minute) Conditioning Workout</p>
FRIDAY	<p>Interval running (or alternate cardio machine) 3 minutes HARD, 1 minute easy: repeat for 40 minutes</p>
SATURDAY + SUNDAY	<p>One day should be a hard hike and the other spent recovering. If the weather or your location does NOT permit the hike, perform aerobic conditioning Options: jogging, biking, elliptical, incline walking or stair climber- steady state for 70 minutes –7 effort level out of 10 *If possible- do incline walking/jogging on a 7 incline*</p>

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Weeks 10-12 Monday

Equipment needed: Medium Dumbbells + timer

EXERCISE	TIME/REPS/INTENSITY NOTES
<p>Split squat thruster (30 sec each side)</p> <p>Side plank row (30 sec each side)</p> <p>Snatch to windmill (30 sec each side)</p> <p>Sprints: 50 seconds- high knees with twist 40 seconds- jumping pivot punches 30 seconds- high kick punches</p>	<p>3 sets of 1 minute per exercise Repeat 3x THEN complete sprint sets one time</p> <p>AND</p> <p>Aerobic conditioning Options: jogging, biking, elliptical, incline walking or stair climber- steady state for 30 minutes –7 effort level out of 10 *If possible- do incline walking/jogging on a 7 incline*</p>
<p>Bulgarian deadlifts (30 sec each side)</p> <p>High row to bicep curl</p> <p>DB situp with twist</p> <p>Sprints: 50 seconds- jump squat turn + press out 40 seconds: jumping jack with press 30 seconds- push-up position side hops</p>	<p>Feel free to complete the workouts either at different points in the day or consecutively.</p>

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Weeks 10-12 Tuesday

Equipment needed: Bodyweight, timer and treadmill if available

EXERCISE	TIME/REPS/INTENSITY NOTES
-Cardio incline sprint -Reverse lunge with kick jump R leg -Reverse lunge with kick jump L leg -3 hop burpee	45 seconds on, 15 seconds off If you have access to a treadmill or cardio machine, perform on incline 8 If you don't, try to find an incline outside or run HARD in place inside if necessary
-Cardio incline sprint -Lateral bounds -Crab kicks	Repeat 2x in week 10, and 3 times in weeks 11 + 12 AND Aerobic conditioning
-Plank jack with opposite shoulder tap -Cardio incline sprint -Sumo drops -Wide pike hops -Jumping lunges (arms up)	Options: jogging, biking, elliptical, incline walking or stair climber- steady state for 20 minutes –7 effort level out of 10 Feel free to complete the workouts either at different points in the day or consecutively.

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Weeks 10-12 Thursday

Equipment needed: Light Dumbbells + timer

EXERCISE	TIME/REPS/INTENSITY NOTES
<u>12 single leg GT – optional DB on hips</u> (each side)	EMOM – Start new exercise at the top of each minute
<u>15 sumo deadlift</u>	Week 11: <u>Add 8 SLDL to row</u> (each side)
<u>20 forward + lateral shoulder raises</u>	Week 12: <u>Add 10 v-up to situp</u>
<u>30 squat jump to heel click</u>	
<u>10 OH reverse lunge with DB knee drive</u> (each side)	
<u>40 seconds of DB stance switches</u>	
<u>30 speed skaters with DB twist</u>	
<u>15 ab U's</u>	
<u>20 PU position shoulder taps</u>	
<u>10 squat to press across</u> (each side)	
<u>10 split stance tri kickbacks</u> (each side)	
<u>15 reverse flyes</u>	
<u>15 hip rotations</u> (each side)	
<u>20 speed skater with row</u>	