

Korath's Chains 30 Day Fitness Guide



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Ready yourself, adventurer

You're about to embark on a thrilling one-month fitness challenge.

This quest is designed to be tackled five days a week, for even the mightiest adventurers need two days of rest to recover and grow stronger. As you chart your path, feel free to mix and match your training days—five days on with two days off, three days on with one day off, or any combination that suits your style.

As you embark on this journey, you'll meet three legendary mentors: **Skarbit the Goblin**, **Korath the Dark Elf**, and **Mahdi the Djinn**. Each has a unique discipline and will impart their wisdom to you on your quest to become a true hero!

- **Skarbit** will enhance your speed with running drills, tempo work, and agility training.
- **Mahdi** will unlock your inner strength, teaching you explosive movements and calisthenics to harness the true power of your body.
- **Korath** will lead you through dynamic jump rope workouts to improve your coordination and endurance.

You'll [meet your mentors](#) soon. For now, it's time to get your equipment ready.

Ready your equipment

For this journey, you'll need:

- Running shoes
- Jump rope.

You can add weight to any of the movements in this book using any additional equipment you have.

Are you ready to forge your path and become a hero of legend?

Let the adventure begin!

Your mentors

Korath, The Dark Elf



Bound by an ancestral curse to his desolate castle, Korath has turned his shackles into a tool for strength.

Korath has fashioned his heavy golden chains into a jump rope, their weight a constant reminder of his captivity. Each leap is a defiant act

Golden chains of Korath

What once held him down now fuels his discipline, each jump a testament to his unbreakable will to one day free himself from the chains that bind him.

Choose your weapon

- Weighted (\$15-\$30)
- Speed Rope (\$15-\$30)
- PVC Jump Rope (\$8-12)

Skarbit, The Goblin



He is the fastest goblin in a thousand miles around thanks to his lightning-quick reflexes and years of sprinting through treacherous terrain in the goblin highlands.

His agility and speed have come by dodging obstacles and outrunning predators, making him the perfect companion for your tempo runs. He'll guide you through these challenging days, where the focus is on maintaining a faster pace throughout the workout.

Goblins and their gadgets

If you have a watch that measures heart rate, use it to gauge your effort. Tempo runs should feel uncomfortable and push you beyond your normal pace—just like Skarbit, who never settles for slow.

Choose your weapon

- Fully integrated watch (\$100-\$800)
- Arm Band (\$30-\$80)
- Chest Strap (\$25-\$90)

Mahdi, The Djinn



Long ago, deep in the desert sands, there lived the djinn known as Mahdi. Unlike other djinn, Mahdi's gift was not wealth or wishes but the strength to train warriors in calisthenics.

With a voice like thunder, Mahdi will teach you every movement—pull-ups, push-ups, squats, and lunges—turning your body into a temple of strength and agility.

Your djinn mentor can appear anywhere — in the forest, on a mountain peak, or in your own living room. He is here to push you to your limits, as he did with warriors of old.

Week 1

Day 1: Running with Skarbit

Skarbit stands at the edge of the path, arms crossed, tapping his foot impatiently.

"Alright, you lazy slugs," he growls, eyes gleaming with mischief. "It's time to get moving like a proper goblin—fast and fierce. Follow my lead if you want to gain real speed."

10 Minute warm-up jog

"We'll begin with a 10-minute warm-up jog. Nothing too crazy yet. Just shake off the cobwebs and get those legs ready for what's coming next. If you're panting already, then we've got some serious work to do."

When you finish, Skarbit's eyes narrow and he claps his hands sharply. "Now for some goblin agility! Watch closely—these drills are what separate the quick from the quitters."

4x High knees

"High Knees! Four sets. Pump those knees up like you're trying to clear a barricade. Get 'em nice and high, or I'll come over and show ya how it's done!"

4x Butt kicks

"Butt Kicks! Four sets again. Kick your heels up to your backside. Imagine running from a pack of hungry trolls—trust me, that'll make you move faster!"

4x Skips for distance

"Now, for the skips. First, four skips for height. Jump like you're reaching for a pointy ear's helm! Push off the ground with everything you've got."

"And now four skips for distance. You're leaping over warg traps — over as much ground as possible! No baby steps, or you'll fall in the pit."

15-minute jog home

"Good. Now jog home. Fifteen minutes, steady pace. But don't even think about slacking off just because it's the cooldown. Keep moving until you reach that door!"

"Remember: goblins like me don't quit — they only get stronger."



Day 2: Upper body with Mahdi

The sun dips below the horizon, casting long shadows across the desert sands. Mahdi, the Djinn, materializes before you, his eyes full of intensity. “Ah, so you seek to strengthen your upper body!” he booms like thunder. “Listen closely, for I shall guide you through a workout that will make even the mightiest warriors tremble with envy.”

Pull-ups 4x Max effort

“First, we shall conquer the pull-ups! Four sets to maximum effort! Yes, I know it sounds like a challenge, but you can’t grow strong without a little struggle.

Push-ups 4x10

“Next, we have push-ups! Four sets of ten! Lower yourself down like you’re trying to impress someone, then push back up! And remember, if you can’t find a reason to laugh while doing these, just know that your muscles will be laughing at you later!”

Dips 4x Max

“Now—onto dips! Four sets to maximum effort again. Dip like a chip in salsa, but let’s keep the chips out of this workout, shall we?”

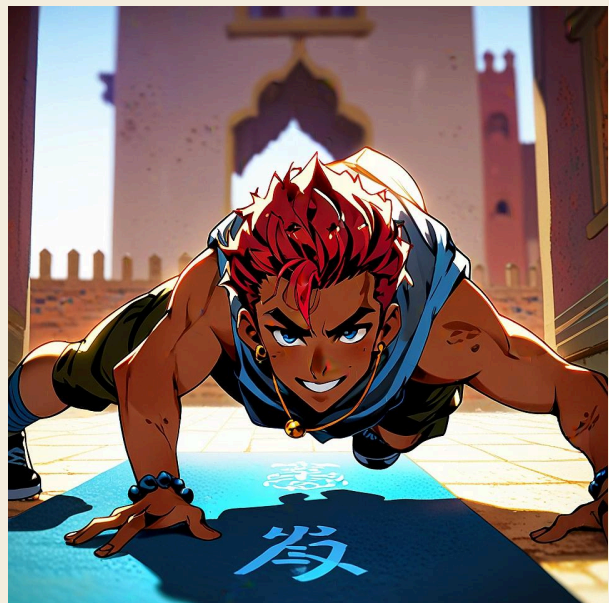
Plank, Knees to elbow 4x10

“After that, we’ll move to the plank, knees to elbow. Four sets of ten on each side! This one’s like playing a game of hide and seek with your core—make those knees find their way home!”

Palms to elbows 4x5

“Lastly, we’ll finish with palms to elbows! Four sets of five on each side. It’s as if your body is trying to figure out what to do with its arms—trust me, they’ll thank you later!”

“If you find yourself struggling, just tell yourself: ‘At least I’m not stuck in a lamp!’”



Day 3: Running with Skarbit

Skarbit stands at the clearing, tapping his foot impatiently as the morning sun illuminates the path ahead.

"Alright, you slowpokes! It's time to kick it into high gear," he calls out. "Today, we're focusing on building speed and endurance. Ready to sweat? Let's get to it!"



10 Minute warm-up

"First up, we'll start with a 10-minute warm-up jog. Keep it easy—this is just to get your legs moving and your heart pumping. No need to go all out just yet!" He laughs as you begin to jog, nodding in approval at your effort.

4x 2-minute tempo pace (1 Minute recovery)

As the time ticks by, Skarbit's eyes sparkle with mischief. "Now for the fun part! We're diving into some tempo work. Get ready for four intervals of 2 minutes at a tempo pace. That means you should be pushing yourself—faster than a regular run, but not a full sprint. You want to feel the burn, but you should still be able to maintain that pace!"

He claps his hands to grab your attention. "After each tempo burst, take 1 minute to recover. Catch your breath, but don't let those legs get too comfy!"

3 Minute recovery

After you finish the tempo sets, he arches his back and stretches, "Now take a 3-minute recovery. Use this time to regroup and prepare for the next phase. You'll need it!"

15 Minute jog home

After the recovery, Skarbit grins, his excitement palpable. "Alright—time to wrap it up! Finish with a solid 15-minute jog home. This is where you let it all sink in—keep a steady pace, but don't slack off! Remember, every step is a step toward becoming faster and stronger!"

As you start the jog, Skarbit watches, a satisfied smirk on his face. "Keep pushing, my goblins! We're just getting started, and I want to see you all sprinting like the legends you are!"

Day 4: Lower body with Mahdi

As the moon rises high in the sky, Mahdi appears with a flourish, his form swirling like mist in the night air.

"Ah, it's time to focus on your legs, my aspiring warrior!" he announces, a playful glint in his eye. "Prepare yourself for a lower body workout that will make your muscles sing—or perhaps scream!"

Squats 4x10

"First, we shall begin with squats! Four sets of ten! Lower yourself as if you're about to sit on an invisible throne—royalty requires strength, after all! And remember, if you can't feel the burn, you're not squatting hard enough!"



Reverse lunges 2x10ea

"Next up, lunges! Two sets of ten on each leg! Step forward with confidence, like you're striding into battle. Just don't forget to alternate legs, or you might end up in a very awkward dance!"

Cossack squats 2x10ea

"Now, we'll tackle Cossack squats! Two sets of ten! Lie on your back, knees bent, and lift those hips high! It's like you're trying to touch the stars with your backside—though I assure you, they won't touch back!"

Single leg glute bridge 2x10

"After that, let's move to single leg glute bridges! Two sets of ten! Stand tall and rise up on your toes, as if trying to peek over the tallest wall. Just don't forget to lower back down; we don't want any unintentional tiptoeing into trouble!"

Plank 3x30 seconds

“Finally, we’ll finish with wall sits! Three sets of thirty seconds! Find a wall, slide down until your thighs are parallel to the ground, and hold! It’s like sitting in an invisible chair—just remember to breathe and resist the urge to negotiate with the wall!”

“Now, let’s dive into this gauntlet! Each rep will carve out the strength you need to conquer any challenge. And I’ll remind you: it’s not harder than being stuck in a lamp, my friend.: Mahdi’s laughter echoes as you prepare for the exhilarating test ahead.

Day 5: Training with Korath

“Listen closely. We have no time for weakness. This is how you will train, and I will guide you through each exercise, explaining its purpose and the goals you must achieve.”

“Embrace this challenge. This is your path to strength, and with each workout, you become closer to the warrior you aspire to be.”



100 Single jumps

“Begin your journey with 100 single jumps with your rope. This foundational exercise is essential for establishing your rhythm. As you jump, focus on your form: keep your elbows close to your sides and jump with controlled height. This movement warms up your body and improves your coordination.”

20 Double unders

“Next, you will perform 20 double unders. This is not merely a test of skill; it demands agility and precise timing. The rope must pass under you twice for each jump. Your goal here is to enhance your speed and cardiovascular endurance. Remember, maintain a steady pace—do not rush, and do not lose your

form.”

20 Single-leg jumps (each leg)

“Shift your focus to single leg jumps. Execute 20 jumps on each leg, developing balance and unilateral strength. This exercise is crucial for improving stability, which is essential for any warrior. Keep your core engaged and control your movements.”

3 Rounds of 3-minute jumping (30 seconds rest)

“Prepare for intensity. You will complete 3 rounds of 3 minutes of continuous jumping. This segment will test your endurance and mental toughness. Use the 30 seconds of rest wisely—hydrate, but do not lose your focus. Stay alert; this is where you build resilience.”

10 Minutes of jumping

Finally, you will finish with 10 full minutes of jumping. This is the ultimate test of your stamina. Push yourself to the limit. Your goal is to maintain a consistent pace and develop your endurance over time. Remember, every rep counts.

Week 2

Day 6: Running with Skarbit

Skarbit stands at the edge of the training ground, eyes glinting with enthusiasm. "Gather 'round, you land-bound laggards! Today, we're going to sharpen those skills and get you moving like true goblins!" He waves his hand dramatically, gesturing for you to pay close attention.

10 Minute warm-up jog

"First things first, let's start with a 10-minute warm-up jog. Keep it light—this is just to wake up those legs and get your blood flowing. No need to break a sweat yet; save that for the drills!"

As you jog, Skarbit keeps pace alongside you. "Alright, time to kick it up a notch! We're diving into some agility drills. Get ready, because it's going to be fun!"

4x Side shuffle 20 seconds

He claps his hands, signaling the first drill. "We're starting with 4 sets of Side Shuffles! Move sideways like you're trying to dodge an angry giant! Keep your feet low to the ground and stay light on your toes."

4x Lateral high knees 20 seconds

Once you finish, he continues, "Next up, we have 4 sets of Lateral High Knees. Pump those knees up high while moving sideways! Imagine you're crossing Deadman's Planky Bridges—quick and nimble!"

4x Lunge and twist 10 total

Skarbit's excitement grows as he prepares for the next drill. "Now, it's time for 4 sets of Lunge and Twist! Step forward into a lunge, then twist your torso to the side—like you're trying to spot a sneaky rival goblin! This will get your core fired up."

4x Lunge to knee over toe 10 total

He pauses for a moment, ensuring you're following along. "Finally, we'll finish the drills with 4 sets of Lunge to Toe Up! Step forward into a lunge, then reach down to touch your toes. Stretch out those legs and keep that balance!"



15-minute jog home

After the drills, Skarbit claps his hands together, his eyes sparkling with pride. "Great job! Now, to wrap it up, let's finish strong with a 15-minute jog home. Keep that steady pace and reflect on all the hard work you've just put in. Soon, you'll be as quick as me, if you can keep up!"

Day 7: Upper body with Mahdi

With a flicker of smoke, Mahdi appears once more, his presence electrifying the air around us.

"Ah, my dedicated warrior! It's time to master your upper body with a workout that will sharpen your strength like a fine blade! But today, we will focus on speed and explosiveness!"

Pull ups 5x3

"First, we shall conquer the pull-ups! Five sets of three! But listen closely—these aren't just any pull-ups! I want you to explode upwards like a firework, then lower yourself back down with control. Think of it as soaring to the skies, then gracefully returning to earth!"

Push ups 5x3

"Next, we have push-ups! Five sets of three! Lower yourself down and push back up with the energy of a lightning bolt! This is about power and speed, so explode off the ground—imagine you're trying to push the earth away!"

Dips 5x3

"Now onto dips! Five sets of three! Dip down with control and shoot back up like a coiled snake!! Remember, keep those elbows close and aim for maximum power!"

Dead bugs 2x10ea

"After that, let's move to dead bugs! Two sets of ten on each side, but we're not dragging our feet here!"

Twisting sit ups 2x10ea

"Finally, we'll finish with twisting sit-ups! Two sets of ten on each side! Rise up with a twist, but do it quickly and powerfully! Imagine you're trying to reach something just out of your grasp!



"Now, let's embark on this journey of speed and strength! Each rep will ignite your power and prepare you for the

challenges ahead. And remember, if it feels tough, just think: 'At least I'm not stuck in a lamp!'" Mahdi's laughter resonated in the night, spurring you on

Day 8: Running with Skarbit

Skarbit bounces on his toes, his energy electric as he addresses you. "Alright, listen up, my slow-footed friends! Today's workout is all about speed and pushing your limits. Are you ready to fly like the wind?"

10-minute warm-up

"First up, we'll start with a 10-minute warm-up jog. Keep it nice and easy—this is just to get those legs warmed up and the blood pumping. Don't go too fast yet; we want to save our energy



for what's coming!"

Sprints 5x15 seconds all out (45 second recovery)

Once you've completed the warm-up, Skarbit's eyes light up with excitement. "Now for the fun part: Sprints! We're doing 5 sets of 15 seconds at full speed. That's right—all out! I want to see you move like you're being chased by a pack of wild beasts! After each sprint, take a 45-second recovery. Use that time to catch your breath and get ready for the next one."

He watched as they prepared for the first sprint. "Remember, this is about pushing your limits. Give it everything you've got! Don't hold back!"

3 minute recovery

After the sprints, he continues, "Once you finish all five, we'll take a 3-minute recovery. This is your time to regroup—take deep breaths and shake off the fatigue. You've earned it!"

15 minute jog home

Skarbit's smile grows as he prepares for the final segment. "Finally, we'll wrap it up with a steady, 15-minute jog home. Keep that pace consistent; let your legs ease into it. This is your cooldown, so soak in that sense of accomplishment!"

As you set off on your jog, Skarbit cheers you on. "You're all doing fantastic! Remember, it's not just about speed; it's about the journey. Keep pushing, and soon enough, you'll be racing past me in no time!"

Day 9: Lower body with Mahdi

As the stars twinkle above, Mahdi appears in a swirl of smoke, his expression lively and mischievous. "Ah, my ambitious warrior! It's time to unleash your lower body's explosive potential! Today, we'll focus on power and speed, with fewer reps that pack a punch!"

Squats 5x3

"First, we shall dive into squats! Five sets of three! But don't just squat like you're sitting on an invisible chair—no, no! I want you to explode up as if you're launching into the air! You'll need enough power to send yourself skyward! Remember, with great squats comes great responsibility... and some serious leg muscles!"

Reverse Lunges to high knee 5x3

"Next, we have reverse lunges to high knees! Five sets of three! Step back with a lunge, then drive that knee up like you're trying to kick a pesky cloud out of your way! Trust me, it'll take enough power to scare off any lurking sand drakes!"



Jumping knees to chest 5x3

"Now, onto jumping knees to the chest! Five sets of three! I want you to leap into the air with all your might, bringing those knees up to your chest as if you're trying to touch your toes from the sky! If you're not careful, you might just float away!"

Cossack Squats 5x3

“After that, we’ll tackle Cossack squats! Five sets of three! Shift from side to side with explosive grace, like you’re dodging arrows! Each squat should feel like a dance move to dazzle your audience!”

Plank 3x30sec

“Finally, we’ll finish with a plank! Three sets of thirty seconds! This one’s all about control, but let’s not forget: you’re still holding yourself up with the power of The Sacred Mountain! It’s less about speed and more about channeling your inner rock!”

“Now, let’s channel all that explosive energy! Each rep will fuel your fire and prepare you for the adventures ahead. And remember, if it gets tough, just think: ‘At least I’m not stuck in a lamp!’” Mahdi chuckled, his playful spirit lifting my resolve as we prepared for the powerful challenge ahead.

Day 10: Training with Korath

“Listen closely. We are about to embark on a rigorous workout, and you must understand each component. This is how you will train:

100 Single Jumps:

Begin with 100 single jumps. This is your foundation. Focus on your technique: keep your elbows at your sides and maintain a steady rhythm. This exercise will enhance your coordination and warm your muscles, preparing you for what lies ahead.



20 Double Unders:

Next, you will perform 20 double unders. This requires precision and timing, as the rope must pass beneath you twice with each jump. Your goal is to build speed and cardiovascular endurance. Concentrate on your form; a consistent rhythm will lead to results.

20 Single Leg Jumps (each leg):

Now, shift to single-leg jumps. Perform 20 jumps on each leg. This exercise will develop your balance and unilateral strength. It is vital for stability in all movements. Keep your core engaged and focus on control.

10 Rounds of 1 Minute Fast (30 seconds recovery):

Prepare for the next challenge. You will complete 10 rounds of 1 minute of fast jumping. Push yourself during each minute—this is where you test your speed and endurance. Use the 30 seconds of recovery to hydrate, but stay focused. Your intensity is key.

10 Minutes of Jumping:

Finally, conclude with 10 full minutes of jumping. This is a test of your stamina. Maintain a consistent pace throughout. Your goal is to keep moving and build your endurance.

Embrace this challenge. Each aspect of this workout is designed to make you stronger, faster, and more resilient. Remember, with every jump, you are forging the warrior within.

Week 3

Day 11: Running with Skarbit

Skarbit stands at the edge of the training area, his eyes sparkling with excitement. "Alright, you eager runners! It's time to unleash that goblin spirit and get those legs moving!" He claps his hands together, signaling the start of the session.



10Min warm up jog

"First things first, we're kicking things off with a 10-minute warm-up jog. Keep it light and easy—this is just to get your muscles warmed up and your heart pumping. No need to break a sweat just yet!"

4xHigh Knees 20 seconds

As you complete the warm-up, Skarbit rubs his hands together, eager to dive into the drills. "Now it's time for some agility work! We're going to start with 4 sets of High Knees. Pump those knees up as high as you can—like you're jumping over dire warhog. Keep that energy up and don't let them drop!"

4xButt Kicks 20 seconds

"Next up, we have 4 sets of Butt Kicks!"

Get those heels up to your backside, like you're sprinting from a pack of hungry wolves! This is all about speed and quickness—stay light on your feet!"

4xSkips for Height 10 total

"Now, we're going for 4 sets of Skips for Height! Jump up as high as you can with each skip—reach for the treetops! Feel that power in your legs as you spring off the ground."

4xSkips for Distance 10 total

"Alright, let's finish off with 4 sets of Skips for Distance. This time, cover as much ground as possible! Picture yourself leaping over traps and obstacles—big, powerful strides!"

15minJog Home

With your drills complete, Skarbit claps his hands, clearly pleased with your effort. "Great job, everyone! Now, let's cool down with a 15-minute jog home. Keep a steady pace and let those legs relax. You've earned it after all that hard work!"

As you begin your job home, Skarbit called out, "Keep moving! You're doing fantastic! Remember, the more you push, the faster you'll become! Let's go!"

Day 12: Upper body with Mahdi

With a dramatic puff of smoke, Mahdi materializes, "Ah, my aspiring warrior! Today, we're working for maximum effort reps! Get ready, because I'll be here to remind you just how weak you are—at least until you prove me wrong!"

Pull ups 4xMax effort

"First, we shall conquer the pull-ups! Four sets to max effort! Yes, I know what you're thinking: 'How many can I do?' Well, if it's fewer than five, we might need to rethink your life choices! Remember, each pull-up is a chance to rise above—literally!"

Push ups 4x10

"Next, we have push-ups! Four sets of ten! Lower yourself down like you're trying to kiss the floor, then push back up like you're shoving the ground away! If you're struggling, just know that even the floor isn't impressed!"

Dips 4x Max

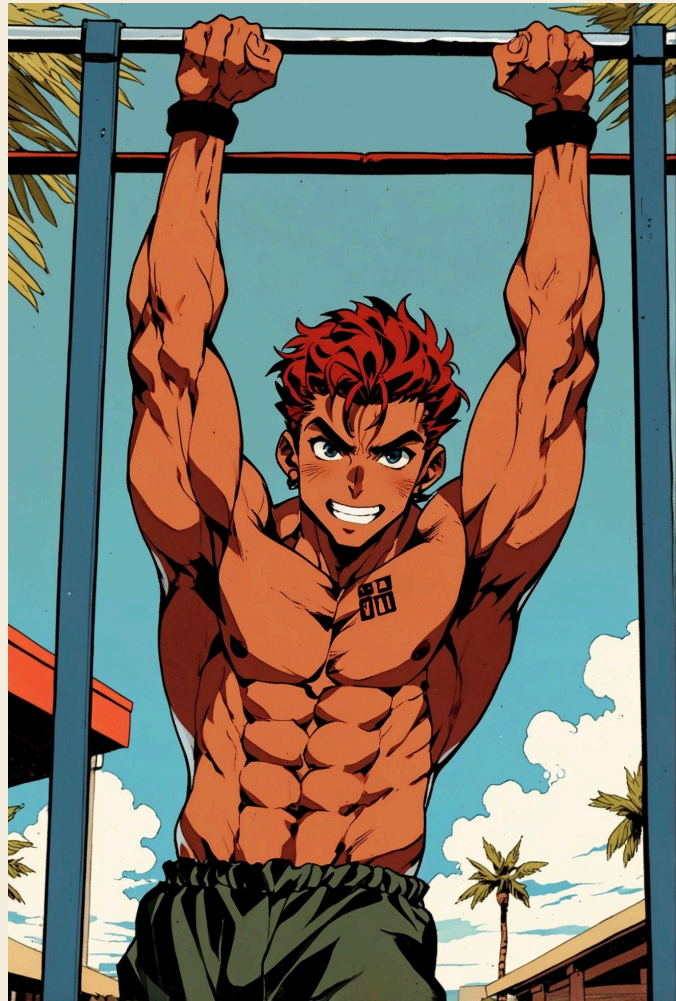
"Now onto dips! Four sets to max effort! Lower yourself down like you're checking for monsters under the bench, then push back up! If you find any monsters, just tell them Mahdi sent you—and don't let them see how weak you are!"

Plank, Knees to elbow 4x10ea

"After that, we'll tackle the plank, knees to elbow! Four sets of ten on each side! It's like a game of hide and seek with your abs—just don't let them hide too well! If you're not careful, those knees might start thinking they're too good for the party!"

Palms to elbows 4x5ea

"Finally, we'll finish with palms to elbows! Four sets of five each side! This one's a real head-scratcher, but I promise you can do it—unless you're too weak to even lift your own arms! Just kidding! Well, mostly!"



"Now, let's dive into this gauntlet of maximum effort! Each rep is a chance to prove to me— and yourself—that you're not as weak as I think! And if it gets tough, just remember: 'At least I'm not stuck in a lamp!'" Mahdi's laughter rings out, echoing with encouragement as you prepare for the challenge ahead.

Day 13: Running with Skarbit

Skarbit stands at the ready, his excitement palpable as he looked over the group. "Alright, listen up, you eager goblins! Today's workout is all about tempo and building your speed endurance. Are you ready to push your limits? I know you are!"

10 min Warm up

He points down the path. "We're kicking things off with a 10-minute warm-up jog. Keep it nice and easy. This is just to get your muscles warmed up and your heart pumping. No need to rush—save that energy for what's coming! Remember, every step counts, and you're all doing great!"



5x2min Tempo pace (1min

Recovery)

After the warm-up, Skarbit rubs his hands together. "Now, let's dive into the meat of the workout! We're doing 5 sets of 2 minutes at a tempo pace. That means you're pushing yourself—running faster than normal but not going all out. You should feel that burn but still be able to maintain the pace! Dig deep—this is where you grow stronger!"

He emphasized the importance of recovery. "After each tempo segment, take 1 minute to recover. Use that time to catch your breath and prepare for the next one. Keep those legs moving during recovery—no slacking off! You've got this, and I believe in you!"

3min Recovery

Once you complete the tempo sets, Skarbit continues with a grin. "Alright, now we're taking a 3-minute recovery. This is your chance to regroup and take a breather. Deep breaths, stretch out those legs a bit, and get ready for the final push! Remember, you're closer to your goals with every moment!"

15 min Jog Home

Finally, he points toward the path ahead. "To finish strong, we're wrapping up with a 15-minute jog home. Keep that pace steady and let your legs ease into it. Reflect on all the hard work

you've just done—it'll pay off in the long run! You're all warriors in the making, and I can't wait to see how far you'll go!"

As you set off, Skarbit cheers you on, his voice rings with encouragement. "Keep it up, everyone! You're all doing fantastic! Soon enough, you'll be faster than a lightning bolt! Let's go and show the world what you're made of!"

Day 14: Lower body with Mahdi

With a flourish of smoke, Mahdi appears, his demeanor playful and energetic. "Ah, my eager warrior! Today, we focus on the lower body! Get ready to feel the burn, but let's hope you don't end up like me—trapped in a lamp for all eternity!"

Squats 4x10

"First, we'll start with squats! Four sets of ten! Lower yourself as if you're about to sit down in an invisible chair. Just remember, if you feel weak, you might as well be sitting on the ground! And trust me, you don't want to end up like that adventurer who took an arrow to the knee! They say it ended their journey, but I think it was just bad squat form!"



Reverse Lunges 2x10

"Next, we have reverse lunges! Two sets of ten! Step back like you're trying to avoid an arrow from behind. Just remember to keep your balance, or you might find yourself lunging straight into a wall of embarrassment!"

Cossack Squats 2x10ea

"Now onto Cossack squats! Two sets of ten! Shift from side to side

with grace! Pretend you're dodging arrows from both sides—just don't let them get you! And if they do, I hear a good squat can save you!"

Single Leg Glute Bridge 2x10ea

"After that, we'll tackle single-leg glute bridges! Two sets of ten! Lie on your back and lift one leg, raising those hips to the sky! It's like you're trying to impress the stars—just don't forget to keep your other leg stable! We don't want any wobbly warriors here!"

Plank 3x30sec

"Finally, we'll finish with a plank! Three sets of thirty seconds! Hold strong as if you're bracing against an incoming attack! If it feels tough, just think of all the arrows you're avoiding right now!"

“Now, let’s dive into this lower body challenge! Each rep will fortify your strength and resilience. And if you start to struggle, just remember: ‘At least I’m not stuck in a lamp!’” Mahdi’s laughter echoes as you prepare for the exhilarating challenge ahead.

Day 15: Training with Korath

“You’ve impressed me with your efforts thus far. Your dedication is commendable, and now we will push your limits even further. This workout will refine your skills and build your strength. Pay attention to my instructions.”

100 Single jumps:

Begin with 100 single jumps. This foundational exercise is crucial for warming up your muscles and improving your coordination. Maintain proper form: elbows close to your sides, a steady rhythm. Each jump prepares you for greater challenges ahead.

20 Double unders:

Next, tackle 20 double unders. This move is a testament to your agility and timing, requiring the rope to pass beneath you twice for each jump. Focus on your speed and precision; this will enhance your cardiovascular endurance. I expect you to maintain form and composure.

20 Single leg Jumps (each leg):

Now, shift your focus to single leg jumps. Perform 20 jumps on each leg. This exercise will develop your balance and unilateral strength—both essential for any warrior. Keep your core tight and control your movements. This is where you’ll find stability in your training.

10 Rounds of 1 Minute Fast (30 seconds recovery):

Prepare for intensity. You will complete 10 rounds of 1 minute of fast jumping. Push yourself in each round; this is your moment to showcase your speed and endurance. Use the 30 seconds of recovery wisely—hydrate and remain focused. Your intensity matters here.

10 Minutes of Jumping:

Finally, finish with 10 minutes of continuous jumping. This is a true test of your stamina. Maintain a steady pace, and remember: every moment counts. Your endurance will be your weapon.

“I am pleased with your progress. Embrace this challenge, for each workout brings you closer to becoming the warrior you aspire to be. Your hard work will not go unnoticed. Now, let us begin.”



Week 4

Day 16: Running with Skarbit

Skarbit bounces on his toes, eyes gleaming with excitement as he addresses you. "Alright, my eager runners! Today, we're focusing on agility and strength. Are you ready to move like true goblins? Let's get to it!"

- **10Min warm up jog**

"We'll start with a 10-minute warm-up jog. Keep it easy—this is just to get your muscles warmed up and your heart pumping. Remember, no need to sprint just yet! Use this time to shake off any cobwebs."

- **4xSide Shuffle 20 seconds**

Once the warm-up is complete, Skarbit claps his hands and grins.. "Now it's time for some drills! We're starting with 4 sets of Side Shuffles. Get low and move sideways like you're dodging pesky arrows! Stay light on your feet and keep that energy up!"

- **4xLateral lunge 10 total**

"Great job! Now we're moving on to 4 sets of Lateral High Knees. Pump those knees up high while moving sideways! Picture yourself evading a swarm of angry bees—quick and nimble!"

- **4xLunge and twist 10 Total**

"Next, we have 4 sets of Lunge and Twist! Step forward into a lunge, then twist your torso to the side—like you're spotting a sneaky rival goblin trying to get past! This will get your core fired up and ready for action."



"Finally, we'll finish with 4 sets of Lunge to Toe Up! Step forward into a lunge, then reach down to touch your toes. Feel that stretch and balance! You want to be as nimble as a frog on a lily pad!"

- **20minJog Home**

"Awesome work, everyone! Now, let's cool down with a 20-minute jog home. Keep a steady pace and let those legs relax. You've earned it after all that hard work!"

"Keep it up! You're doing fantastic! Every step you take brings you closer to becoming the best version of yourselves! Let's go!"

Day 17: Upper body with Mahdi

With a swirl of energy, Mahdi appears, his eyes sparkling with excitement. “Ah, my resilient warrior! Today, we’ll demonstrate just how strong you’ve become with a workout that will test your limits and showcase your power!”

Pull-ups 5x3

“First, we shall conquer the pull-ups! Five sets of three! This isn’t just about lifting your body; it’s about proving that you can rise above any challenge! With each pull-up, feel the strength in your arms and back—this is your time to shine!”

Push-ups 5x3

“Next, we have push-ups! Five sets of three! Lower yourself down with control and explode back up! Each push-up is a celebration of your upper body strength! You are stronger than you think—let that power flow through you!”

Dips 5x3

“Now onto dips! Five sets of three! Lower yourself down as if you’re checking for hidden treasures under the bench, then push back up like you’re defying gravity! Feel the strength in your triceps—this is where warriors are forged!”

Dead bugs 2x10ea

“After that, we’ll tackle dead bugs! Two sets of ten on each side! Lie on your back and lower your limbs with precision! This exercise is all about core control—feel the stability in your body, knowing you’re mastering the art of strength!”



Twisting sit ups 2x10ea

“Finally, we’ll finish with twisting sit-ups! Two sets of ten on each side! As you rise, twist with determination! Each sit-up is a reminder of your resilience—embrace the challenge and know that you’re transforming with every movement!”

Remember, you are not just training; you are becoming the warrior you were meant to be! And if it feels tough, just think: ‘At least I’m not stuck in a lamp!’”

Day 18: Running with Skarbit

Skarbit bounces eagerly on his toes, his excitement palpable. "Alright, you speed demons! Today's workout is all about unleashing your inner goblin and testing your limits! Are you ready to fly?"

10 min Warm up

"First up, we'll start with a 10-minute warm-up jog. Keep it light and easy—this is just to get those muscles warmed up and the blood flowing. No need to rush yet; save your energy for the sprints ahead!"

Sprints 7x15Sec All out (45sec Recovery)

"Now it's time for the real fun! We're doing sprints—7 sets of 15 seconds at full speed! That's right, I want to see you run like you're being chased by a pack of wild beasts! Push yourself to the max during those 15 seconds!"



"After each sprint, take 45 seconds to recover. Use that time to catch your breath, shake out those legs, and prepare for the next sprint. Remember, keep moving during recovery; no slumping around!"

3 min Recovery

"Great job, everyone! Now we're taking a 3-minute recovery. This is your chance to regroup and take a breather. Breathe deep and let those muscles relax a bit—you've earned it!"

15 min Jog Home

"To finish strong, we're wrapping up with a 15-minute jog home. Keep that pace steady and let your legs ease into it. Reflect on all the hard work you've just put in—this is where you build your strength!"

"Keep it up, everyone! You're all doing amazing! Soon enough, you'll be faster than a lightning bolt! Let's go show the world what you've got!"

Day 19: Lower body with Mahdi

With a swirl of smoke and a warm smile, Mahdi appears, his playful energy tinged with gratitude. “Ah, my noble warrior! Today, we engage in a powerful lower-body workout, and I must thank you for joining me on this journey of strength and growth. Your commitment has been nothing short of heroic!”

Squats 5x3

Plank 3x30sec “First, we begin with squats! Five sets of three! These aren’t just any squats—each one is a foundation, building your strength from the ground up. Explode up with purpose! Your legs are pillars, holding up the warrior you’ve become.”

Reverse Lunges to high knee 5x3ea

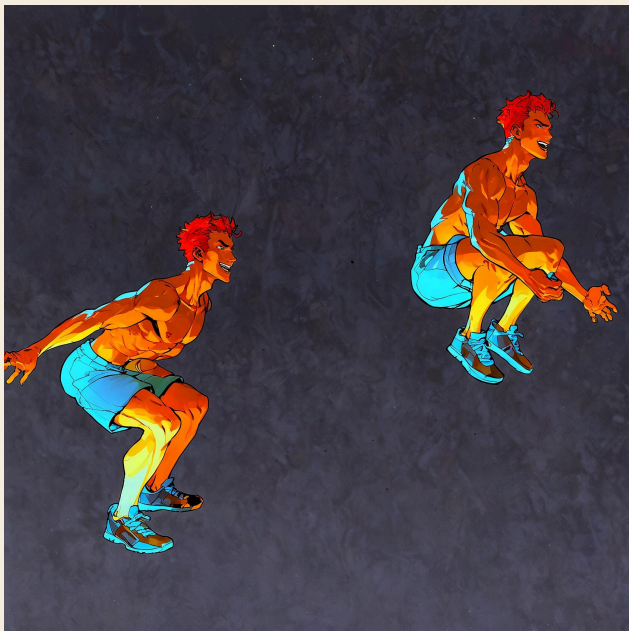
“Next, we move to reverse lunges to high knee! Five sets of three! Step back with power, then drive that knee up like you’re bursting through barriers! Each movement is a reminder of your agility, strength, and ability to rise above.”

Jumping knees to chest 5x3ea

“Now, jumping knees to chest! Five sets of three! Leap into the air, bringing your knees high as if you’re launching into the sky! Feel the explosive energy in your legs, knowing that every jump takes you closer to your full potential!”

Cossack Squats 5x3ea

“Cossack squats are next! Five sets of three! Shift side to side, moving with grace and power. You’re not just squatting; you’re mastering control and balance, two qualities every warrior must possess.”



Plank 3x for 30 seconds

“Finally, we’ll hold a plank! Three sets of thirty seconds! Stay strong and steady. Feel the strength of your core, the unshakable foundation of a true warrior. This is where resilience is born!”

“Thank you, adventurer, for joining me in this journey of growth. You’ve proven yourself time and time again, and with every rep, you come closer to mastering your strength. Remember, the greatest battles are not fought with weapons, but with perseverance and will.”

“‘The journey of a thousand miles begins with a single step.’ Every step, every squat, every

plank brings you closer to becoming the hero of your own story. And if it gets tough, well... at least you're not stuck in a lamp!"

Day 20: Training with Korath

Listen closely, for this is your last training session with me. The portal to my world is closing, and you must make the most of our time together. This workout will push you to your limits, and it is essential that you understand each part.

100 Single Jumps:

Begin with 100 single jumps. This foundational exercise is critical for warming up your body and enhancing your coordination. Maintain your form: keep your elbows close to your sides and establish a steady rhythm. Each jump prepares you for the trials ahead.

20 Double Unders:

Next, you will face 20 double unders. This move demands agility and precise timing, requiring the rope to pass beneath you twice with each jump. Focus on speed and endurance; this exercise will elevate your cardiovascular capacity. Maintain your composure, for this is where true warriors shine.

20 Single Leg Jumps (each leg):

Shift your focus to single leg jumps. Execute 20 jumps on each leg to develop balance and unilateral strength. This exercise is vital for stability, a core trait of any warrior. Keep your core engaged and control each jump; this is where you forge your foundation.

10 Rounds of 1 Minute Fast (30 seconds recovery):

Prepare for the final test of your endurance. You will complete 10 rounds of 1 minute of fast jumping.

Each round is an opportunity to showcase your speed and resilience. Use the 30 seconds of

recovery wisely—hydrate, but stay focused. This intensity will define your training.

10 Minutes of Jumping:

Conclude with 10 minutes of continuous jumping. This is your ultimate test of stamina. Maintain a consistent pace, pushing through the fatigue. Every moment counts, and with each jump, you will fortify your spirit.

As the portal to my world closes, know this: You have trained hard, and I am impressed by your dedication. Embrace this final challenge, for it will solidify the warrior within you. Remember, the strength you've gained here will stay with you always.

