

The ^{fit} Marshmallow Fluff to Rough 'n Tough Mudder Strength Plan

This is a 12 week plan for the very beginner, the accident prone, the previously injured, or newbies ~ you got this!

Week 1-3 Workout Begins Monday May 1st!

Week 1 Tue 5/01 & Thurs 5/03

1. Squats (choose 1 version) and do it 8-12 times (keep knees behind toes, lined up above ankles)

- A. Chair squats: Push forcefully through heels to rise to standing. Sit back down. Repeat.
- B. Use a chair as a guide. Squat until back of thighs hit chair. Stand back up.
- C. Wall squats. Keep back against wall. Slide down until thighs are parallel to floor, stand back up.

2. Pushups (choose 1 version) and do it 8-12 times

- A. Wall pushups. Hands chest height at wall, feet back a foot or more. Do pushups.
- B. Incline pushups. Hands on a table or step. Do pushups.

3. Plank – hands or elbows on floor. Hold for 30 seconds.

Repeat 1-3 for 2-3 sets

4. Calf Raise/Tib Raise- While standing. raise up on tiptoes 10-12x. Tib raise= lift toes 8-10x

5. Bird/Dog- Hands and knees, raise R arm and L leg shoulder height, repeat other side. 8-10x

6. Arm Circles- Push arms overhead 10 sec, do small arm circles forward 10 sec, backward 10 sec. x2

Repeat 3-6 for 2-3 sets

Week 2 Tue 5/8 & Thurs 5/10

1. Squats (choose 1 version) and do it 10-12 times (keep knees behind toes, lined up above ankles)

- A. Use a chair as a guide. Squat until back of thighs hit chair. Stand back up.
- B. Wall squats. Keep back against wall. Slide down until thighs are parallel to floor, stand back up.

2. Pushups (choose 1 version) and do it 10-12 times

- A. Wall pushups. Hands chest height at wall, feet back a foot or more. Do pushups.
- B. Incline pushups. Hands on a table or step. Do pushups.

3. Plank – hands or elbows on floor. Hold for 30-45 seconds.

Repeat 1-3 for 3 sets

4. Calf Raise/Tib Raise- While standing. raise up on tiptoes 12x. Tib raise= lift toes 10-12x

5. Bird/Dog- Hands and knees, raise R arm and L leg. Tap hand and foot to floor and raise back to shoulder height 10x. Repeat other side 10x.

6. Arm Circles- Push arms overhead 10 sec, arms straight out shoulder height, bring them in and out 10 sec., do small arm circles forward 10 sec, backward 10 sec. x2

Repeat 3-6 for 3 sets

Week 3 Tue 5/15 & Thurs 5/17

1. Squats- free standing. Watch your form!

2. Pushups (choose 1 version) and do it 12 times

- A. Incline pushups. Hands on a table or step. Do pushups.
- B. On the floor, knees or toes or a combo of both.

3. Plank – hands or elbows on floor. Hold for 45-60 seconds.

Repeat 1-3 for 3 sets

4. Calf Raise/Tib Raise- While standing. raise up on tiptoes 12x. Tib raise= lift toes 12x Can use a backpack or weights to add resistance.

5. Bird/Dog- Hands and knees, raise R arm and L leg. Bring R elbow to L knee in a crunching motion. Repeat 10x. Do the same on other side.

6. Arm Circles- Push arms overhead 10 sec, arms straight out shoulder height- bring them in and out 10 sec., do small arm circles forward 10 sec, backward 10 sec., big arm circles fwd 10 sec, big arm circles bkwd 10 sec. x2

Repeat 3-6 for 3 sets

WEEK 4-6

Week 4 Tue 5/22 & Thurs 5/24

1. **Walking lunge**- 16 steps total. Bring back knee as close to ground as comfortable.

2. **Single arm dumbbell row**- Can do this seated, kneeling or standing. 8-10 reps.

3. **Mountain climbers**- Slow and steady. 15-30 seconds

Repeat 1-3 for 2- 3 sets

4. **Hip bridge on the floor**- Arms on floor, by sides, raise hips high and lower them to barely graze mat. 12X

5. **Pencil Crunches**- Lie flat on floor, R foot stacked on L. Lift shoulder blades off floor, exhaling as you use abs to lift while pushing lower back into mat. 10x. Repeat other side 10x.

6. **YTI**- Lie face down, arms out like a “Y”, thumbs up. Lift, using shoulder blades and back muscles to squeeze arms up. Repeat 6x. Move to “T” shape (arms straight out to side) 6x. And “I” (arms straight up) 6x

Repeat 4-6 for 2-3 sets

Week 5 Tue 5/29 & Thurs 5/31

1. **Walking lunge**- 20 steps total. Bring back knee as close to ground as comfortable.

2. **Single arm dumbbell row**- Can do this kneeling or standing. 10 reps. Increase weight if possible.

3. **Mountain climbers**- A little faster. 30 seconds

Repeat 1-3 for 3 sets

4. **Hip bridge on the floor**- Arms raised up, raise hips high and lower them to barely graze mat. 12X

5. **Pencil Crunches**- Lie flat on floor, R foot stacked on L. Lift shoulder blades off floor, exhaling as you use abs to lift while pushing lower back into mat. 12x. Repeat other side 12x.

6. **YTI**- Lie face down, arms out like a “Y”, thumbs up. Lift, using shoulder blades and back muscles to squeeze arms up. Repeat 8x. Move to “T” shape (arms straight out to side) 8x. And “I” (arms straight up) 8x

Repeat 4-6 for 3 sets

Week 6 Tues 6/05 & Thurs 6/07

1. **Walking lunge**- 24 steps total. Bring back knee as close to ground as possible.

2. **Single arm dumbbell row**- Can do this kneeling or standing. 12 reps. Increase weight if possible.

3. **Mountain climbers**- A little faster. 30-45 seconds

Repeat 1-3 for 3 sets

4. **Single leg hip raise on the floor**- Arms raised up or on floor. raise hips high and lift R leg. Lower hips to barely graze mat. Repeat 10-12x on R and repeat on L.

5. **Pencil Crunches**- Lie flat on floor, R foot stacked on L. Lift shoulder blades off floor, exhaling as you use abs to lift while pushing lower back into mat. 15x. Repeat other side 15x.

6. **YTI**- Lie face down, arms out like a “Y”, thumbs up. Lift, using shoulder blades and back muscles to squeeze arms up. Repeat 10x. Move to “T” shape (arms straight out to side) 10x. And “I” (arms straight up) 10x

Repeat 4-6 for 3 sets

WEEK 7-9

Week 7 Tues 6/12 & Thurs 6/14

- 1. Side squat lunges-** 8 leading with R leg, 8 leading with L
- 2. Front raise/lateral raise-** raise arms shoulder height (rep 1), then out to side shoulder height (rep 2). Repeat 8-10x total. Use 0-5# dumbbells.
- 3. Side plank (elbow or hand)-** Hold for 15-30 seconds. Can modify w/bottom knee on ground. Repeat other side
Repeat 1-3 for 2-3 sets
- 4. Jump rope 15-30 seconds.** Yup. It's just how it sounds. Can use a real or imaginary jump rope.
- 5. Reverse fly** 0-5# dumbbells. 8-10 reps
- 6. Standing Abs-** Bring R elbow to R knee for a standing side crunch, 10x. Repeat on L 10x. R elbow to L knee across front of body, repeat w/L elbow to R knee. Alternate 10x.
Repeat 4-6 for 3 sets

Week 8 Tues 6/19 & Tuurs 6/21

- 1. Side squat lunges-** 10 leading with R leg, 10 leading with L
- 2. Front raise/lateral raise-** raise arms shoulder height (rep 1), then out to side shoulder height (rep 2). Repeat 10x total. Use 2-8# dumbbells.
- 3. Side plank (elbow or hand)-** Hold for 15 seconds and then rotate 10x = top hand comes down and through and then comes back up. Can modify w/bottom knee on ground. Repeat other side.
Repeat 1-3 for 3 sets
- 4. Jump rope 30-45 seconds.** Yup. It's just how it sounds. Can use a real or imaginary jump rope.
- 5. Reverse fly** 2-8# dumbbells. 10-12 reps
- 6. Standing Abs-** Bring R elbow to R knee for a standing side crunch, 10x. Repeat on L 10x. R elbow to L knee across front of body, repeat w/L elbow to R knee. Alternate 10x. Repeat entire sequence.
Repeat 4-6 for 3 sets

Week 9 Tues 6/26 & Thurs 6/28

- 1. Side squat lunges-** 12 leading with R leg, 12 leading with L
- 2. Front raise/lateral raise-** raise arms shoulder height (rep 1), then out to side shoulder height (rep 2). Repeat 12x total. Use 2-10# dumbbells.
- 3. Side plank (elbow or hand)-** Hold for 30 seconds and then rotate 10x = top hand comes down and through and then comes back up. Can modify w/bottom knee on ground. Repeat other side.
Repeat 1-3 for 3 sets
- 4. Jump rope 30-60 seconds.** Yup. It's just how it sounds. Can use a real or imaginary jump rope.
- 5. Reverse fly** 2-10# dumbbells. 12 reps
- 6. Standing Abs-** Bring R elbow to R knee for a standing side crunch, 10x. Repeat on L 10x. R elbow to L knee across front of body, repeat w/L elbow to R knee. Alternate 10x. Repeat entire sequence 3x total
Repeat 4-6 for 3 sets

WEEK 10-12

Week 10 Tue 7/3 & Thurs 7/5

- 1. Resistance band (RB) side step-** Stand on RB and step 5x to R, repeat 5x to L. Repeat 3x
- 2. Burpees-** Sorry. Just do them. Slow if you have to. 12 times. Jumping optional. You're welcome.
- 3. Shoulder Press-** Standing or seated. 5-10# (+) dumbbells. 10 reps.
Repeat 1-3 for 3 sets
- 4. Single leg deadlift-** 0-10# dumbbells. (watch video) 10 reps R leg, 10 reps L.
- 5. Spiderman/woman w/paperplate-** plank position, feet on plates. R knee to R elbow, repeat L. 10x total
- 6. RB row-** Stand on RB, criss cross in front of body. Perform row. (again, watch video). Repeat 10x
Repeat 4-6 for 3 sets

Week 11 Tue 7/10 & Thurs 7/12

- 1. Resistance band (RB) side step-** Stand on RB and step 6x to R, repeat 6x to L. Repeat 3x
- 2. Burpees-** Sorry. Just do them. Faster than last time. 12x. Jumping is encouraged for most of them. U rock!
- 3. Shoulder Press-** Standing or seated. 5-10# (+) dumbbells. 12 reps.
Repeat 1-3 for 3 sets
- 4. Single leg deadlift-** 0-10# dumbbells. (watch video) 12 reps R leg, 12 reps L.
- 5. Spiderman/woman w/paperplate-** plank position, feet on plates. R knee to R elbow, repeat L. 16x total
- 6. RB row-** Stand on RB, criss cross in front of body. Perform row. (again, watch video). Repeat 12x
Repeat 4-6 for 3 sets

Week 12 Wait! Do this once, twice at most, this week. Rest on Thurs and Fri – cuz you gotta race on Sat! Great job and good luck. Have so much fun!

- 1. Resistance band (RB) side step-** Stand on RB and step 6x to R, repeat 6x to L. Repeat 3x
- 2. Burpees-** Sorry. Just do them. Faster than last time. 12x. Jumping is encouraged for most of them. U rock!
- 3. Shoulder Press-** Standing or seated. 5-10# (+) dumbbells. 12 reps.
Repeat 1-3 for 3 sets
- 4. Single leg deadlift-** 0-10# dumbbells. (watch video) 12 reps R leg, 12 reps L.
- 5. Spiderman/woman w/paperplate-** plank position, feet on plates. R knee to R elbow, repeat L. 16x total
- 6. RB row-** Stand on RB, criss cross in front of body. Perform row. (again, watch video). Repeat 12x
Repeat 4-6 for 3 sets