

A man with a beard, wearing a black t-shirt and a black cap, is looking down. The background is dark. The text is overlaid on the image.

BULLDOG GEAR[®]

X AT

YOU ARE NOT YOUR GYM MEMBERSHIP

BULLDOG GEAR® x AT

MONTH THREE: WEEK ONE
KIT REQUIREMENTS-

SANDBAG

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

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

A HIGH REP ODYSSEY THAT WILL DEMAND THAT YOU KEEP AN EYE ON PACING AT ALL TIMES, FOLLOWED BY A METCON THAT WILL DEMAND YOU EMPTY THE TANK TO GO SUB TEN MINUTES

YOU ARE NOT YOUR GYM MEMBERSHIP

BULLDOG GEAR® X AT

DAY 1:

UPPER

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

20 MIN MAX REP BLOCK-

10 X SANDBAG PUSH PRESS

15 X BANDED LAT PULLDOWN

20 X BANDED TRICEP PRESSDOWN

MOVE WITH INTENT AIMING TO COMPLETE AS MANY REPS AS POSSIBLE
WHILST MAINTAINING TEMPO AND QUALITY.

AFAP

20-15-10-5 OF-

CLOSE GRIP PUSH-UPS

SANDBAG CLEANS

BURPEES OVER BAG

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

BULLDOG GEAR® X AT

WEEK ONE:

DAY TWO

LOWER RESISTANCE

A TEST OF YOUR ABILITY TO PACE, AND PULL BACK FROM FAILURE, IN ORDER TO KEEP MOVING AND ACHIEVE THE MOST THEN A CHANCE TO TEST YOUR GRIT WITH SOME SPICY MAX EFFORT WORK.

YOU ARE NOT YOUR GYM MEMBERSHIP

BULLDOG GEAR® X AT

20 MIN MAX REP BLOCK-

5/5 X KB OVERHEAD SQUAT

10 X SANDBAG BACK SQUAT

15 X JUMPING SQUAT

MOVE WITH INTENT AIMING TO COMPLETE ALL ROUNDS TO THE SAME STANDARD. WORK HARD BUT CONTROL TEMPO AND RANGE THROUGHOUT. PERFORM 5 KB OVERHEAD SQUATS ON EACH ARM BEFORE MOVING ON.

10 ROUNDS/ 15 MINUTES

30S MAX EFFORT BAND RESISTED SPRINTS

30S MAX EFFORT BODYWEIGHT SQUATS

30S REST

PERFORM ALL MOVEMENTS WITH MAXIMUM INTENSITY, BUT MAINTAIN GOOD FORM, RANGE AND TEMPO THROUGHOUT.

BULLDOG GEAR® x AT

WEEK ONE:

DAY THREE

CARRIES AND METABOLIC

ADDING A LITTLE CHAOS TO THE
CARRIES TO BUILD STRENGTH IN THE
MOST UNSTABLE CIRCUMSTANCES.
THEN... GET READY TO LIGHT THOSE
HAMSTRINGS UP.

YOU ARE NOT YOUR GYM MEMBERSHIP

BULLDOG GEAR® x AT

LOADED CARRY MEDLEY-

5 ROUNDS-

20M BANDED OVERHEAD KB WALK LEFT

20M BANDED OVERHEAD KB WALK RIGHT

20M BANDED FARMERS WALK LEFT

20M BANDED FARMERS WALK RIGHT

REST MINIMALLY BETWEEN ROUNDS

MOVE SWIFTLY AND FOCUS ON CONTROLLING YOUR BREATH.

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

4 ROUNDS

50M SANDBAG ZERCHER REVERSE DRAG*

100M SPRINT (MAX EFFORT)

NO REST

*LOOP A BAND AROUND YOUR WAIST, AROUND ANOTHER BAND ATTACHED TO A KETTLEBELL, HOLD THE SANDBAG IN THE ZERCHER POSITION AND MOVE BACKWARDS AFAP DRAGGING KETTLEBELL.

FEEL FREE TO USE A STRAP IN PLACE OF BANDS IF YOU HAVE ACCESS.

BULLDOG GEAR® x AT

WEEK ONE: DAY FOUR

UPPER BODY RESISTANCE

CHASING THE BURN AND FEELING THE PUMP ON THIS ONE. PUSH TO THE END OF EACH MINUTE FOR MAXIMUM GAINS.

YOU ARE NOT YOUR GYM MEMBERSHIP

BULLDOG GEAR® X AT

20 MIN EMOM-

5 X KB FLOOR PRESS (EACH SIDE)

MAX PUSH-UPS FOR REMAINDER OF MINUTE

REST IN ODD/ALTERNATE MINUTES

PERFORM 5 KB PRESSES EACH SIDE, THEN FOR THE BALANCE OF THE MINUTE PERFORM AS MANY PUSH-UPS AS POSSIBLE WITH PERFECT FORM AND TEMPO. FOR THE ENTIRETY OF THE NEXT MINUTE- REST, THEN REPEAT.

20 MIN EMOM-

5 X KB BAND RESISTED ROW (EACH SIDE)

MAX BANDED KB CURL FOR REMAINDER

REST IN ODD/ALTERNATE MINUTES

PERFORM ROWS, THEN FOR THE BALANCE OF THE MINUTE PERFORM AS MANY SANDBAG ROWS AS POSSIBLE WITH PERFECT FORM AND TEMPO, COMING FROM THE FLOOR TO YOUR BODY FOR THE ENTIRETY OF THE NEXT MINUTE- REST, THEN REPEAT.

AFAP

100 SANDBAG FLOOR PRESS

EMOM PERFORM 5 BURPEES OVER BAG

START BURPEES AT 0.00, GO IMMEDIATELY INTO FLOOR PRESS BUT PERFORM 5 MORE BURPEES AT THE TOP OF EACH MINUTE.

PAUSE BAG ON YOUR CHEST AND ACHIEVE FULL LOCKOUT ON EACH REP.

WORKOUT ENDS AT 100 FLOOR PRESSES.

BULLDOG GEAR® X AT

WEEK ONE: DAY FIVE

LOWER BODY RESISTANCE

A MENTAL TEST OF A LOWER BODY ASSAULT FOLLOWED BY A FAMILIAR PROTOCOL FLIPPED ON IT'S HEAD, BURPEES HAVE NEVER FELT SO GOOD.

YOU ARE NOT YOUR GYM MEMBERSHIP

BULLDOG GEAR® X AT

200 ALT. SANDBAG REVERSE LUNGES
200 ALT. SANDBAG FORWARD LUNGES

EVERY TIME YOU PUT BAG DOWN PERFORM-
20 X KB SWING

BREAK LUNGES UP AS NECESSARY, ATTEMPT TO AVOID FAILURE. COMPLETE ALL REVERSE LUNGES BEFORE MOVING ON TO FORWARD LUNGES. WORK HARD BUT CONTROL TEMPO AND RANGE THROUGHOUT PERFORM REVERSE LUNGES ALTERNATING LEGS.

100 BURPEES FOR TIME
EMOM PERFORM 5 GOBLET SQUATS

START SQUATS AT 0.00, GO IMMEDIATELY INTO BURPEES BUT PERFORM 5 MORE SQUATS AT THE TOP OF EACH MINUTE. WORKOUT ENDS AT 100 BURPEES

3 ROUNDS-

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

REST 60 SECONDS

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 THREE, WEEK ONE.

DONE.

YOU'RE NOW WORKING WITH A TRIFECTA OF PORTABLE, AFFORDABLE, SCALABLE EQUIPMENT, PROVIDING YOU WITH A HUGE AMOUNT OF VARIETY, ALL WITHOUT STEPPING FOOT IN A TRADITIONAL FITNESS VENDOR.

THAT'S OWNERSHIP.

FEELING GOOD ABOUT THAT?

ALL THREE PIECES OF KIT IN THE ARSENAL PROVIDE ELEMENTS OF INSTABILITY, DYNAMISM AND REQUIRE YOU 'TAME' THEM RATHER THAN SIMPLY LEARN A TECHNIQUE THAT WORKS EVERY SINGLE TIME, GUARANTEED- THIS BUILDS A TYPE OF 'BRUTAL STRENGTH' THAT HAS AN INVALUABLE LEVEL OF CARRYOVER TO EVERYDAY LIFE.

YOU ARE NOT YOUR GYM MEMBERSHIP.

AT

YOU ARE NOT YOUR GYM MEMBERSHIP

BULLDOG GEAR[®]

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

YOU ARE NOT YOUR GYM MEMBERSHIP