

Cross Fit Challenge Workout Details and Schedule

Begins December 12th, 2009 – Ends January 30th, 2010

The concept of the cross fit challenge is to record your fitness evaluation results and then complete 24 workouts (3 per week) and then retest on the final week to determine if your personal challenge was successful. This challenge is not you against anyone else, it is you against you.

December 12th – Orientation & Fitness Test Day

The fitness evaluation begins by recording your resting heart rate. Followed by a 1 mile walk or run (timed). Then a 1 minute push up and 1 minute sit up test (record the raw numbers—whole reps only). The last part of the test is a 3 minute step test at a 92 BPM rate, at the conclusion of the step test sit down and take and record your pulse rate for no longer than 10 seconds (take the final number and multiply it by 6 for your test pulse rate).

Armed with this information you are ready to begin your cross fit challenge. This cross fit challenge looks to use mostly non martial arts or sport specific type exercises. If you are unable to complete the workouts at the karate school, you would be expected to complete them on your own schedule. We will be using the Saturday (10:00 AM), Tuesday (7:00 PM) and the Thursday (7:00) class time frames to support this effort.

During the orientation class we will try to explain the exercises that make up the workouts, for those of you who will be working out on your own, although with the fitness evaluations and the time limit all of the exercises may not get explained. We have a website setup at <http://www.kenpousa.com/crossfit/> where all of the workouts can be downloaded and/or printed out. Many of the workouts come with explanations. You can email martial_arts_center@yahoo.com with questions specific to the workouts.

The workouts themselves should require minimal equipment, such as a couple of small sets of dumbbells. Other equipment such as a step or a kicking/throwing bag may be called for, but alternate exercises can be substituted in its place.

Week 1

Day 1 – Orientation Day

Day 2 – Plyo Leg Workout (DB, Step)

Day 3 – Bag Station Workout (DB, Step, Bag)

Week 2

Day 1 – Daily Dozen (DB, Step, Bag)

Day 2 – PACT Pit

Day 3 – Imminent Destruction Level 1

Week 3

Day 1 – Daily Dozen (DB, Step, Bag)

Day 2 – MAC Dumbbell Circuit #1 (DB, Step)

Day 3 – PACT MMA Circuit #1 (DB, Step, Bag)

Week 4

Day 1 – Daily Dozen (DB, Step, Bag)

Day 2 – PACT MMA Cardio Workout #1

Day 3 – Boxing Fitness Workout (DB, Bag)

Week 5

Day 1 – Daily Dozen (DB, Step, Bag)

Day 2 – Bag Station Workout (DB, Step, Bag)

Day 3 – Plyo Leg Workout (DB, Step)

Week 6

Day 1 – Daily Dozen (DB, Step, Bag)

Day 2 – Imminent Destruction Level 1

Day 3 – PACT Pit

Week 7

Day 1 – Daily Dozen (DB, Step, Bag)

Day 2 – PACT MMA Circuit #1 (DB, Step, Bag)

Day 3 – MAC Dumbbell Circuit #1 (DB, Step)

Week 8

Day 1 – Final Exam and Fitness Retest Day

Day 2 – Boxing Fitness Workout (Final Exam) (DB, Bag)

Day 3 – PACT MMA Cardio Workout #1 (Final Exam)

Final Exam and Fitness Retest Day

Repeat of the first day fitness evaluation with the recorded results compared to day 1. Those who are able to show an increase in the tested areas have successfully met the challenge. If you have already completed your final test an alternative workout is provided.

Glossary of Terminology

Cross Fit – A cross training fitness program that is considered to be highly effective, but very hard core.

PACT – Practical Application Combat Training

MAC – Martial Arts Center

MMA – Mixed Martial Arts

Plyo – Plyometric

BPM – Beats Per Minute

DB – Dumbbell

Links to the workouts

PACT MMA Circuit #1 - <http://www.kenpousa.com/crossfit/PACTMMACircuit1.pdf>

PACT Pit - <http://www.kenpousa.com/crossfit/PactPit.pdf>

Imminent Destruction Level 1 - <http://www.kenpousa.com/crossfit/IDL1.pdf>

MAC Dumbbell Circuit #1 - <http://www.kenpousa.com/crossfit/MACDBWorkout1.pdf>

PACT MMA Cardio Workout #1 - <http://www.kenpousa.com/crossfit/PACTMMACardio1.pdf>

Boxing fitness Workout - <http://www.kenpousa.com/crossfit/BoxingFitnessWorkout.doc>

Daily Dozen - <http://www.kenpousa.com/crossfit/DailyDozenWorkout.doc>

Plyo Leg Workout - <http://www.kenpousa.com/cc/PlyoLegWorkout.pdf>

Bag Station Workout – <http://www.kenpousa.com/cc/BagStationsWorkout.pdf>

General Release

I _____ have chosen to participate in the Martial Arts Center Cross Fit Challenge program. To my knowledge, I do not have any physical condition or disability that would preclude my participation, and further I fully understand the strenuous nature of the program. I understand that no responsibility is assumed by The Martial Arts Center.

Signed/Date

Saturday Daily Dozen and Workout of The Day (WOD) for the Cross Fit Challenge

Week 2 – Daily Dozen

1. Volleyball Plyo
2. Triangle Sit ups
3. Mountain Climbers
4. V Ups
5. Side Shuffle Swinging Arms
6. Power Push Ups
7. 180 Degree Jump Spin
8. Reverse Crab Walk
9. Lunges
10. Crab Walk
11. Plyo Front To Back
12. Plyo Side To Side

Workout of the Day (WOD) – Sprawling Planks

Week 3 – Daily Dozen

1. Sprawl
2. Sumo Squat
3. Turkish Stand Up (DB)
4. Lemon Squeezers
5. Push Ups
6. Run With Medicine Ball Overhead (DB)
7. Running In Place
8. Russian Sit Ups
9. Curls (DB)
10. Curls (DB)
11. Upright Rows (DB)
12. Slide Single Leg Forward Squat (DB)

Workout of the Day (WOD) – Jiu-Jitsu Pull Up + Shrimp + Triangle Sit Up

Week 4 – Daily Dozen

1. Side Bounds
2. Superman
3. Alternating Right and Left Leg Kicks (Low, Middle, High)
4. Decline Push Ups
5. Decline Push Ups
6. Drop Medicine Ball + Squat Lift (Alt. Squats With Weights)
7. Full Sprawl
8. Monkey Sprawls
9. Pull Ups (Alt. Bar Hangs or Jiu-Jitsu Pull Ups)
10. Medicine Ball Bench Press Throw (Alt. Bench Press + Sit Ups + Punch With DB)
11. Bicycles
12. Romanian Deadlift (DB)

Workout of the Day (WOD) – 180 Degree Jump Spin

Week 5 – Daily Dozen

1. Sit ups + Punch With DB
2. Count Downs (Run in place 5 seconds + 1 Push Up)
3. Crab Rolls
4. Duck Squats
5. X Jack
6. Single Leg Crab Plank
7. Combo 4 + 1 Push Up
8. Crunches
9. Hindu Push Up
10. Jumping Jack
11. Robot Push Up
12. Romanian Deadlift (DB)

Workout of the Day (WOD) – Monkey Sprawls

Week 6 – Daily Dozen

1. Side Squats
2. Slow Kicks
3. Table Makers
4. Dips
5. Drop Medicine Ball + Squat Lift (Alt. Squats With Weights)
6. Sprawling Planks
7. Sprints
8. Bag Slams (Alt. Squats With Weights)
9. Burpees + Vertical Jump
10. Bounce Side – 2 – Side
11. Combo 4 + 3 Squats
12. Donkey Kicks

Workout of the Day (WOD) – Side Bounds

Week 7 – Daily Dozen

1. Side Squats
2. Sit Ups
3. Plyo Front – 2 – Back
4. Superman
5. Alternating Right and Left Leg Kicks (Low, Middle, High)
6. Knee Ups
7. 1 Leg Romanian Deadlift (DB)
8. Abducts
9. Bounce Side -2 - Side
10. Combo 4 + Sprawl
11. Sit Ups
12. Plyo Side – 2 – Side

Workout of the Day (WOD) – Sprawling Plank + Push Ups