



BULLDOG GEAR[®]

X AT

YOU ARE NOT YOUR GYM MEMBERSHIP

BULLDOG GEAR® x AT

MONTH TWO: WEEK TWO

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 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.

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.)

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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-

BANDED KB SWINGS

BURPEES OVER KB

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

BULLDOG GEAR® x AT

WEEK TWO: DAY TWO

FULL BODY RESISTANCE

DROPPING THE REPS BACK DOWN AND
MANAGING FATIGUE WITH A CIRCUIT.
FINISHING WITH A KETTLEBELL TWIST ON
A CROSSFIT CLASSIC.

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BULLDOG GEAR® X AT

5 ROUNDS-

20 X CLOSE GRIP PUSH-UP ON KB

15 X BANDED LAT PULLDOWN W/PAUSE

10 X ALTERNATING BAND ASSISTED PISTOL SQUAT

REST 60S BETWEEN ROUNDS

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

'KB DT'

3 ROUNDS (EACH SIDE) OF-

12 X KB DEADLIFT

9 X KB CLEAN

6 X KB PRESS

PERFORM ALL MOVEMENTS EACH SIDE, BEFORE SWITCHING. REST A NECESSARY BUT COMPLETE PROTOCOL AS QUICKLY AS POSSIBLE. RECORD TIME.

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 DOSE OF ENERGY SYSTEMS WORK, FOLLOWED BY A TOUGH METABOLIC PIECE THAT WILL HAVE YOU FEELING LIKE YOU'RE GOING NOWHERE FAST.

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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

10 X KB HEADCUTTERS

60S MAX EFFORT BAND SPRINT

NO REST

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.

YOU ARE NOT YOUR GYM MEMBERSHIP

BULLDOG GEAR® X AT

5 X 10- KB CLEAN AND PRESS

REST 90S (10 L/ 10R = 1 SET)

(10 LEFT/ 10 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 TOWEL LAT ROW

10 X GOBLET SQUAT

20 X PUSH UP

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

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BULLDOG GEAR® x AT

WEEK TWO: DAY FIVE

FULL BODY RESISTANCE

A CLASSIC EXAMPLE OF
'EASY ON PAPER'.

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

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BULLDOG GEAR® X AT

20 MIN ALTERNATING EMOM-
ODD MINS- 10 X BANDED KB DEADLIFT
EVEN MINS- MAX HANDSTAND HOLD

MOVE WITH INTENT AIMING TO COMPLETE ALL ROUNDS TO THE SAME STANDARD. WORK HARD BUT CONTROL TEMPO AND RANGE THROUGHOUT IF YOU CANNOT YET ACHIEVE A HANDSTAND HOLD, REST IN PIKE OR FLR.

100 X AMERICAN KB SWINGS

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

3 ROUNDS-

5 X BANDED TRUNK FLEXION W/ 10 SECONDS HOLD
20 X LAYING LEG RAISE

REST 60 SECONDS

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BULLDOG GEAR® x AT

WEEK TWO: 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.

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BULLDOG GEAR® x AT

MONTH TWO, WEEK TWO.

COMPLETE.

SIX WEEKS IN THE BAG, I WOULD LIKE TO TAKE THIS OPPORTUNITY TO EXPRESS MY GRATITUDE FOR YOUR COMMITMENT TO THE PROGRAMME, I WOULD BE GRATEFUL TO HEAR ANY FEEDBACK YOU MAY HAVE, ANY PROBLEMS YOU HAVE ENCOUNTERED OR ANY UNEXPECTED BENEFITS YOU HAVE UNEARTHED .

ARE YOU USING THESE PROTOCOLS TO COMPLEMENT YOUR REGULAR TRAINING? OR AS A COMPREHENSIVE SOLUTION?

A RETURN TO AN UPPER/LOWER SPLIT NEXT WEEK MAY DOUBLE DOWN ON THE SORENESS, BUT IT WILL DOUBLE UP ON THE GAINS.

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AT

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BULLDOG GEAR®

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10% OFF BANDS
USING CODE
'YANYGM10'**

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