



BULLDOG GEAR[®]

X AT

YOU ARE NOT YOUR GYM MEMBERSHIP

BULLDOG GEAR® x AT

MONTH ONE: WEEK TWO
KIT REQUIREMENTS-

SINGLE KETTLEBELL

(BETWEEN YOUR 5-10 REP MAX OVER HEAD PRESS)

YOU ARE NOT YOUR GYM MEMBERSHIP

BULLDOG GEAR® x AT

WEEK TWO: DAY ONE

FULL BODY RESISTANCE

A TEST OF YOUR ABILITY TO PACE, AND PULL BACK FROM FAILURE, IN ORDER TO KEEP MOVING AND ACHIEVE THE MOST.

'SLOW IS SMOOTH, SMOOTH IS FAST.'
FINISHING WITH SOMETHING THAT WILL ALLOW YOU TO OPEN UP THE TAPS.

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BULLDOG GEAR® X AT

DAY 1:

FULL BODY RESISTANCE

WARM-UP:

2 ROUNDS-

10 X TOWEL DISLOCATES

10 X WALL Y RAISES

10 X WALL FACING SQUATS

3 ROUNDS-

5 X PUSH-UP+DOWN DOG+COBRA

10 X SECOND BAR HANG OR LAYING REACH

15 X AIR SQUAT WITH 90 DEGREE TWIST

(NOTE- AFTER DAY 1, THIS WILL BE LISTED AS ' WARM-UP',
IF YOU HAVE SPECIAL CONSIDERATIONS AND PREFERENCES
FOR A WARM-UP, USE AT YOUR OWN DISCRETION.)

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BULLDOG GEAR® x AT

WARM-UP

IN 12 MINS ACCUMULATE MAX REPS KB Z-PRESS
(RECORD SCORE PER ARM)

IN 12 MINS ACCUMULATE MAX REPS KB RENEGADE
ROWS (RECORD SCORE PER ARM)

IN 12 MINS ACCUMULATE MAX REPS KB FRONT
RACK REVERSE LUNGE (RECORD SCORE PER LEG)

IE. PERFORM MAX REPS LEFT LEG/ARM THEN MAX REPS RIGHT THEN REST.
MOVE WITH INTENT AIMING TO COMPLETE AS MANY REPS AS POSSIBLE
WHILST MAINTAINING TEMPO AND QUALITY. NOTE REPS/ROUNDS. THIS WILL
BE IMPORTANT ON FUTURE ATTEMPTS.

AFAP

20-15-10-5 OF-

KB SWING

KB DEADLIFT

PUSH-UP

REST ONLY AS NECESSARY. MOVE WITH INTENT BUT CONTROL YOUR
TEMPO AND MAINTAIN FORM. YOUR LAST REP SHOULD LOOK LIKE YOUR
FIRST.

BULLDOG GEAR® X AT

WEEK TWO:

DAY TWO

FULL BODY RESISTANCE

DROPPING THE REPS BACK DOWN AND
MANAGING FATIGUE WITH A CIRCUIT.
THE 'DEATH BY...' FORMAT RETURNS, ARE
YOU LEARNING ANYTHING ABOUT HOW
TO ATTACK THESE?

YOU ARE NOT YOUR GYM MEMBERSHIP

BULLDOG GEAR® X AT

WARM-UP

5 ROUNDS-

6 X KB FLOOR PRESS (EACH ARM)

10 X KB 3 POINT ROW (EACH ARM)

10 X KB GOBLET SPLIT SQUAT (EACH LEG)

90S REST BETWEEN ROUNDS

MOVE WITH INTENT AIMING TO COMPLETE ALL ROUNDS TO THE SAME STANDARD. WORK HARD BUT CONTROL TEMPO AND RANGE THROUGHOUT

DEATH BY HEAD CUTTER VS BURPEE

EMOM PERFORM-

1 X KB HEAD CUTTER

1 X BURPEE

ADD AN ADDITIONAL REP OF EACH MOVEMENT EVERY MINUTE.

WORKOUT ENDS WHEN YOU CAN NO LONGER COMPLETE PRESCRIBED REPS IN 60S.

REST ONLY AS NECESSARY. MOVE WITH INTENT BUT CONTROL YOUR TEMPO AND MAINTAIN FORM. YOUR LAST REP SHOULD LOOK LIKE YOUR FIRST.

BULLDOG GEAR® x AT

WEEK TWO:

DAY THREE

CARRIES AND METABOLIC

A POTENT, UNILATERAL COMBINATION
OF THREE OF THE MOST EFFECTIVE
LOADED CARRIES, TO BUILD STRUCTURAL
INTEGRITY AND BALANCE THROUGHOUT.
A SPRINT AND POSTERIOR CHAIN BURN
THEN... CHASING THE PUMP.

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BULLDOG GEAR® X AT

WARM-UP

LOADED CARRY TRINITY:

3 ROUNDS

20M OVERHEAD KB CARRY

20M FRONT RACK CARRY

20M SUITCASE CARRY

REPEAT ON OTHER SIDE

LEFT AND RIGHT EQUALS ONE ROUND.

REST 90S BETWEEN ROUNDS.

MOVE SWIFTLY AND FOCUS ON CONTROLLING YOUR BREATH.

ATTEMPT TO KEEP THE KETTLEBELL UP FOR THE ENTIRETY OF EACH ROUND.

4 ROUNDS

200M RUN (MAX EFFORT)

20 KB SWINGS

REST 90S

100 X KB TOWEL CURLS

15 X PUSH-UP EVERY TIME YOU BREAK.

AS SOON AS FORM OR TEMPO DETERIORATES ON CURLS, DROP INTO PUSH-UPS, RESUME CURLS AS QUICKLY AS POSSIBLE. ENJOY THE PUMP.

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BULLDOG GEAR® x AT

WEEK TWO: DAY FOUR

FULL BODY RESISTANCE

KICKING OFF WITH ONE OF THE MOST EFFECTIVE UPPER BODY BUILDERS, 'FINISHING' WITH A LONG HAUL TOTAL BODY BURNER.

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BULLDOG GEAR® X AT

WARM-UP

5 X 5/5- KB CLEAN AND PRESS

REST 90S(5 L/ 5 R = 1 SET)

(5 LEFT/ 5 REPS = 1 SET)

MOVE WITH INTENT AIMING TO COMPLETE ALL ROUNDS TO THE SAME STANDARD. WORK HARD BUT CONTROL TEMPO AND RANGE THROUGHOUT.

30MIN AMRAP

5 X RENEGADE ROW (EACH ARM)

10 X PUSH-UP

20 X AIR SQUAT

REST ONLY AS NECESSARY. MOVE WITH INTENT BUT CONTROL YOUR TEMPO AND MAINTAIN FORM. YOUR LAST REP SHOULD LOOK LIKE YOUR FIRST.

BULLDOG GEAR® x AT

WEEK TWO: DAY FIVE

AEROBIC BASE

THIS IS NOT AN 'OFF DAY'.
YOUR AEROBIC BASE CAN PLAY A HUGE
ROLE IN YOUR ABILITY TO RECOVER
FROM WORKOUTS, WHICH IN TURN
DICTATES YOUR PERFORMANCE AND
RATE OF IMPROVEMENTS.

EMBRACE IT. MOVE. IMPROVE.

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BULLDOG GEAR® x AT

WARM-UP

40 MINUTE RUN/WALK

FOR MAX DISTANCE

AT MEDIUM INTENSITY

MOVE AT A 'CONVERSATIONAL PACE' , THAT IS TO SAY- A PACE THAT IS WELL ABOVE A REGULAR WALKING PACE, BUT STILL ALLOWS YOU TO MAINTAIN A CONVERSATION, EVEN IF IT IS SLIGHTLY STACCATO .

PICK UP THE PACE WHERE YOU CAN, DROP IT WHEN YOU NEED TO.

TRACK DISTANCE.

CONCLUDE WITH A REPEAT OF THE STANDARD

WARM-UP OR TEN MINUTES OF 'MOVEMENT

THROUGH FULL RANGE' OF YOUR CHOICE.

THERE ARE INNUMERABLE YOGA AND MOBILITY FLOWS AVAILABLE TO WATCH AND FOLLOW ALONG, ON YOUTUBE.

A VERY GOOD START IS TO LEARN A 'SUN SALUTATION' AND REPEAT UNDER CONTROL FOR 10 MINUTES.

BULLDOG GEAR® x AT

2 WEEKS AND 9 WORKOUTS DOWN.

I'LL THANK YOU FOR YOUR COMMITMENT, BUT NOT AS MUCH AS YOUR BODY WILL.

THE RESOURCEFULNESS, RESILIENCE AND HABITS YOU'RE BUILDING HERE WILL SERVE YOU FOR LIFE.

I ENCOURAGE YOU TO GIVE SOME THOUGHTS TO ANY OTHER BENEFITS YOU'VE NOTICED OVER THE LAST FEW WEEKS?

IN FACT, I'D BE INTERESTED TO HEAR THEM.

WE ALL FIND OUR WAY TO THESE TYPES OF 'SOLUTIONS' FOR DIFFERENT REASONS- BUT WHAT BENEFITS ONE, BENEFITS ALL.

DROP A COMMENT ON SOCIAL,
WHAT A BARRIERS HAVE YOU BURNED?

AT

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BULLDOG GEAR®

CLICK HERE FOR

10% OFF

KETTLEBELLS

USING CODE

'YANYGM10'

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