

BULLDOG GEAR

BULLDOG GEAR®

X AT

YOU ARE NOT YOUR GYM MEMBERSHIP

BULLDOG GEAR® x AT

MONTH THREE: WEEK TWO
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 TWO:

DAY ONE

UPPER BODY RESISTANCE

40 MINUTES OF PURE PUMP WORK,
FOLLOWED BY A METCON THAT WILL BE
OVER BEFORE IT STARTED, IF YOU DON'T
HOLD BACK.

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.)

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BULLDOG GEAR® X AT

20 MIN MAX REP BLOCK-

5/5 X KB PUSH PRESS

10 X SANDBAG ROW

15 X BANDED LAT PULLDOWN

20 MIN MAX REP BLOCK-

5/5 X KB THREE POINT ROW

10 X SANDBAG PUSH PRESS

15 X BANDED TRICEP EXTENSIONS

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

AFAP

20-15-10 OF-

ALTERNATING KB CLEANS

BURPEES OVER BAG

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

GO FAST.

BULLDOG GEAR® X AT

WEEK TWO: DAY TWO

LOWER RESISTANCE

A MECHANICAL DROPSET, WORKING FROM THE MOST DIFFICULT MOVEMENT, THROUGH TO THE SIMPLEST, 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 ZERCHER SQUAT

15 X KB GOBLET SQUAT

20 X BODYWEIGHT 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 SANDBAG SQUAT CLEANS

30S REST

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

SANDBAG SQUAT CLEAN- CLEAN SANDBAG UP TO SHOULDER, SQUAT, RETURN BAG TO FLOOR, REPEAT ON OPPOSITE SHOULDER.

BULLDOG GEAR® X AT

WEEK TWO:

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 OVERHEAD KB WALK LEFT

20M OVERHEAD KB WALK RIGHT

20M FARMERS WALK LEFT

20M 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*

50M SANDBAG ZERCHER CARRY

2 X 50M SPRINT WITH BURPEE (MAX EFFORT)

50M SANDBAG ZERCHER CARRY

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.

LOOKS LIKE- DRAG 50M, DETACH BELL, CARRY BAG BACK TO START, SPRINT BACK TO BELL, PERFORM BURPEE, SPRINT BACK TO BAG, CARRY BAG BACK TO BELL, REPEAT.

BULLDOG GEAR® x AT

WEEK TWO:

DAY FOUR

UPPER BODY RESISTANCE

THIS WILL BURN

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 PUSH PRESS

EMOM PERFORM 5 BURPEES OVER BAG

START BURPEES AT 0.00, GO IMMEDIATELY INTO PUSH 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 PUSH PRESSES.

BULLDOG GEAR® x AT

WEEK TWO: DAY FIVE

LOWER BODY RESISTANCE

THE TRICK HERE IS TO JUST KEEP MOVING, WHEN IT'S TIME TO REST, YOU'LL KNOW, IF THERE'S ANY DOUBT, PICK THAT SANDBAG UP AND SQUAT.

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BULLDOG GEAR® X AT

20 MIN MAX REP BLOCK -
10 X SANDBAG SQUAT
15 X KB SWING

WORK HARD BUT CONTROL TEMPO AND RANGE THROUGHOUT
PERFORM REVERSE LUNGES ALTERNATING LEGS.

AFAP

20-15-10 OF -
KB HEADCUTTERS
KB DEADLIFTS
BURPEES

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

GO FAST.

3 ROUNDS -

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

REST 60 SECONDS

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.

YOU ARE NOT YOUR GYM MEMBERSHIP

BULLDOG GEAR® x AT

MONTH THREE, WEEK TWO.

COMPLETE.

THE CONTRASTS BETWEEN THE SANDBAG, KETTLEBELL AND BANDS SHOULD BE EXTREMELY APPARENT BY NOW, EACH REQUIRE A TOTALLY DIFFERENT APPROACH TO EXECUTION, EVEN ON LIFTS THAT SEEM SIMILAR ON PAPER.

THIS IS THE BEAUTY OF MIXING MODALITIES, YOU FILL CRACKS MORE RIGID REGIMES MY LEAVE WIDE OPEN, ROUNDING YOURSELF OUT INTO A MORE FUNCTIONAL HUMAN, READY TO TACKLE ANY STIMULUS.

ALL FROM THE COMFORT OF YOUR OWN HOME OR GARDEN.

YOU ARE NOT YOUR GYM MEMBERSHIP.

AT

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BULLDOG GEAR[®]

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10% OFF BAGS
USING CODE
'YANYGM10'**

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