

BULLDOG
TRAINING

BULLDOG GEAR[®]

X AT

YOU ARE NOT YOUR GYM MEMBERSHIP

24KG
53LB

BULLDOG GEAR

BULLDOG GEAR® x AT

MONTH TWO: WEEK ONE
KIT REQUIREMENTS-

RESISTANCE BANDS

VARYING RESISTANCE FROM RED TO GREEN

SINGLE KETTLEBELL

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

YOU ARE NOT YOUR GYM MEMBERSHIP

BULLDOG GEAR® X AT

WEEK ONE: DAY ONE

UPPER BODY RESISTANCE

MOVING INTO AN UPPER/ LOWER/
STRUCTURE SPLIT, DAY ONE IS AIMED AT
INJURY PROOFING YOUR SHOULDERS
WHILST FOCUSING ON SIZE AND
STRENGTH.

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

5 ROUNDS-

5 X KB FLOOR PRESS W/ BAND HOLD (EACH ARM)

10 X KB 3 POINT ROW (EACH ARM)

15 X PUSH-UP

20 X BAND PULL-APART

90S REST BETWEEN ROUNDS

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

20MIN AMRAP/ ASCENDING LADDER -

(ADD ONE REP TO EACH EXERCISE, EVERY ROUND)

BANDED LAT PULLDOWN

HAND RELEASE BURPEE

BREAK UP REPS AS NECESSARY, BUT COMPLETE ALL ASSIGNED REPS BEFORE PROCEEDING TO NEXT EXERCISE/ ROUND.

ACCUMULATE 4 MINS IN BAND RESISTED FLR

(EVERY TIME YOU BREAK, PAUSE STOPWATCH, HIT START AS YOU GO BACK UP INTO FLR)

BULLDOG GEAR® X AT

WEEK ONE:

DAY TWO

LOWER BODY RESISTANCE

LEG DAY.
HITTING THE LOWER BODY WITH A
VARIETY OF PATTERNS AND
CONTRASTING TEMPOS AND STATIC
HOLDS.

YOU ARE NOT YOUR GYM MEMBERSHIP

BULLDOG GEAR® X AT

5 ROUNDS-

5 X GOBLET SPLIT SQUAT (EACH LEG)

10 X BANDED ROMANIAN DEADLIFT

REST 90S BETWEEN ROUNDS

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

10-1 LADDER OF-

SUITCASE DEADLIFT (LEFT)

SUITCASE DEADLIFT (RIGHT)

BAND RESISTED JUMP SQUAT

AIR SQUAT

'REST' 60S IN WALL SIT BETWEEN EACH ROUND

PERFORM 10 REPS OF EACH MOVEMENT BEFORE 'RESTING' IN A WALL SIT FOR 60 SECONDS, THEN REPEAT WITH 9 REPS OF EACH MOVEMENT WORKING YOUR WAY DOWN TO 1 OF EACH.

BULLDOG GEAR® X AT

WEEK ONE:

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 DOSE OF ENERGY SYSTEMS WORK, FOLLOWED BY A GUT STRENGTHENING FINISHING PIECE.

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)

REST 90S

20-15-10-5 OF-

SIT-UP

LAYING LEG RAISE

BULLDOG GEAR® X AT

WEEK ONE:

DAY FOUR

UPPER BODY RESISTANCE

YOU MAY NEED A BIGGER SHIRT AFTER
THIS ONE.
THAT IS ALL.

YOU ARE NOT YOUR GYM MEMBERSHIP

BULLDOG GEAR® X AT

20 MIN EMOM-

5 X KB OHP (EACH SIDE)

MAX PUSH-UPS FOR REMAINDER OF MINUTE

REST IN ODD MINUTES

PERFORM 5 KB PRESSES EACH SIDE, THEN IN THE BALANCE OF THE MINUTE

PERFORM MAXIMUM PUSH-UPS WITH PERFECT FORM AND TEMPO.

REST FOR THE ENTIRETY OF THE PROCEEDING MINUTE, GO AGAIN AT 02.00.

20 MIN EMOM-

10 X 3-POINT ROWS (EACH SIDE)

MAX STRAIGHT ARM PULLDOWNS FOR REMAINDER

REST IN ODD MINUTES

PERFORM 5 KB ROWS EACH SIDE, THEN IN THE BALANCE OF THE MINUTE

PERFORM MAXIMUM STRAIGHT ARM PULLDOWNS WITH PERFECT FORM AND TEMPO.

REST FOR THE ENTIRETY OF THE PROCEEDING MINUTE, GO AGAIN AT 02.00.

10MIN MAX EFFORT TOWEL CURLS

JUST.

KEEP.

CURLING.

YOU ARE NOT YOUR GYM MEMBERSHIP

BULLDOG GEAR® x AT

WEEK ONE: DAY FIVE

LOWER BODY RESISTANCE

A CLASSIC EXAMPLE OF
'EASY ON PAPER'.

FOCUS ON TEMPO, BREATHING AND
QUALITY OF WORK THROUGH EACH AND
EVERY REP TO COMPOUND THE BENEFITS.

YOU ARE NOT YOUR GYM MEMBERSHIP

BULLDOG GEAR® X AT

20 MIN ALTERNATING EMOM-
ODD MINS- 10 X BANDED KB DEADLIFT
EVEN MINS- 10 X BANDED GOBLET SQUATS

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

100 X KB SWINGS

EVERY TIME YOU HAVE TO SET BELL DOWN PERFORM-
20 X BURPEES

3 ROUNDS-

5 X BANDED TRUNK FLEXION W/ 10 SECONDS HOLD
REST 60 SECONDS

YOU ARE NOT YOUR GYM MEMBERSHIP

BULLDOG GEAR® x AT

WEEK ONE: DAY SIX

RECOVERY

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

MONTH TWO, WEEK ONE.

COMPLETE.

5 WEEKS DOWN, WE'RE IN THE TRENCHES NOW.

THE ADDITION OF BANDS SHOULD HAVE ADDED AN ENTIRELY NEW ELEMENT TO YOUR TRAINING, WITHOUT DENTING YOUR STORAGE SPACE.

AND THIS IS JUST THE BEGINNING.

IF YOU'RE SEEING THIS AS A NEW CONSCRIPT, HEAD OVER TO THE ARCHIVE ON THE BULLDOG WEBSITE AND PULL UP ALL FOUR PREVIOUS DOWNLOADS FOR YOUR REFERENCE.

IF YOU'RE READING THIS AT THE END OF M2//W1 AFTER COMPLETING ALL OF THE WORKOUTS, WELL REST UP, NEXT WEEK IS INBOUND.

YOU ARE NOT YOUR GYM MEMBERSHIP.

AT

YOU ARE NOT YOUR GYM MEMBERSHIP

BULLDOG GEAR[®]

**CLICK HERE FOR
10% OFF BANDS
USING CODE
'YANYGM10'**

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