

## Relentless Sample Online Workouts



Hi, I'm Isaac, the owner of [Relentless Strength Training](#). Thank you for your interest in the Relentless Strength Training online program! I get a lot of questions about what our online workouts look like, so I thought it would be easiest to simply create a simplified sample of what our online clients get every four weeks. What follows is a brief guide to reading your workouts, four full weeks of three workouts per week (with a bonus workout you can do at home), a sample beginner's running program (based on treadmill running to accommodate weather), and some of our "Challenges" that we like to finish workouts with.

These workouts are designed to be able to be done in most any gym that has basic dumbbells and barbells, making them great for both home gyms and "globo-gyms". Keep in mind that this is simply a sample of the type of training we do. You might be more advanced or need a lower volume or more basic approach. That's something we'd figure out if you joined the Relentless program. For these workouts, if you decide to try them, keep in mind to only do what is healthy for you and your body. If an exercise doesn't agree with you, you need less volume, or you have any health risks that you need to check with your doctor on... do that first!

## Reading Your Relentless Workouts

You'll notice that your workouts are split up with letter groups in front of each exercise. You'll complete each letter group before moving on to the next one.

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

What that 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 in the above example 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 of:

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

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.

# Workouts

## All Workouts Begin With The Relentless Warm-up!

### Week 1

Workout A:	Workout B:	Workout C:
<p>A1) <a href="#">Sumo DL</a>: 5x3 A2) <a href="#">Broad Jumps</a>: 5x3</p> <p>B1) <a href="#">Spider Push-ups</a>: 3x4/side B2) <a href="#">Inverted Rows</a>: 3x10 B3) <a href="#">DB Reverse Lunges</a>: 3x6/side</p> <p>C1) <a href="#">Alternating DB Push-Press</a>: 3x10/side C2) <a href="#">TGU to Hip-up</a> (5-sec hold): 3x6/side C3) <a href="#">Body Saw</a>: 3x30sec</p> <p>*Note: In the video for the Push-Press it shows both dumbbells being pressed at the same time. We'll alternate, instead.</p>	<p>A1) <a href="#">Back Squat</a>: 5x5 A2) <a href="#">Squat Jumps</a>: 5x5</p> <p>B1) <a href="#">Chin-ups/Negatives</a>: 4x2-5 B2) <a href="#">BB OH Press</a>: 4x6 B3) <a href="#">DB Side Lunges</a>: 4x6/side</p> <p>C1) Challenge: _____ Score/Time: _____</p> <p>Note on Challenges: Look at the end of the document for an explanation/sample list.</p> <p>On the Chin-ups, if you're unable to do that many, do Negatives instead. Step up onto a box/step, put yourself in the top of the Chin-up position, and then control your descent.</p>	<p>A1) 500-rep Jump Rope Test Time: _____</p> <p>B1) <a href="#">Goblet Squat</a>: 3x8 B2) <a href="#">DB RDL's</a>: 3x10</p> <p>C1) <a href="#">Half-kneeling DB OH Press</a>: 3x15/side C2) <a href="#">Farmer's Carry</a>: 3x30yd C3) <a href="#">Chin-ups/Negs</a>: 3x3-5</p> <p>D1) Challenge: _____ Score/Time: _____</p>

### Week 2

Workout A:	Workout B:	Workout C:
<p>A1) <a href="#">Sumo DL</a>: 5x3 A2) <a href="#">Broad Jumps</a>: 5x3</p> <p>B1) <a href="#">Spider Push-ups</a>: 3x5/side B2) <a href="#">Inverted Rows</a>: 3x10 B3) <a href="#">DB Reverse Lunges</a>: 3x6/side</p> <p>C1) <a href="#">Alternating DB Push-Press</a>: 3x10/side C2) <a href="#">TGU to Hip-up</a> (5-sec hold): 3x6/side C3) <a href="#">Body Saw</a>: 3x35sec</p>	<p>A1) <a href="#">Back Squat</a>: 5x5 A2) <a href="#">Squat Jumps</a>: 5x5</p> <p>B1) <a href="#">Chin-ups/Negatives</a>: 4x2-5 B2) <a href="#">BB OH Press</a>: 4x6 B3) <a href="#">DB Side Lunges</a>: 4x6/side</p> <p>C1) Challenge: _____ _____ Score/Time: _____ _____</p>	<p>A1) 500-rep Jump Rope Test Time: _____</p> <p>B1) <a href="#">Goblet Squat</a>: 3x8 B2) <a href="#">DB RDL's</a>: 3x10</p> <p>C1) <a href="#">Half-kneeling DB OH Press</a>: 3x15/side C2) <a href="#">Farmer's Carry</a>: 3x30yd C3) <a href="#">Chin-ups/Negs</a>: 3x3-5</p> <p>D1) Challenge: _____ Score/Time: _____</p>

## Week 3

<b>Workout A:</b>	<b>Workout B:</b>	<b>Workout C:</b>
<p>A1) <a href="#">Sumo DL</a>: 5x2 A2) <a href="#">Broad Jumps</a>: 5x3</p> <p>B1) <a href="#">Spider Push-ups</a>: 3x6/side B2) <a href="#">Inverted Rows</a>: 3x10 B3) <a href="#">DB Reverse Lunges</a>: 3x6/side</p> <p>C1) <a href="#">Alternating DB Push-Press</a>: 3x10/side C2) <a href="#">TGU to Hip-up</a> (5-sec hold): 3x6/side C3) <a href="#">Body Saw</a>: 3x40sec</p>	<p>A1) <a href="#">Back Squat</a>: 5x3 A2) <a href="#">Squat Jumps</a>: 5x5</p> <p>B1) <a href="#">Chin-ups/Negatives</a>: 4x2-5 B2) <a href="#">BB OH Press</a>: 4x6 B3) <a href="#">DB Side Lunges</a>: 4x6/side</p> <p>C1) Challenge: _____ Score/Time: _____</p>	<p>A1) 500-rep Jump Rope Test Time: _____</p> <p>B1) <a href="#">Goblet Squat</a>: 3x8 B2) <a href="#">DB RDL's</a>: 3x10</p> <p>C1) <a href="#">Half-kneeling DB OH Press</a>: 3x15/side C2) <a href="#">Farmer's Carry</a>: 3x30yd C3) <a href="#">Chin-ups/Negs</a>: 3x3-5</p> <p>D1) Challenge: _____ Score/Time: _____</p>

## Week 4

<b>Workout A:</b>	<b>Workout B:</b>	<b>Workout C:</b>
<p>A1) <a href="#">Sumo DL</a>: 5x2 A2) <a href="#">Broad Jumps</a>: 5x3</p> <p>B1) <a href="#">Spider Push-ups</a>: 3x7/side B2) <a href="#">Inverted Rows</a>: 3x10 B3) <a href="#">DB Reverse Lunges</a>: 3x6/side</p> <p>C1) <a href="#">Alternating DB Push-Press</a>: 3x10/side C2) <a href="#">TGU to Hip-up</a> (5-sec hold): 3x6/side C3) <a href="#">Body Saw</a>: 3x30sec</p>	<p>A1) <a href="#">Back Squat</a>: 5x3 A2) <a href="#">Squat Jumps</a>: 5x5</p> <p>B1) <a href="#">Chin-ups/Negatives</a>: 4x2-5 B2) <a href="#">BB OH Press</a>: 4x6 B3) <a href="#">DB Side Lunges</a>: 4x6/side</p> <p>C1) Challenge: _____ Score/Time: _____</p>	<p>A1) 500-rep Jump Rope Test Time: _____</p> <p>B1) <a href="#">Goblet Squat</a>: 3x8 B2) <a href="#">DB RDL's</a>: 3x10</p> <p>C1) <a href="#">Half-kneeling DB OH Press</a>: 3x15/side C2) <a href="#">Farmer's Carry</a>: 3x30yd C3) <a href="#">Chin-ups/Negs</a>: 3x3-5</p> <p>D1) Challenge: _____ Score/Time: _____</p>

## Workout D (extra, fit in as you have time/energy)

A1) 8:00 AMRAP (As Many Rounds As Possible in 8:00)

-[NG Push-ups](#) x5

-[Jump Squats](#) x5

-[Toe Touches](#) x10

Rest as Needed

B1) 8:00 AMRAP

-[Side Lunges](#) x5/side

-[Push-up Walkouts to T](#) x2/side

-[Spread-eagle Sit-ups](#) x5

## Sample Run Program (Basic, Treadmill)

	<b>Workout A (Moderate)</b>	<b>Workout B (Interval)</b>	<b>Workout C (Slow)</b>
<b>Week 1</b>	Walk/Run for 20:00	6x Run (pretty hard) for 1:00/1:00 Walk 5:00-10:00 Cool-down	Walk for 30:00 on a 5.0% incline, nice and slow
<b>Week 2</b>	Walk/Run for 22:00	7x Run (pretty hard) for 1:00/1:00 Walk 5:00-10:00 Cool-down	Walk for 35:00 on a 6.0% incline, nice and slow
<b>Week 3</b>	Walk/Run for 24:00	8x Run (pretty hard) for 1:00/1:00 Walk 5:00-10:00 Cool-down	Jog (slow) for 20:00, walk for another 10:00 or more
<b>Week 4</b>	Walk/Run for 25:00	9x Run (pretty hard) for 1:00/1:00 Walk 5:00-10:00 Cool-down	Jog for 25:00, walk for another 10:00 or more

# 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)

**[Interested in joining Relentless, either locally here in Bangor or through our online program? Contact me here!](#)**