

A person is shown from the waist down, performing a kettlebell swing. They are wearing a black t-shirt with the Oakland Raiders logo and the word "RAIDERS" visible, a grey beanie with the Raiders logo, and black leggings. They are holding a black kettlebell with both hands. The kettlebell has "24KG" and "53LB" printed on it. The person has a tattoo on their left forearm and is wearing a black smartwatch. The background is dark, and the entire image is framed by a light blue border.

BULLDOG GEAR[®]

X AT

YOU ARE NOT YOUR GYM MEMBERSHIP

BULLDOG GEAR® x AT

MONTH ONE: WEEK FOUR
KIT REQUIREMENTS-

SINGLE KETTLEBELL

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

YOU ARE NOT YOUR GYM MEMBERSHIP

BULLDOG GEAR® x AT

WEEK FOUR: 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.

YOU ARE NOT YOUR GYM MEMBERSHIP

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.)

YOU ARE NOT YOUR GYM MEMBERSHIP

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

CONSULT 'WEEK TWO: DAY ONE', ATTEMPT TO BEAT REPS, ROUNDS AND
TIMES ACROSS THE BOARD.

BULLDOG GEAR® X AT

WEEK FOUR:

DAY TWO

FULL BODY RESISTANCE

DROPPING THE REPS BACK DOWN AND
MANAGING FATIGUE WITH A CIRCUIT.
THE 'DEATH BY...' FORMAT CONTINUES
IT'S ASSAULT ON YOUR GRIT, BEFORE
ATTACKING YOUR MIDLINE WITH A HIGH
REP FINISHER.

YOU ARE NOT YOUR GYM MEMBERSHIP

BULLDOG GEAR® X AT

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.

CONSULT 'WEEK TWO: DAY TWO', ATTEMPT TO BEAT REPS, ROUNDS AND TIMES ACROSS THE BOARD.

20-15-10-5 OF-

LAYING LEG RAISE

SIT-UP

BULLDOG GEAR® x AT

WEEK FOUR: 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.

YOU ARE NOT YOUR GYM MEMBERSHIP

BULLDOG GEAR® X AT

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.

CONSULT 'WEEK TWO: DAY THREE', ATTEMPT TO BEAT REPS, ROUNDS AND TIMES ACROSS THE BOARD.

BULLDOG GEAR® X AT

WEEK FOUR: DAY FOUR

FULL BODY RESISTANCE

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

YOU ARE NOT YOUR GYM MEMBERSHIP

BULLDOG GEAR® X AT

5 X 5- KB CLEAN AND PRESS

REST 90S (5 LEFT/ 5 RIGHT= 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.

CONSULT 'WEEK TWO: DAY FOUR', ATTEMPT TO BEAT REPS, ROUNDS AND TIMES ACROSS THE BOARD.

100 GOBLET SQUATS

COMPLETE AS QUICKLY AND IN AS FEW SETS AS POSSIBLE, BUT NOT AT THE EXPENSE OF GOOD FORM AND TEMPO. THIS SHOULD FEEL LIKE SPRINT.

BULLDOG GEAR® x AT

WEEK FOUR:

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.

IF YOU'RE NOT DOING THIS DAY,
YOU'RE NOT DOING THE PROGRAMME.

YOU ARE NOT YOUR GYM MEMBERSHIP

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. **GO FURTHER THAN LAST WEEK.**

25 X 'YOU ARE NOT YOUR YOGA FLOWS'

FOLLOW THE 'BRO FLOW' POSTED IN INSTAGRAM STORY HIGHLIGHTS

OR...

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.

YOU ARE NOT YOUR GYM MEMBERSHIP

BULLDOG GEAR® X AT

WEEK FOUR, MONTH ONE.

DONE.

1000'S OF REPS COMPLETE, MINUTE AFTER MINUTE OF HOLDS,
KILOMETRES OF CARRIES AND SPRINTS .

THIS HAS NOT BEEN AN EASY MONTH.

AND WE'RE JUST GETTING STARTED.

IF YOU'RE STILL IN THE FUNNEL, THEN WELL DONE, YOU'RE MADE OF
STERN STUFF.

NEXT MONTH, WE'RE PUSHING THE NEEDLE FURTHER.

I HOPE IT'S STARTING TO SET IN,
YOU ARE NOT YOUR COMPLIMENTARY TOWELS,
YOU ARE NOT YOUR POST WORKOUT STEAM AND SAUNA,
YOU ARE NOT YOUR LOCKER KEY AND LEATHER KIT BAG,
YOU ARE NOT YOUR GYM MEMBERSHIP.

STAND BY TO GET SOME.

AT

YOU ARE NOT YOUR GYM MEMBERSHIP

BULLDOG GEAR®

CLICK HERE FOR

10% OFF

KETTLEBELLS

USING CODE

'YANYGM10'

YOU ARE NOT YOUR GYM MEMBERSHIP