

# Fitness routine

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
<ul style="list-style-type: none"> <li>• A 15-minute workout, comprising as many rounds as possible of a fixed set of snatches, front squats, muscle-ups (a pull-up followed by a dip on the gymnastics rings) and kettlebell swings.</li> <li>• A 200m sprint or run between each set.</li> </ul>	<ul style="list-style-type: none"> <li>• Five sets of 50m prowler (pushing a weighted sled), 50m sprint, 50m prowler</li> </ul>	<ul style="list-style-type: none"> <li>• A two-person workout, alternating on the completion of each round, such that one partner works out while the other rests.</li> <li>• In seven minutes, do as many rounds as possible of: three handstand push-ups, six pull-ups, nine squats, then rest one minute.</li> <li>• For another seven minutes, do as many rounds as possible of three thrusters (a weightlifting movement with a barbell), six pull-ups and nine squats.</li> </ul>	Rest	<ul style="list-style-type: none"> <li>• Three sets of front squats and jerks, up to one repetition.</li> <li>• A partner workout with one person working out at a time.</li> <li>• In eight minutes, do as many rounds as possible of five deadlifts and 10 burpees. Rest for one minute, followed by eight rounds of five deadlifts and 10 burpees.</li> </ul>	<p>In a team of three, complete an 800m run together. Then, take turns to complete 12 rounds of the following exercises:</p> <ul style="list-style-type: none"> <li>• Seven kettlebell thrusters (a squat and a press done with a kettlebell instead of a barbell)</li> <li>• Seven toes-to-bars (swinging toes toward the bar while hanging from it with both arms)</li> </ul>	<ul style="list-style-type: none"> <li>• 14 double unders (rope passes under the feet twice per jump)</li> <li>• Then, run 600m together. After that, take turns to complete 12 rounds of the following exercises:</li> <li>• Seven kettlebell thrusters</li> <li>• Seven toes-to-bar</li> <li>• 14 double unders</li> <li>• 400m run</li> </ul>	<p>Either rest or active recovery, with a swim, in-line skating or a walk. Occasionally, a yoga session or a walk at the beach.</p>