

"Crazy Legs" PT - MDL/SPT #1

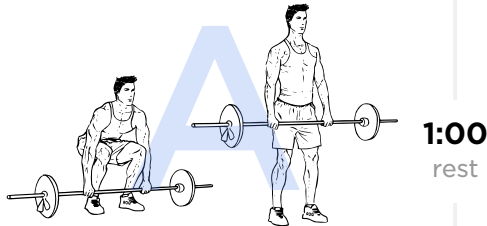
25 min · Back, Legs, Shoulders



Robert G.

1. No more than 4 Soldiers per lane. 2. Each Lane will have 4 stations. 3. Set a 60 Second Interval timer with an alarm on repeat. 5. Once the Soldier is finished at station 1 they will go to the back of the line (station 4) and repeat until all sets are finished for that superset

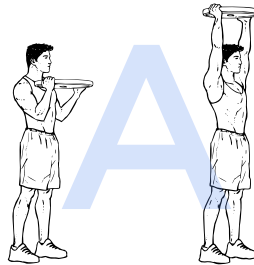
Barbell Deadlifts



5 sets 6 reps

Superset A1 · Station 1: You will have 60 sec to complete this exercise. You will then move to Station 2 for 60s rest interval.

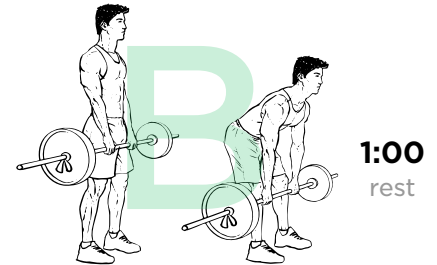
Overhead Plate Presses



5 sets 12 reps 60 sec rest

Superset A2 · Station 3: You will have 60 sec to complete this exercise. You will then move to Station 4 for 60s rest interval.

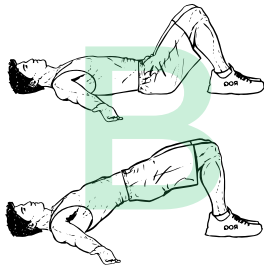
Romanian Deadlifts



3 sets 12 reps

Superset B1

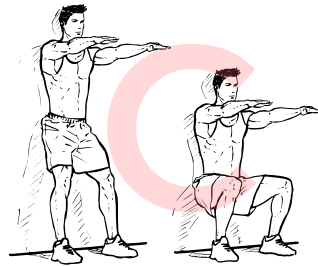
Hip Raises



3 sets 12 reps 60 sec rest

Superset B2 · Place a weight on hips to increase intensity.

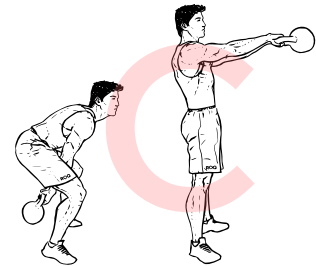
Wall Sits



2 sets 60 secs

Superset C1 · Hold a weight to increase intensity.

Two-Arm Kettlebell Squat Swings



2 sets 16 reps 60 sec rest

Superset C2



Barbell Deadlifts

Primary muscle group(s):

Lower Back

Secondary:

Abs, Calves, Forearms, Glutes & Hip Flexors, Hamstrings, Quadriceps, Upper Back & Lower Traps

Place a barbell in a clear space on the floor. (Make sure there are no obstructions in your way.)

Stand facing the barbell with your legs about 4-6 inches from the bar.

Place your feet shoulder width apart. Your feet can be pointed straight ahead or turned outwards slightly.

Squat down, keeping your back straight and grip the bar with an overhand grip at shoulder width.

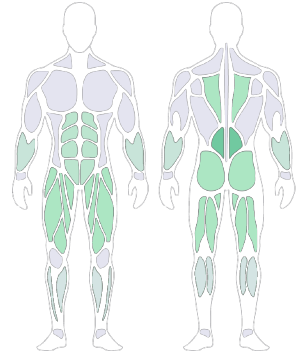
Keep your arms fully extended and stand up with the barbell.

As you lift the barbell, your hips and shoulders should rise together and your back should be straight.

As you reach the top of the lift and are standing straight, rotate your shoulders back slightly until you feel a slight stretch in them.

Lower the barbell back to the floor in the same squatting motion you used to lift it.

! This exercise can be very dangerous if performed incorrectly. If you are a novice, only perform this exercise with an experienced trainer's supervision.



Overhead Plate Presses

Primary muscle group(s):

Shoulders

Secondary:

Chest, Triceps

Firmly holding a plate at chest level with both hands either side, stand straight, with your feet shoulder width apart.

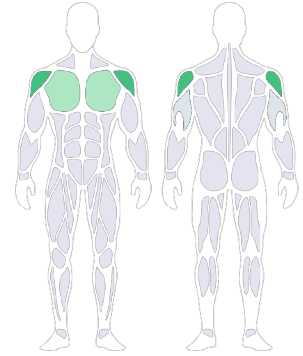
Drive the weight upwards using your chest and shoulders keeping your back straight with a slight bend at the knee.

As your arms reach the fully extended position, take great care to keep a firm grip on the plate.

In a controlled movement, slowly lower the plate back down to the chest and the starting position.

Repeat.

! Take great care with this exercise. Ensure your hands are dry and never push yourself to failure with this exercise.



Romanian Deadlifts

Primary muscle group(s):

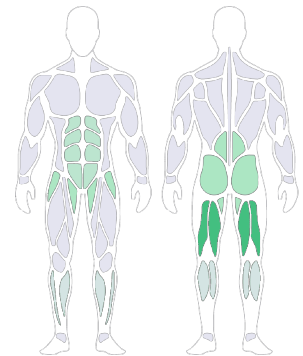
Hamstrings

Secondary:

Abs, Calves, Glutes & Hip Flexors, Lower Back

Standing tall with a tight core and flat back, hold a barbell or a pair of dumbbells in front of you. Hands should be slightly wider than shoulder-width.

Maintaining a tight core and flat back, bend your knees slightly and push your hips back. Keep your arms extended and the weight close to the body. Once you feel the contraction in the back of your legs, slowly return to the starting position.



Hip Raises / Butt Lift / Bridges

Primary muscle group(s):

Glutes & Hip Flexors, Hamstrings

Secondary:

Abs, Lower Back

Lie on an exercise mat with your knees bent so that your feet are flat on the floor. Keep your back straight.

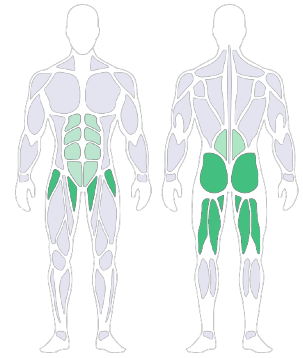
Place your hands out to your sides palms flat for stability.

Raise your glutes off the floor by extending your hips upward while pushing down through you heels.

Continue until your back, hips and thighs are in a straight line. Hold for a count of one.

Return to the start position by lowering your hips back to the floor.

Pause then repeat.



Wall Sit / Squats / Chair

Primary muscle group(s):

Glutes & Hip Flexors, Quadriceps

Secondary:

Abs, Calves, Hamstrings

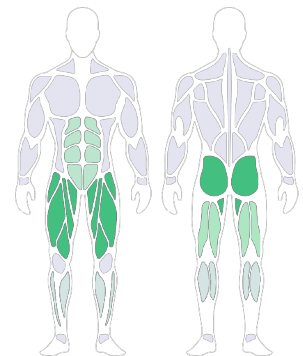
Stand tall against a wall with your head and back touching the wall.

Position your feet so that they are shoulder-width apart and a few inches away from the wall.

Rest your arms at your sides.

Bend your knees and lower into a squat position until your thighs are parallel to the floor and hold the position

Return to starting position by straightening your knees and standing tall again.



Two-Arm Kettlebell Squat Swings

Primary muscle group(s):

Glutes & Hip Flexors, Quadriceps, Shoulders

Secondary:

Abs, Calves, Hamstrings, Lower Back

Hold a kettlebell with both hands in an over hand grip.

Stand straight, with your legs slightly wider than shoulder width apart.

Lean forward at your waist slightly and bend your knees as if getting ready to squat.

Keep your back arched and your head facing forward.

Let your arms hang loosely.

Swing the kettlebell back between your legs while exhaling.

In an explosive movement, force the kettle forward and back up in front of you, above head height by thrusting forward with your hips and rotating your shoulders.

Continue for the desired number of repetitions or time.

