



## GO COMMANDO PERSONAL TRAINING

### Commando Workout !! Beginner/Intermediate (1) Or Advanced (2)

You will need ...

- A skipping rope, hill, heavy bag or 100m track for intense/purposeful interval work
- An interval timer, gym boss ([www.gymboss.co.uk](http://www.gymboss.co.uk)), I pod or other start/stop device.
- Stacks of enthusiasm
- A will to succeed and to get awesome whilst stripping fat like a furnace!!
- A log book or paper to record every part of the workout ...how long each phase takes... how many repetitions of each interval phase you attain and how long the entire workout takes.....To be surpassed or beaten next time.
- Refer to your Commando 'Top Tip's' to see how to best incorporate this workout into your current routine.
- A broom stick if possible....
- Refer to the commando members area that you were given the log in details for and view all of the following exercises performed by Commando Rob and advanced variations!

WARMUP.....to prime the body for an interval based feast!

Number (1s) total of 8mins work on a skipping rope but stop twice throughout the rope work (to be chosen by you) and perform 10 wall squats to full depth with perfect form! 6 half press ups on knees or on an inclined bench/wall etc, 10 walking lunges (5 each leg) and 10 dislocations with the broom stick.

Number (2's) need to perform a small round robin of exercises detailed below

1. 20 squats
2. 10 press up's
3. 10 Burpees (no press up)
4. 100 rotations of a skipping rope

And work through the above twice followed by a 1mile run plotted on Google maps or similar as quickly as possible!! Record the time to be beaten next time.

EXERCISES FOR 20 SECONDS ON....10 SECONDS REST.....X8

Choose 5 exercises at random and work through without any more rest than the 10 seconds allocated where allowed.

You are aiming to get as many reps out to perfect form in the allocated time...record the numbers attained to be beaten next time)...This is important and fundamental to the effectiveness of the entire workout. Number (1s) have 1min rest between each lot of intervals before moving onto the next exercise and number (2s) have 30 seconds rest!



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1. Burpees....with the jump! Number (1s)..... with the press up and a tuck jump (known as basta\*\*s) (2s)
2. Squats to full depth each time with the outer part of the knee joint below the line of the pelvis at the bottom phase of the exercise. (1s) .....and explode up into a powerful jump for as many reps as possible....number (2s)
3. Walking Lunge (hands behind head, or preferably with a bar) (1) and flying lizards or ski lunges (alternating jumping lunge) (2)
4. Skipping at a fast pace/Hill sprints, track sprints over a 100m distance or Heavy bag (1 and 2) for the full 20 seconds on 10n seconds rest.
5. Side plank ...on forearms or hands every 20 second interval and resting with the 10 second phase (1) number (2s) will not rest during the 10 seconds stage but will hold a regular plank on the forearms or hands by changing without dropping the knees... repeat
6. Plank...on forearms or hands every 20 sec phase (1s)...Number (2s) will work during the 10 seconds phase too in the Side plank as above...switching between exercises throughout.
7. Press up...regular, knees OFF the ground(1s and 2s)...bend arms...head looks forward. When you cannot perform any more man press ups without breaking form (dipping at the hips or shoulders and /or dropping the knees...stay on the knees and continue banging them out for max repetitions
8. Skipping at a fast pace/Hill sprints, track sprints over a 100m distance or Heavy bag (1 and 2) for the full 20 seconds on 10 seconds rest. (If you are doing this drill twice because you chose number 4...., aim to work one of the other three choices to spike the adaptive change within the body!)

Make sure you stretch off and cool down at the end by working the cardio respiratory system at a gentle pace immediately after the session.

Aim to gradually cool down with a very light jog/walk (4-8mins) and perform some dynamic/developmental stretches (There are plenty of great stretching books available out there. Most books by Human Kinetics are great).

Aim to eat a balanced protein rich meal within 30minutes of your session and drink 500-1000ml of water.

CONTACT GO COMMANDO FOR ALL HELP AND SUPPORT WHERE REQUIRED

Strong regards  
**Commando Rob**