

A man with a beard, wearing a grey knit beanie with "RAIDERS" and a logo, a dark t-shirt with "SALVATION" and a key logo, and dark pants, is sitting on the floor. He is holding a black kettlebell with a silver handle. The kettlebell has a label that reads "24KG" and "53LB". The background is dark and textured.

BULLDOG GEAR[®]

X AT

YOU ARE NOT YOUR GYM MEMBERSHIP

BULLDOG GEAR® x AT

MONTH THREE: WEEK THREE
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 FOUR: DAY ONE

UPPER BODY RESISTANCE

LAST UPPER BODY SESSION OF THE
TWELVE WEEK BLOCK.
PULLING IT ALL TOGETHER.
NO PRISONERS.

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.)

BULLDOG GEAR® x AT

'HUNDREDS AND THOUSANDS'

AFAP-

100 ALT KB CLEAN AND PRESS

100 ALT KB BAND RESISTED GORILLA ROW

100 SANDBAG FLOOR PRESS

100 BANDED LAT PULLDOWNS

100 PUSH-UPS

100 BAND ASSISTED PUSH-UPS

100 SANDBAG CLEANS

100 BANDED KB CURL

100 BANDED TRICEP PRESSDOWNS

100 BURPEES

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

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

STAY WITH IT, KEEP MOVING.
THIS IS WHAT YOU'VE BEEN TRAINING FOR.

YOU ARE NOT YOUR GYM MEMBERSHIP

BULLDOG GEAR® X AT

WEEK FOUR:

DAY TWO

LOWER RESISTANCE

LAST 'LEG DAY'.
HALF THE REPS, TWICE THE FUN.
MAXIMUM AGGRESSION.
FINISH IT.

YOU ARE NOT YOUR GYM MEMBERSHIP

BULLDOG GEAR® X AT

AFAP-

100 ALT SANDBAG REVERSE LUNGE

100 ALT SANDBAG FORWARD LUNGE

100 SANDBAG SQUAT

100 JUMP SQUATS

100 BODYWEIGHT SQUAT

EVERY TIME YOU PUT BAG DOWN PERFORM-

5 X BURPEE + 10 X KB SWING

ON LAST 200 REPS, PERFORM 10 SWING EMOM

UNTIL REPS COMPLETE

BREAK LUNGES AND SQUATS UP AS NECESSARY, ATTEMPT TO AVOID FAILURE. COMPLETE ALL REVERSE LUNGES BEFORE MOVING ON TO FORWARD LUNGES/ SQUAT ETC

ONCE YOU HIT JUMP SQUATS START A TIMER, EVERY MINUTE PERFORM 10 SWINGS UNTIL ALL 200 JUMP/SQUATS ARE COMPLETE

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

YOU ARE NOT YOUR GYM MEMBERSHIP

BULLDOG GEAR® x AT

WEEK FOUR:

DAY THREE

CARRIES AND METABOLIC

THIS IS IT.
OVER THE LAST TWELVE WEEKS YOU'V
BECOME A BEAST OF BURDEN.
PROVE IT.

YOU ARE NOT YOUR GYM MEMBERSHIP

BULLDOG GEAR® X AT

'THE GREEN MILE'

2 ROUNDS-

100M OVERHEAD CARRY (LEFT)

100M OVERHEAD KB CARRY (RIGHT)

100M KB FRONT RACK KB CARRY (LEFT)

100M KB FRONT RACK KB CARRY (RIGHT)

100M KB BANDED FARMERS CARRY (LEFT)

100M KB BANDED FARMERS CARRY (RIGHT)

100M SANDBAG ZERCHER REVERSE KB DRAG*

100M SANDBAG ZERCHER CARRY

MOVE SWIFTLY AND FOCUS ON CONTROLLING YOUR BREATH.
ATTEMPT TO KEEP THE KETTLEBELL UP FOR THE ENTIRETY OF EACH
MOVEMENT, IF YOU MUST DROP BELL, STOP EXACTLY WHERE YOU DROP
BELL AND CONTINUE FROM THAT POSITION.

KEEP MOVING. THIS WILL FEEL HARD.
IT'S SUPPOSED TO.

*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 FOUR: DAY FOUR

RECOVERY

YOU HAVE A CHOICE HERE.
THE LAST THREE DAYS HAVE DUG YOU A HOLE.
YOU CAN EITHER USE TODAY AS AN EXCUSE TO
GET SOME STEADY MILES IN
OR
YOU CAN BEAT ALL OF YOUR PREVIOUS OUTTINGS.
CHOOSE.

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 FOUR.

DONE AND DUSTED. FIN. FINITO. END. COMPLETED IT MATE.

THANK YOU, IF YOU'VE READ THIS FAR, EVERY WEEK, DILIGENTLY, THERE IS NO DOUBT IN MY MIND THAT CHANGE HAS OCCURRED.

MAYBE YOU'RE FITTER, FASTER AND STRONGER.

PERHAPS THE GREY MATTER BETWEEN YOUR EARS HAS UNDERGONE A TRANSFORMATIVE EXPERIENCE.

I SINCERELY HOPE IT'S BOTH.

ONE RARELY OCCURS IN THE ABSENCE OF THE OTHER.

THANK YOU FOR YOUR DEDICATION TO YOURSELF.

THANK YOU FOR BURNING BARRIERS, DESTROYING EXCUSES AND BUILDING YOUR OWN ENVIRONMENT OF SELF IMPROVEMENT.

I HAD INITIALLY TYPED 'GET READY FOR THE NEXT CHALLENGE' BUT AT THIS POINT... YOU'RE READY.

STAY READY.

YOU ARE NOT YOUR GYM MEMBERSHIP.

AT

YOU ARE NOT YOUR GYM MEMBERSHIP

BULLDOG GEAR[®]

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10% OFF BAGS
USING CODE
'YANYGM10'**

YOU ARE NOT YOUR GYM MEMBERSHIP