

# Understanding Your RST Workouts

There's some stuff you'll want to know about how the workout notation works:

You'll notice that your workouts are split up with letter groups in front of each exercise (the bodyweight workouts are just one big circuit, so you'll just see numbers).

For example, if in the Workout A we have:

- A1) Kettlebell or Dumbbell Sumo Deadlift: 4x8
- A2) DB or KB Squat Jumps 4x4
- B1) 1 KB Push-Press: 4x8 reps/side
- B2) Chin-up Holds/Negatives: 4x3-8 reps
- B3) Body Saw: 4x30-45 seconds

The A Group is referred to as a "Superset", and what it means is that you will perform a set of each exercise in a letter group, back to back without rest but resting as you need to after the end of the last letter. So for the A group you'd hit 4 rounds of 8 and 4 reps, respectively, on the Deadlifts and DB Jump Squats.

In practice it will look like this:

- Set 1: KB Sumo DL: x8 reps
- Set 1: KB Squat Jumps: x4 reps
- Set 1: Rest 30-60 seconds
- Set 2: KB Sumo DL: x8 reps
- Set 2: KB Squat Jumps: x4 reps
- Set 2: Rest 30-60 seconds
- Set 3: KB Sumo DL: x8 reps
- Set 3: KB Squat Jumps: x4 reps
- Set 3: Rest 30-60 seconds
- Set 4: KB Sumo DL: x8 reps
- Set 4: KB Squat Jumps: x4 reps
- Set 4: Rest 30-60 seconds

Then you'll move on to the "B" group, which could be called a "Tri-Set" or "Circuit" of:

- B1) 1 KB Push-Press: 4x8 reps/side
- B2) Chin-up Holds/Negatives: 4x3-8 reps
- B3) Body Saw: 4x30-45 seconds

These you'll do four rounds of these three exercises in a circuit, going from one to the other with a brief rest after each round.

# Challenges

EVERYONE loves a challenge! We use challenges frequently at our gym to give people a real example of their progress. I encourage you to try a few different challenges that you are capable of. For example, if I've had chronic knee problems for a few years, lunges probably ARE NOT the best option, but a Plank for max time may be a great fit.

Find 2-4 challenges that you can do and rotate through them.

Example:

- End of Monday's workout, it may be max burpees in 2 minutes
- Wednesday may be 50 get-ups for time
- Friday may be max push-ups in 2 minutes.

Record your time/reps in the space provided on your workout sheet.

Then the next week, you'd do the same challenges on the same days (assuming you were capable of doing them without joint pain) and try to beat your previous time/reps.

You'll do this each week. As you get more and more fit, your numbers will get better and better!!

## **Challenges:**

- 100 [Walking Lunges](#) for time
- 50 Walking Lunges for time
- 100 Bodyweight Squats for time
- 50 Bodyweight Squats for time
- Max Bodyweight Squats in 2:00
- [Plank](#) for max time
- Max [Neutral-grip Push-ups](#) (or [Modified Push-ups](#)) in 2:00
- Max [Burpees](#) in 2:00
- 20-yard Sprints - max reps in 2 minutes (go 75-80% on this one if you haven't sprinted in a while, it's easy to pull something)
- Pull-up Bar Hang for Max Time
- Bear Crawl Side to Side for Max Time
- Bear Crawl Forward and Backward for Max Time
- Bear Crawl for Distance Without Touching Your Knee - i.e. 50 yards for time or 100 yards for time
- Bear Crawl for Max Time- i.e. go as long as you can without touching your knee. Record time and try to beat it the next time
- 50 [Turkish Get-ups](#) for time (these can be done unweighted, as well)
- 100 Turkish Get-ups for time (these can be done unweighted, as well)
- Max [Turkish Get-ups](#) in 5 minutes (these can be done unweighted, as well)
  - Max Turkish Get-ups in 10 minutes (these can be done unweighted, as well)

\*Quick note on get-ups:

This exercise could literally be a lifesaver! As we age, our risk of falling increases. For the elderly, quality of life typically plummets upon breaking a bone/joint from a fall. If you struggle to get off of the floor, this will be VERY beneficial for you. You may have to put your hand on a chair or the couch to get up at first. If it's a breeze to get off of the floor, hold a weight in one hand while doing your get-ups.

# Flexibility/Mobility Circuits

Feel free to do mobility circuits as often as you wish. The major issue we see with new clients in our gym is a serious lack of flexibility/mobility. I would recommend doing a mobility circuit (your choice) at least two times per week. (Videos courtesy of my buddy Levi)

<p><a href="#">overview</a></p> <p><b>Foam Rolling Circuit</b></p> <ul style="list-style-type: none"><li>● <a href="#">calf/soleus</a> 1 minute each</li><li>● <a href="#">hamstring</a> 1 minute each</li><li>● <a href="#">glute</a> 1 minute each</li><li>● <a href="#">IT band</a> 1 minute each</li><li>● <a href="#">quad</a> 1 minute each</li><li>● <a href="#">mid/upper back</a> 1 minute</li></ul>	<p><a href="#">overview</a></p> <p><b>Mobility Circuit #1</b></p> <ul style="list-style-type: none"><li>● <a href="#">foam roll calves</a> (upper calf) 30 sec each</li><li>● <a href="#">foam roll soleus</a> (lower calf) 30 sec each</li><li>● <a href="#">quad hug/reach</a> 30 sec each</li><li>● <a href="#">glute stretch/reach</a> 30 sec each</li><li>● <a href="#">groin stretch/toe touch</a> 30 sec each</li><li>● <a href="#">kneeling hamstring stretch</a> 30 sec each</li><li>● <a href="#">frog stretch</a> 30 sec</li><li>● <a href="#">chest stretch</a> 30 sec</li><li>● <a href="#">pitcher stretch</a> 30 sec</li></ul>
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<p><a href="#">overview</a></p> <p><b>Mobility Circuit #2</b></p> <ul style="list-style-type: none"><li>● <a href="#">lax/softball glute</a> 30 sec each</li><li>● <a href="#">glute stretch</a> 30 sec each</li><li>● <a href="#">groin stretch w/ rotation</a> 30 sec each</li><li>● <a href="#">hamstring stretch</a> 30 sec each</li><li>● <a href="#">spider stretch</a> 30 sec each</li><li>● <a href="#">arm swing</a> 30 sec</li><li>● <a href="#">chest/pitcher stretch</a> 30 sec</li><li>● <a href="#">external rotation</a> 30 sec</li></ul>	<p><a href="#">overview</a></p> <p><b>Mobility Circuit #3</b></p> <ul style="list-style-type: none"><li>● <a href="#">foam roll IT band</a> 30 sec each</li><li>● <a href="#">foam roll quad</a> 30 sec each</li><li>● <a href="#">band hamstring stretch</a> 30 sec each</li><li>● <a href="#">band glute stretch</a> 30 sec each</li><li>● <a href="#">groiner</a> 30 sec</li><li>● <a href="#">diagonal</a> 30 sec each</li><li>● <a href="#">OH hip hinge</a> 30 sec</li><li>● <a href="#">OH band chest stretch</a> 30 sec</li><li>● <a href="#">lat stretch</a> 30 sec each</li></ul>
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\*\*Feel free to mix and match different mobility/flexibility exercises from each circuit depending on what equipment you have available to you.

## Sample 28 Day Workout Schedule

	<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>Week 1</b>	OFF	Workout (gym, at home <b>OR</b> 10-min workout)	20-30 minutes activity + mobility circuit of your choice	Workout (gym, at home <b>OR</b> 10-min workout)	20-30 minutes activity + mobility circuit of your choice	Workout (gym, at home <b>OR</b> 10-min workout)	Mobility Circuit
<b>Week 2</b>	OFF	Workout (gym, at home <b>OR</b> 10-min workout)	20-30 minutes activity + mobility circuit of your choice	Workout (gym, at home <b>OR</b> 10-min workout)	20-30 minutes activity + mobility circuit of your choice	Workout (gym, at home <b>OR</b> 10-min workout)	Mobility Circuit
<b>Week 3</b>	OFF	Workout (gym, at home <b>OR</b> 10-min workout)	20-30 minutes activity + mobility circuit of your choice	Workout (gym, at home <b>OR</b> 10-min workout)	20-30 minutes activity + mobility circuit of your choice	Workout (gym, at home <b>OR</b> 10-min workout)	Mobility Circuit
<b>Week 4</b>	OFF	Workout (gym, at home <b>OR</b> 10-min workout)	20-30 minutes activity + mobility circuit of your choice	Workout (gym, at home <b>OR</b> 10-min workout)	20-30 minutes activity + mobility circuit of your choice	Workout (gym, at home <b>OR</b> 10-min workout)	Mobility Circuit

\*20 minutes of activity can be an activity that you enjoy such as golf (no golf cart ;), frisbee golf, walking, playing with the kids, etc... If you prefer, it can also be more workout related such as jogging (walk/jog is fine), elliptical, rower, etc...

\*\*This is just an example. Feel free to mix it up as your schedule allows. The main this is the be active as much as possible. **You would repeat this cycle for Weeks 5 and 6.**