

The ^{fit} Hot Stuff to Rough 'n Tough 6 week Mudder Strength Plan

This ain't your first rodeo. You can run 3 miles, you know your way around a dumbbell and you might not even mind doing burpees- well, for the first 30 seconds, anyway.

This strength plan is designed to supplement or replace what you are currently doing. These exercises have been chosen specifically to prevent injuries while strengthening your hips, legs, knees, core and arms. What can I say? I'm just thoughtful that way.

MAKE SURE you warm up for 5 min before lifting and **STRETCH** afterward. Watch video for tips.

Week 1-3 Tuesday Workout

Week 1- Tuesday workout 6/12/18

- 1. Resistance Band (RB) side step-** feet on RB, step R 5x, L 5x. Repeat 4x
- 2. Kneeling heel drive to ceiling-** 12x R, 12x L
- 3. Overhead Triceps extension-** Single dumbbell. 8-15# +, 12 reps
Repeat 1-3 for 3 sets
- 4. Single arm dumbbell row-** kneeling on bench or standing. 10-20# +, 12 reps
- 5. Reverse wood chop-** 0-10# DB, 10 reps each direction
- 6. Goblet plie squat-** Wide, plie stance, holding single DB. 10-20#+. 12 reps
Repeat 4-6 for 3 sets

Week 2- Tuesday workout 6/19/18

- 1. Resistance Band (RB) side step-**step R 5x, L 5x. Repeat 4x and then tap side to side for 20
- 2. Kneeling heel drive to ceiling-** 12x R, extend leg and tap sd to sd 12x, repeat on L.
- 3. Overhead Triceps extension-** Single dumbbell. Increase weight by 5#, 10-12 reps
Repeat 1-3 for 3 sets
- 4. Single arm dumbbell row-** kneeling on bench or standing. Increase weight by 5# 10-12 reps
- 5. Reverse wood chop-** 0-10# DB, 15 reps each direction
- 6. Goblet plie squat- increase weight by 5#.** 10-12 reps
Repeat 4-6 for 3 sets

Week 3- Tuesday workout 6/26/18

- 1. Resistance Band (RB) side step-**step R 6x, L 6x. Repeat 4x and then tap side to side for 20
- 2. Kneeling heel drive to ceiling-** 15x R, extend leg and tap sd to sd 12x, repeat on L.
- 3. Overhead Triceps extension-** Single dumbbell. Increase weight by 5#, 8-12 reps
Repeat 1-3 for 3 sets
- 4. Single arm dumbbell row-** kneeling on bench or standing. Increase weight by 5# 8-12 reps
- 5. Reverse wood chop-** 0-10# DB, 15 reps each direction
- 6. Goblet plie squat- increase weight by 5#.** 8-12 reps
Repeat 4-6 for 3 sets

Week 1-3 Thursday Workout

Week 1 – Thursday workout 6/14/18

- 1. Walking lunge-** 10 steps one direction, 10 steps back
- 2. Knee up overhead press-** Single DB, raise knee, press DB overhead. 8-20# 10-12x
- 3. Side plank-** Hold for 15 seconds, twist for 10 reps. Repeat other side
Repeat 1-3 for 3 sets
- 4. Reverse fly-** 2-10# (calm down, big shooter. This one is easy to overdo). 8-12 reps
- 5. Calf raise w/bicep curl-** yes, both moves at the same time. 8-20# 12 reps
- 6. Knee drive-** single DB, raise R knee forward rapidly 15x, repeat on L. 3-10# DB.
Repeat 4-6 for 3 sets

Week 2 – Thursday workout 6/21/18

- 1. Walking lunge-** 12 steps one direction, 12 steps back- prisoner style (arms behind head)
- 2. Knee up overhead press-** increase weight by 5 pounds 8-12x
- 3. Side plank-** Hold for 30 seconds, twist for 10 reps. Repeat other side
Repeat 1-3 for 3 sets
- 4. Reverse fly-** increase weight by 1-5#, or increase reps by 3-5. 10-15 reps
- 5. Calf raise w/bicep curl-** increase weight by 5# 8-12 reps
- 6. Knee drive-** single DB, raise R knee forward rapidly 20x, repeat on L. 3-10# DB.
Repeat 4-6 for 3 sets

Week 3 – Thursday workout 6/28/18

- 1. Walking lunge-** 16 steps one direction, 16 steps back- prisoner style or add a DB in each hand
- 2. Knee up overhead press-** increase weight by 5 pounds 8-12x
- 3. Side plank-** Elevate feet 6-12 inches (a BOSU is great for this) Hold 30 sec, twist for 10 reps.
Repeat 1-3 for 3 sets
- 4. Reverse fly-** increase weight by 1-5#, or increase reps by 3-5. 10-15 reps
- 5. Calf raise w/bicep curl-** increase weight by 5# 8-12 reps
- 6. Knee drive-** increase weight 2-5#20x, repeat on L.
Repeat 4-6 for 3 sets

Week 4-6 Tuesday Workout

Week 4 Tuesday Workout 7/03/18

- 1. Side Squat-** Step to the R in a side squat, keeping knees behind toes 10x, repeat on L
- 2. Spider(wo)man with paper plates-** plank position, feet on plates. Slide L knee to L elbow, repeat on R. 12x total
- 3. Resistance Band (RB) row-** Stand on RB and criss cross in front of legs. Perform row. 12x
Repeat 1-3 for 3 sets
- 4. Plank drag w/paper plate-** Plank position, feet on plates, walk hands forward 4 steps, dragging legs behind. Push back 4 steps. Repeat 3x
- 5. Front raise/lateral raise-** Raise arms forward shoulder height, then out to sides shoulder height. Each movement counts as 1 rep. Don't overdo this one! 2-12# DB's. 12x
- 6. Deadlift-** Can do this stiff-legged but I prefer a slight bend in the knee. 10-50#+ 12 reps
Repeat 4-6 for 3 sets

Week 5 Tuesday Workout 7/10/18

- 1. Side Squat-** Step to the R in a side squat, keeping knees behind toes 14x, repeat on L
- 2. Spider(wo)man with paper plates-** 16x total
- 3. Resistance Band (RB) row-** Use a heavier RB (or DB's if necessary). 10-12x
Repeat 1-3 for 3 sets
- 4. Plank drag w/paper plate-** Plank position, feet on plates, walk hands forward 4 steps, dragging legs behind. Push back 4 steps. Repeat 4x
- 5. Front raise/lateral raise-** increase weight 1-5# 8-12x
- 6. Deadlift-** Increase weight 5-10# 8-12 reps
Repeat 4-6 for 3 sets

Week 6 Tuesday Workout 7/17/18

- 1. Side Squat-** Increase range of motion. Work it! 12-14x each direction
- 2. Spider(wo)man with paper plates-** 20x total
- 3. Resistance Band (RB) row-** Use a heavier RB (or DB's if necessary). 10-12x
Repeat 1-3 for 3 sets
- 4. Plank drag w/paper plate-** Plank position, feet on plates, walk hands forward 6 steps, dragging legs behind. Push back 6 steps. Repeat 4x
- 5. Front raise/lateral raise-** increase weight 1-5# 8-12x
- 6. Deadlift-** Increase weight 5-10# 8-12 reps
Repeat 4-6 for 3 sets

Week 4-6 Thursday Workout

Week 4 Thursday Workout 7/05/18

1. Single Leg Deadlift- Slow and steady, rockstar. With or without DB's for this first go around. It's endurance, co-ordination and a "hello" to muscles you may not have met before.

10x with R leg, 10x with L

2. Kneeling side crunch- watch the posted video. I can't even.

3. Bicycle crunches- the slower you go, the better this works. Exhale completely with every rotation. 20X total

Repeat 1-3 for 3 sets

4. Chest press- I love this on a stability ball. Of course you can use a bench, or even the floor.

8-20#+ DB's. 8-12 reps

5. Step ups- Use a bench or step about 1.5-2 feet high. Push firmly through foot. 8-12x R, 8-12x L.

6. Skull Crushers- Again, quite lovely on a stability ball. Bench and floor work too. 8-25#+ 12x

Repeat 4-6 for 3 sets

Week 5 Thursday Workout 7/12/18

1. Single Leg Deadlift- Can add DB or increase DB 5-10#. 10-12x with R leg, 10-12x with L

2. Kneeling side crunch- watch the posted video. I can't even.

3. Bicycle crunches- except legs are straight and arms reaching (video) 20X total

Repeat 1-3 for 3 sets

4. Chest press- Increase weight 5-10# 8-12 reps

5. Step ups- Can add DB's or a weighted backpack 8-12x R, 8-12x L.

6. Skull Crushers- Increase weight 5-10# 8-12x

Repeat 4-6 for 3 sets

Week 6 Thursday Workout 7/19/18

Do something to move and use your muscles, but nothing that will make you sore two days later. You can do an easier version of the workout (less weight, less reps), or you could go for a swim, do some yoga, zumba- something nice, cardio-riffic and not too intense. 30-60 minutes.