**C/Desmarais’ Strength Workouts:**

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# SET 1

|  |  |
| --- | --- |
| WORKOUT 1 | **Activity** |
| 5 min | **Dynamic Warmup:**Cadets will jog 1 lap, then participate in dynamic stretches. Stretches include carioca, lateral/twisting lunges, toy soldiers, walking RDLs, inch worms, but kickers, high knees, and knee pulls. |
| Location:  **Chiles Center Track** |
| Contingencies: None |
| Notes: None |
| 45 min | **Ladder Run:**Cadets will go up and back down the following workout ladder:  - 1 lap race pace, 1 lap jog   * 2 laps race pace, 1 lap jog * 3 laps race pace, 1 lap jog * 4 laps race pace, 1 lap jog |
| Location: Chiles Center Track |
| Contingencies: None |
| 5 min | **FA Sit-ups and Push-ups:**Cadets will perform 1 iteration of FA push-ups and sit-ups. |
| Location: Chiles Center Track |
| Contingencies: None |
| Notes: None |
| 5 min | **Static Stretching:**  STANDO will lead static stretches to cool down after the workout. Stretches will include butterflies, toe touches, hurdlers, etc. |
| Location: 2nd Floor of Chiles Center |
| Contingencies: None |
| Notes: None. |

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| WORKOUT 2 | **Activity** |
| 10 min | **Dynamic Warmup:**Cadets will jog 1 lap, then participate in dynamic stretches. Stretches include carioca, lateral/twisting lunges, toy soldiers, walking RDLs, inch worms, but kickers, high knees, and knee pulls. |
| Location:  Academic Quad |
| Contingencies: None |
| Notes: None |
| 45 min | **Loredo Hero WOD:**Cadets will perform the following WOD in honor of U.S. Army Staff Sergeant Edwardo Loredo - KIA 24 June 2010 serving during Operation Enduring Freedom.  6 rounds for time:  - 24 air squats  - 24 push-ups  - 24 walking lunges  - 1 lap (400m) |
| Location: Academic Quad |
| Contingencies: Cadets who finish early may continue to complete more sets or participate in a group popcorn exercise workout |
| Notes: None |
| 5 min | **Static Stretching:**  STANDO will lead static stretches to cool down after the workout. Stretches will include butterflies, toe touches, hurdlers, etc. |
| Location:   Academic Quad |
| **Contingencies:** None |
| **Notes:** None |

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| WORKOUT 3 | **Activity** |
| 10 min | **Dynamic Warmup:**Cadets will participate in dynamic stretches. Stretches include carioca, lateral/twisting lunges, toy soldiers, walking RDLs, inch worms, but kickers, high knees, and knee pulls. |
| Location: **Bottom of Corrado Hill** |
| Contingencies: None |
| Notes: Bring flashlights to guide down the hill if dark. |
| 45 min | **Stronger than the Hill:** Cadets will split into two groups, one group running the top half and the other running the bottom half. After every hill sprint, cadets will perform the following exercises at the bottom of each respective hill:  - 10 Pushups (regular, shoulder, diamond)  - 20 Squats (sumo or regular)  - 20 Mountain Climbers (2-count)  \*Cadets will perform 4 rounds on each hill then switch, 8 rounds total. |
| Location:  **Corrado Hill** |
| Contingencies: None |
| Notes: None |
| 5 min | **Static Stretching:**  STANDO will lead static stretches to cool down after the workout. Stretches will include butterflies, toe touches, hurdlers, etc. |
| Location: **Bottom or Top of Corrado Hill** |
| Contingencies: None |
| Notes: Location at Squadron PFO discretion |

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| WORKOUT 4 | **Activity** |
| 10 min | **Dynamic Warmup:**Cadets will jog 1 lap, then participate in dynamic stretches. Stretches include carioca, lateral/twisting lunges, toy soldiers, walking RDLs, inch worms, but kickers, high knees, and knee pulls. |
| Location: **Outside of Chiles Center** |
| Contingencies: None |
| Notes: None |
| 40 min | **Lock in the Pace:**Cadets will split into 2-3 ability groups and participate in an out-run, altering between a steady pace for 3 minutes and race pace for 1 minute. |
| Location:  At Squadron PFO discretion |
| Contingencies: None |
| Notes: None |
| 10 min | **Static Stretching:**  STANDO will lead static stretches to cool down after the workout. Stretches will include butterflies, toe touches, hurdlers, etc. |
| Location:  Chiles Center |
| Contingencies: None |
| Notes: None |

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| FTP PT | **Activity** |
| 10 min | **Dynamic Warmup:**Flt PFO will lead dynamic stretches. Stretches include carioca, lateral/twisting lunges, toy soldiers, walking RDLs, inch worms, but kickers, high knees, and knee pulls. |
| Location: **Outside of the Chiles Center** |
| Contingencies: None |
| Notes: C/Nakagawa will assign a STANDO |
| 45 min | **Flight Workout:** Cadets will split into two flights with two Flt PFOs leading the workouts. Each flight must complete each exercise on their printed sheet while running one lap in between each exercise.  **-** 30 Squats  **-** 25 Push-ups  **-** 30 Sit-ups  **-** 25 Jump Squats  **-** 25 2-count Russian Twists  **-** 20 4-count Flutter Kicks  **-** 10 Air Force Burpees  **-** 5 Diamond Push-ups  **-** 1 min Plank  **-** 10 Spiderman Pushups  **-** 25 2-count Penguins  **-** 20 Leg Lifts  **-** 10 Iron Mikes (each leg)  **-** 1 min Plank with shoulder taps  **-** 10 Shoulder Push-ups |
| Location:  Outside of the Chiles Center |
| Contingencies: None |
| Notes: None |
| 5 min | **Static Stretching:**  Flt PFO will lead static stretches to cool down after the workout. Stretches will include butterflies, toe touches, hurdlers, etc. |
| Location:  Outside of the Chiles Center |
| Contingencies: None |
| Notes: None |

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# SET 2

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| FITNESS ASSESSMENT | **Activity** |
| 10 min | **Personal Warmup:**Cadets will warm up on their own in preparation for the FA. Cadets will also prepare the necessary paperwork, record their height and weight, and find their spotter. |
| Location:  **Portland Air National Guard Base** |
| Contingencies: None |
| Notes: |
| 40 min | **Fitness Assessment:** Cadets will take the Air Force Fitness Assessment. |
| Location:  **Portland Air National Guard Base** |
| Contingencies: None |
| Notes: None |
| 10 min | **Static Stretching:**  Cadets will cool down and stretch on their own after the FA. |
| Location:  **Portland Air National Guard Base** |
| Contingencies: None |
| Notes: None |

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| WORKOUT 1 | **Activity** |
| 5 min | **Dynamic Warmup:**Cadets will participate in dynamic stretches. Stretches include carioca, lateral/twisting lunges, toy soldiers, walking RDLs, inch worms, but kickers, high knees, and knee pulls. |
| Location: **Chiles Center Track** |
| Contingencies: None |
| Notes: Keep distance from other squadron during warm-up, utilize straightaway on the opposite side of entrance |
| 50 min | **Legs of Steel (AMRAP):**Cadets will perform an AMRAP utilizing all the stairs to run 1 lap around Chiles while completing the following exercises on the short side of the track:  - Standing long jump into a burpee  - Bear Crawls  \* Break at 0705  - Walking Lunges  - Crab Walks |
| Location: Stairs of Chiles |
| Contingencies: None |
| Notes: Allow for a 2-minute break at 0705 then switch between the two exercises |
| 5 min | **Static Stretching:**  STANDO will lead static stretches to cool down after the workout. Stretches will include butterflies, toe touches, hurdlers, etc. |
| Location: Chiles Center |
| Contingencies: None |
| Notes: None |

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| WORKOUT 2 | **Activity** |
| 10 min | **Dynamic Warmup:**Cadets will jog 1 lap, then participate in dynamic stretches. Stretches include carioca, lateral/twisting lunges, toy soldiers, walking RDLs, inch worms, but kickers, high knees, and knee pulls. |
| Location: **Chiles Center Track** |
| Contingencies: None |
| Notes: None |
| 45 min | **Fast and Furious (AMRAP):** Cadets will perform the exercises below then run striders around Chiles, following the workout below:   * 10 burpees with tuck jump * 20 4-count Russian twists * 20 squat jumps * 2 laps of striders |
| Location:  Chiles Center Track |
| Contingencies: None |
| Notes: Queue *Tokyo Drift* by Teriyaki Boyz from Fast and Furious soundtrack at the start of workout |
| 5 min | **Static Stretching:**STANDO will lead static stretches to cool down after the workout. Stretches will include butterflies, toe touches, hurdlers, etc. |
| Location: Chiles Center Track |
| Contingencies**:** None |
| Notes: None |

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| WORKOUT 3 | **Activity** |
| 5 min | **Dynamic Warmup:**Cadets will participate in dynamic stretches. Stretches include carioca, lateral/twisting lunges, toy soldiers, walking RDLs, inch worms, but kickers, high knees, and knee pulls. |
| Location:**2nd Floor of** **Beauchamp Rec Center** |
| Contingencies: None |
| Notes: None |
| 50 min |  |
| **Going the Distance:** Cadets participate in both stations and switch halfway through:  Station 1: Cycling  - Cadets will all start riding stationary bikes, the first two cadets will run 2 laps on the Beauchamp track while everyone bikes, once 2 laps are finished, the cadets will get back on their bikes and the next two cadets will run 2 laps until the last cadets run 2 laps and then the cycle will restart for 25 min.  Station 2: Stairs  - Cadets will stand in a line taking turns running down and back up the main stairs while waiting cadets will perform the following calisthenics near the top of the stairs:  - 20 Pushups  - 20 Squats  - 20 Leg lifts  - 20 Mountain Climbers (2 count)  - Plank (Hold plank until their turn for stairs) |
| Location: 2nd Floor of Beauchamp Rec Center |
| Contingencies: None |
| Notes: Stop at the 20-minute mark for a 2-minute water break and to switch stations |
| 5 min | **Static Stretching:**  STANDO will lead static stretches to cool down after the workout. Stretches will include butterflies, toe touches, hurdlers, etc. |
| Location:  Studio Room of Beauchamp Rec Center |
| Contingencies: None |
| Notes: None. |

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| WORKOUT 4 | **Activity** |
| 5 min | **Dynamic Warmup:**Cadets will participate in dynamic stretches. Stretches include carioca, lateral/twisting lunges, toy soldiers, walking RDLs, inch worms, but kickers, high knees, and knee pulls. |
| Location:**1st Floor of Beauchamp Rec Center** |
| Contingencies: None |
| Notes: None |
| 45 min | Animal Spirits (AMRAP):  Cadets will alternate between completing sets of animal crawls and calisthenics. **Animal Crawls**: Cadets will work through the list of animal crawls, crawling to the half-court line then sprinting the rest of the court.  - Bear Crawl  - Crab Walk  - Frog Jump  - Inch worms or Spiderman crawls  **Calisthenics:**  - 10 burpees  - 30 sec mountain climbers  - 20 jumping lunges  - 10 v-ups |
| Location: 1st Floor of Beauchamp Rec Center |
| Contingencies: None |
| Notes: Queue *Animal Spirits* by Vulfpeck at start of workout |
| 5 min | ***Flower* by Moby:**Cadets will perform leg raises to the song *Flower* by Moby. |
| Location:  1st Floor of Beauchamp Rec Center |
| Contingencies: None |
| Notes: None |
| 5 min | **Static Stretching:**  STANDO will lead static stretches to cool down after the workout. Stretches will include butterflies, toe touches, hurdlers, etc. |
| Location:  1st Floor of Beauchamp Rec Center |
| Contingencies: None |
| Notes: None |

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| FTP PT | **Activity** |
| 10 min | **Dynamic Warmup:**Flt PFO will lead dynamic stretches. Stretches include carioca, lateral/twisting lunges, toy soldiers, walking RDLs, inch worms, but kickers, high knees, and knee pulls. |
| Location: **Pru Pitch (far side)** |
| Contingencies: None |
| Notes: C/Nakagawa will assign a STANDO |
| 45 min | **Two Groups, One Team:** Cadets will split into two flights, at opposite baselines to start, and complete the workout below:  **Round One:**  **- Exercise:** Group 1 will hold a forward leaning rest while Group 2 bear-crawls to the half court line and crabwalks back to the baseline. Once all cadets from Group 2 have returned to baseline they will assume the forward leaning rest position and group roles will immediately switch.  **-** **Run:** Everyone will be in forward leaning rest and each cadet will run (one at a time) to the half court line, back to baseline, then to the other baseline and re-assume forward leaning rest position. Groups will alternate runners until all group members are on opposite sides of the court.  **Round Two:**  - **Exercise:** Same format as Round One, but substitute inchworms and frog jumps for the bear-crawls and crabwalks.  - **Run:** Same as Round One  **Round Three:**  - **Exercise:** Same as Round One, but substitute walking lunges and burpees  - **Run:** Same as Round One  **Round Four:**  - **Exercise:** Same as Round One but substitute squat walks and reverse lunges  - **Run:** Same as Round One |
| Location:  Pru Pitch |
| Contingencies: If cadets finish early, they may form a circle and go around naming exercises to perform |
| Notes: Allow for a water break in between rounds |
| 5 min | **Static Stretching:**  Flt PFO will lead static stretches to cool down after the workout. Stretches will include butterflies, toe touches, hurdlers, etc. |
| Location:  Pru Pitch |
| Contingencies: None |
| Notes: None |

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# SET 3

|  |  |
| --- | --- |
| WORKOUT 1 | **Activity** |
| 10 min | **Dynamic Warmup:**Cadets will jog 1 lap, then participate in dynamic stretches. Stretches include carioca, lateral/twisting lunges, toy soldiers, walking RDLs, inch worms, but kickers, high knees, and knee pulls. |
| Location:  **Chiles Center Track** |
| Contingencies: None |
| Notes: None |
| 45 min | **Speed. I Am Speed. (AMRAP):**Cadets will perform 150 m sprint then jog to the other side of Chiles where they will complete the exercises listed below, then jog back to the starting line.  **-** 10 squat jumps with pulse  **-** 15 regular or spiderman push-ups  **-** 10 V-ups |
| Location: Chiles Center Track |
| Contingencies: None |
| Notes: None |
| 5 min | **Static Stretching:**STANDO will lead static stretches to cool down after the workout. Stretches will include butterflies, toe touches, hurdlers, etc. |
| Location: Chiles Center Track |
| Contingencies: None |
| Notes: None |

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| WORKOUT 2 | **Activity** |
| 5 min | **Dynamic Warmup:**Cadets will participate in dynamic stretches. Stretches include carioca, lateral/twisting lunges, toy soldiers, walking RDLs, inch worms, but kickers, high knees, and knee pulls. |
| Location:**Academic Quad** |
| Contingencies: None |
| Notes: None |
| 50 min | Modified “René” WOD:  Cadets will utilize the studio rooms and the track to perform the following WOD in honor of Danish Army Sgt. René Brink Jakobsen - KIA 03 Jan 2013, Afghanistan. 7 rounds for time:  - 1 laps (~400m)  - 20 walking lunges  - 15 push-ups  - 10 burpees |
| Location: Academic Quad |
| Contingencies: None |
| Notes: If cadets own a personal weight vest or body armor, they are encouraged to wear it during the workout. |
| 5 min | **Static Stretching:**STANDO will lead static stretches to cool down after the workout. Stretches will include butterflies, toe touches, hurdlers, etc. |
| Location:  Academic Quad |
| Contingencies: None |
| Notes: None |

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| --- | --- |
| WORKOUT 3 | **Activity** |
| 5 min | **Dynamic Warmup:**Cadets will participate in dynamic stretches. Stretches include carioca, lateral/twisting lunges, toy soldiers, walking RDLs, inch worms, but kickers, high knees, and knee pulls. |
| Location:**2nd Floor of Beauchamp Rec Center** |
| Contingencies: None |
| Notes: None |
| 50 min | Death by Burpees:  Cadets will participate in the two stations below and switch halfway through: **- Cycle, Burpee, Cycle**: Cadets will cycle against challenging resistance for 5 minutes, stop, perform 10 burpees, and cycle another 5 minutes, stop, etc.  - **Run, Burpee, Run:** Cadets will split into two even groups and line up on opposite sides of the track. Two cadets (one from each group) will race, sprinting on the straightaways, perform 10 burpees, then sprint back, signaling the next cadet to go. The first team to finish will hold a plank for 1 minute while the last team performs 25 pushups together. Fit in as many races as possible before the 25 minutes elapse! |
| Location: 2nd Floor of Beauchamp Rec Center |
| Contingencies: None |
| Notes: None |
| 5 min | **Static Stretching:**STANDO will lead static stretches to cool down after the workout. Stretches will include butterflies, toe touches, hurdlers, etc. |
| Location:  Studio Room in Beauchamp Rec Center |
| Contingencies: None |
| Notes: None |

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| WORKOUT 4 | **Activity** |
| 10 min | **Dynamic Warmup:**Cadets will jog 1 lap, then participate in dynamic stretches. Stretches include carioca, lateral/twisting lunges, toy soldiers, walking RDLs, inch worms, but kickers, high knees, and knee pulls. |
| Location: **Outside of Chiles Center** |
| Contingencies: None |
| Notes: None |
| 40 min | **Wild and Free:**Cadets will split into 2-3 ability groups and participate in an outdoor run at race pace. |
| Location:  At Squadron PFO discretion |
| Contingencies: None |
| Notes: None |
| 10 min | **Static Stretching:**  STANDO will lead static stretches to cool down after the workout. Stretches will include butterflies, toe touches, hurdlers, etc. |
| Location: Outside of Chiles Center |
| Contingencies: None |
| Notes: None |

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| FTP PT | **Activity** |
| 5 min | **Dynamic Warmup:**Flt PFO will lead dynamic stretches. Stretches include carioca, lateral/twisting lunges, toy soldiers, walking RDLs, inch worms, but kickers, high knees, and knee pulls. |
| Location: **Outside of Chiles** |
| Contingencies: None |
| Notes: C/Nakagawa will assign a STANDO |
| 50 min | **Caterpillar Workout (AMRAP):** Flt PFO will lead cadets in a 2-lap caterpillar run where all cadets run single-file, then the last cadet at the end of the line sprints to the front. Once 2 laps are completed, cadets will complete the exercises listed below:   * 2 caterpillar laps * 15 burpees * 20 pushups * 25 squats * 30 sit-ups |
| Location:  Outside of Chiles |
| Contingencies: None |
| Notes: None |
| 5 min | **Static Stretching:**Flt PFO will lead static stretches to cool down after the workout. Stretches will include butterflies, toe touches, hurdlers, etc. |
| Location:  **Outside of Chiles** |
| Contingencies**:** None |
| Notes: None |

# SET 4

|  |  |
| --- | --- |
| WORKOUT 1 | **Activity** |
| 10 min | **Dynamic Warmup:**Cadets will jog 1 lap, then participate in dynamic stretches. Stretches include carioca, lateral/twisting lunges, toy soldiers, walking RDLs, inch worms, but kickers, high knees, and knee pulls. |
| Location: **Outside of Chiles** |
| Contingencies: None |
| Notes: Allow about 5 minutes after stretching to transit to Corrado Hill |
| 45 min | **Stronger than the Hill:** Cadets will split into two groups, one group running the top half and the other running the bottom half. After every hill sprint, cadets will perform the following exercises at the bottom of each respective hill:  - 10 Pushups (regular, shoulder, diamond)  - 20 Squats (sumo or regular)  - 20 Mountain Climbers (2-count)  \*Cadets will perform 4 rounds on each hill then switch, 8 rounds total. |
| Location:  **Corrado Hill** |
| Contingencies: If outdoor weather is not conducive for hill workout, cadets may complete Set 3, Workout 2 on 1st Floor of Chiles. |
| Notes: Allow time for 5 min transit back to 1st Floor of Chiles |
| 5 min | **Static Stretching:**  STANDO will lead static stretches to cool down after the workout. Stretches will include butterflies, toe touches, hurdlers, etc. |
| Location: **Outside of Chiles** |
| Contingencies: None |
| Notes: None |

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| WORKOUT 2 | **Activity** |
| 10 min | **Dynamic Warmup:**Cadets will jog 1 lap, then participate in dynamic stretches. Stretches include carioca, lateral/twisting lunges, toy soldiers, walking RDLs, inch worms, but kickers, high knees, and knee pulls. |
| Location:  **Chiles Center Track** |
| Contingencies: None |
| Notes: None |
| 45 min | **Modified MURPH WOD:** Cadets will perform the MURPH WOD in memory of U.S. Navy Seal Medal and Medal of Honor recipient, Michael Murphy, 29, of Patchogue, N.Y., who was killed in Afghanistan June 28th, 2005.  - 7 Laps (1 mile)  **-** 100 Pushups  **-** 200 Sit-ups  **-** 300 Squats  **-** 7 laps (1 mile) |
| Location: Chiles Center |
| Contingencies: None |
| Notes: Bring a plate carrier for an extra challenge! |
| 5 min | **Static Stretching:**STANDO will lead static stretches to cool down after the workout. Stretches will include butterflies, toe touches, hurdlers, etc. |
| Location:  Chiles Center |
| Contingencies: None |
| Notes: None |

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| WORKOUT 3 | **Activity** |
| 5 min | **Dynamic Warmup:**Cadets will jog 1 lap, then participate in dynamic stretches. Stretches include carioca, lateral/twisting lunges, toy soldiers, walking RDLs, inch worms, but kickers, high knees, and knee pulls. |
| Location:  **1st Floor of** **Beauchamp Rec Center** |
| Contingencies: None |
| Notes: None |
| 50 min | **Get those Gains:** Cadets will utilize the weight room following their own personal workout or choose from the workout options below:  - Cardio: Lap Ladder on b-ball court: 1-2-3-4-3-2-1  - Conditioning: 5 rounds for time  -15 KBS,  - 15 Burpees  - Full Body Lift: 3x6 increasing weight  - Push Press  - Back squat  - Seated v-grip row  - Incline bench press |
| Location: 1st Floor of Beauchamp Rec Center |
| Contingencies: If weight room unavailable, cadets may perform Set 7, Workout 1 |
| Notes: Cadets will wipe down machinery and weights after usage. |
| 5 min | **Static Stretching:**  STANDO will lead static stretches to cool down after the workout. Stretches will include butterflies, toe touches, hurdlers, etc. |
| Location:  1st Floor of Beauchamp Rec Center |
| **Contingencies:** None |
| **Notes:** None |

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| --- | --- |
| WORKOUT 4 | **Activity** |
| 10 min | **Dynamic Warmup:**Cadets will jog 1 lap, then participate in dynamic stretches. Stretches include carioca, lateral/twisting lunges, toy soldiers, walking RDLs, inch worms, but kickers, high knees, and knee pulls. |
| Location: **Outside of Chiles Center** |
| Contingencies: If there is heavy downpour, cadets may transit to the practice court in Beauchamp Rec Center and perform Set 2, Workout 4 |
| Notes: None |
| 40 min | **Caterpillar Run:**Cadets will split into 2 ability groups and run to Columbia Park where they will run laps around the park, caterpillar style, where the last cadet in line sprints to the front. |
| Location:  **Columbia Park** |
| Contingencies: If weather not conducive for outdoor run, cadets will transit to the practice court in Beauchamp Rec Center and perform Set 1, workout 4 |
| Notes: POC/AS200 Cadets will perform jodies. |
| 10 min | **Static Stretching:**  STANDO will lead static stretches to cool down after the workout. Stretches will include butterflies, toe touches, hurdlers, etc. |
| Location: **Outside of Chiles Center** |
| Contingencies: None |
| Notes: None |

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| FTP PT | **Activity** |
| 10 min | **Dynamic Warmup:**Flt PFO will lead dynamic stretches. Stretches include carioca, lateral/twisting lunges, toy soldiers, walking RDLs, inch worms, but kickers, high knees, and knee pulls. |
| Location: **Outside Chiles Center** |
| Contingencies: None |
| Notes: C/Nakagawa will assign a STANDO |
| 30 min | **Breakthrough the Burn:** Cadets will split into two Flights and perform plank/squat hold sprint relays. Each flight will alternate between holding a plank and squat while each cadet sprints a lap around the Chiles Center. One round consists of each cadet sprinting two laps. |
| Location:  Outside Chiles Center |
| Contingencies: None |
| Notes: Break after each round |
| 15 min | **Circle of Death:**Cadets will form a circle, holding the forward leaning rest position. Cadets will go around the circle performing pushups, one by one, until failure. |
| Location:  Outside Chiles Center |
| Contingencies**:** None |
| Notes: None |
| 5 min | **Static Stretching:**Flt PFO will lead static stretches to cool down after the workout. Stretches will include butterflies, toe touches, hurdlers, etc. |
| Location:  Outside Chiles Center |
| Contingencies**:** None |
| Notes: None |

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# SET 5

|  |  |
| --- | --- |
| WORKOUT 1 | **Activity** |
| 10 min | **Dynamic Warmup:**Cadets will jog 1 lap, then participate in dynamic stretches. Stretches include carioca, lateral/twisting lunges, toy soldiers, walking RDLs, inch worms, but kickers, high knees, and knee pulls. |
| Location: **Outside of Chiles** |
| Contingencies: None |
| Notes: None |
| 45 min | **Torture by 10’s:** Cadets will perform at least 3 sets of the WOD below:  - 10 Pushups (regular, shoulder, or narrow)  - 20 Sit-ups  - 30 Squats (sumo or regular)  - 40 Walking Lunges (one each leg)  - 50 Mountain Climbers (2-count)  - 60 sec Wall-sit  - 1 lap |
| Location: Outside of Chiles |
| Contingencies: None |
| Notes: None |
| 5 min | **Static Stretching:**  STANDO will lead static stretches to cool down after the workout. Stretches will include butterflies, toe touches, hurdlers, etc. |
| Location: Outside of Chiles |
| Contingencies: None |
| Notes: None |

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| WORKOUT 2 | **Activity** |
| 5 min | **Dynamic Warmup:**Cadets will jog 1 lap, then participate in dynamic stretches. Stretches include carioca, lateral/twisting lunges, toy soldiers, walking RDLs, inch worms, but kickers, high knees, and knee pulls. |
| Location:  **2nd Floor of Chiles Center** |
| Contingencies: None |
| Notes: None |
| 45 min | **Ladder Run:**Cadets will go up and back down the following workout ladder:  - 1 lap race pace, 1 lap jog   * 2 laps race pace, 1 lap jog * 3 laps race pace, 1 lap jog * 4 laps race pace, 1 lap jog |
| Location: 2nd Floor in the Chiles Center |
| Contingencies: None |
| Notes: None |
| 5 min | ***Flower* by Moby:**Cadets will perform leg lifts to the song *Flower* by Moby. |
| Location: 2nd Floor of Chiles Center |
| Contingencies: None |
| Notes: None |
| 5 min | **Static Stretching:**  STANDO will lead static stretches to cool down after the workout. Stretches will include butterflies, toe touches, hurdlers, etc. |
| Location: Chiles Center |
| Contingencies: None |
| Notes: None. |

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| WORKOUT 3 | **Activity** |
| 5 min | **Dynamic Warmup:**Cadets will participate in dynamic stretches. Stretches include carioca, lateral/twisting lunges, toy soldiers, walking RDLs, inch worms, but kickers, high knees, and knee pulls. |
| Location:**1st Floor of Beauchamp Rec Center** |
| Contingencies: None |
| Notes: None |
| 50 min | You got this, Partner!: Cadets will partner-up to perform 10 sets of the following - Run 1 lap together  - Cadet 1: 10 burpees  - Cadet 2: holds wall sit  \*Alternate Cadet 1 & 2 so each cadet does five rounds of each |
| Location: 2nd Floor of Beauchamp Rec Center |
| Contingencies: None |
| Notes: None |
| 5 min | **Static Stretching:**STANDO will lead static stretches to cool down after the workout. Stretches will include butterflies, toe touches, hurdlers, etc. |
| Location:  Studio Room in Beauchamp Rec Center |
| Contingencies: None |
| Notes: None |

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| WORKOUT 4 | **Activity** |
| 10 min | **Dynamic Warmup:**Cadets will participate in dynamic stretches. Stretches include carioca, lateral/twisting lunges, toy soldiers, walking RDLs, inch worms, but kickers, high knees, and knee pulls. |
| Location:**2nd Floor of Beauchamp Rec Center** |
| Contingencies: None |
| Notes: None |
| 30 min | Breakthrough the Burn: Cadets will split into two groups and perform plank/squat hold sprint relays. Both groups will alternate between holding a plank and squat while each cadet sprints a lap around the track. One round consists of each cadet sprinting a total of three laps. |
| Location: 2nd Floor of Beauchamp Rec Center |
| Contingencies: None |
| Notes: Break after each round |
| 15 min | **Circle of Death:**Cadets will form a circle and assume the forward leaning rest position. Going around the circle, one by one, cadets will perform a pushup until failure. Try to crank out as many pushups as possible! |
| Location:  Studio Room in Beauchamp Rec Center |
| Contingencies: None |
| Notes: None |
| 5 min | **Static Stretching:**  STANDO will lead static stretches to cool down after the workout. Stretches will include butterflies, toe touches, hurdlers, etc. |
| Location:  Studio Room in Beauchamp Rec Center |
| Contingencies: None |
| Notes: None |

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| FTP PT | **Activity** |
| 10 min | **Dynamic Warmup:**Flt PFO will lead dynamic stretches. Stretches include carioca, lateral/twisting lunges, toy soldiers, walking RDLs, inch worms, but kickers, high knees, and knee pulls. |
| Location: **Pru Pitch (Far Side)** |
| Contingencies: None |
| Notes: C/Nakagawa will assign a STANDO |
| 40 min | **Deck of Pain:** Flt members will take turns pulling cards from the deck and performing their associated exercises together. The number on the cards reflects the number of reps for each exercise. All face cards and Aces are 12 reps. The exercise key is as follows:   * Heart = Squats * Spade = Leg Lifts * Club = Lunges * Diamond = Push-ups |
| Location:  Pru Pitch (Far Side) |
| Contingencies: None |
| Notes: None |
| 10 min | **Static Stretching:**Flt PFO will lead static stretches to cool down after the workout. Stretches will include butterflies, toe touches, hurdlers, etc. |
| Location: Pru Pitch (Far Side) |
| Contingencies**:** None |
| Notes: None |

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# SET 6

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| WORKOUT 1 | **Activity** |
| 5 min | **Dynamic Warmup:**Cadets will participate in dynamic stretches. Stretches include carioca, lateral/twisting lunges, toy soldiers, walking RDLs, inch worms, but kickers, high knees, and knee pulls. |
| Location:**2nd Floor of Chiles Center** |
| Contingencies: None |
| Notes: None |
| 50 min | **Maupin Hero WOD:** Cadets will perform the following WOD in honor of U.S. Army SSgt Keith Maupin—MIA 9 April 2004.  4 rounds for time:  - 4 laps  - 49 push-ups - 49 sit-ups  - 49 air squats |
| Location: 2nd Floor of Chiles Center |
| Contingencies: If cadets finish the workout early, they may go back up the ladder |
| Notes: None |
| 5 min | **Static Stretching:**STANDO will lead static stretches to cool down after the workout. Stretches will include butterflies, toe touches, hurdlers, etc. |
| Location: 2nd Floor of Chiles Center |
| Contingencies: None |
| Notes: None |

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| WORKOUT 2 | **Activity** |
| 5 min | **Dynamic Warmup:**Cadets will participate in dynamic stretches. Stretches include carioca, lateral/twisting lunges, toy soldiers, walking RDLs, inch worms, but kickers, high knees, and knee pulls. |
| Location:**2nd Floor of Beauchamp Rec Center** |
| Contingencies: None |
| Notes: None |
| 50 min | Believe in the Burpee:  Cadets will participate in the workout below: - 30 burpees  - 30 sit-ups  - 1 lap (300m)  - 20 burpees  - 20 sit-ups  - 2 laps (600m)  - 10 burpees  - 10 sit-ups  - 3 laps (900m) |
| Location: 2nd Floor of Beauchamp Rec Center |
| Contingencies: If cadets finish the workout early, they may go back up the ladder |
| Notes: None |
| 5 min | **Static Stretching:**STANDO will lead static stretches to cool down after the workout. Stretches will include butterflies, toe touches, hurdlers, etc. |
| Location: 2nd Floor of Beauchamp Rec Center |
| Contingencies: None |
| Notes: None |

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| WORKOUT 3 | **Activity** |
| 5 min | **Dynamic Warmup:**Cadets will participate in dynamic stretches. Stretches include carioca, lateral/twisting lunges, toy soldiers, walking RDLs, inch worms, but kickers, high knees, and knee pulls. |
| Location: **1st Floor of** **Beauchamp Rec Center** |
| Contingencies: None |
| Notes: None |
| 50 min |  |
| **Killer Cardio:** Cadets participate in both Stations for 25 min then switch:  Station 1 (main court): **Run, Partner!**  - Cadets will partner up to complete the workout. One Cadet will run 4 laps while the other performs the following exercises:  - 20 push-ups / 30 squats  - Plank until partner returns  \*Stop at the 20-minute mark to switch stations  Station 2: **Suicide Intervals**  - 1 Suicide (Free throw, half court, free throw 2, baseline)  - 20 Pushups  - 20 Squats  - 20 Leg lifts |
| Location: 1st Floor of Beauchamp Rec Center |
| Contingencies: None |
| Notes: Stop at the 20-minute mark for a 2-minute water break and to switch stations |
| 5 min | **Static Stretching:**  STANDO will lead static stretches to cool down after the workout. Stretches will include butterflies, toe touches, hurdlers, etc. |
| Location:  Main Court of Beauchamp Rec Center |
| Contingencies: None |
| Notes: None |

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| WORKOUT 4 | **Activity** |
| 10 min | **Dynamic Warmup:**Cadets will jog 1 lap, then participate in dynamic stretches. Stretches include carioca, lateral/twisting lunges, toy soldiers, walking RDLs, inch worms, but kickers, high knees, and knee pulls. |
| Location: **Outside of Chiles Center** |
| Contingencies: If there is heavy downpour, cadets may transit to the practice court in Beauchamp Rec Center and perform Set 2, Workout 3 |
| Notes: None |
| 45 min | **Chiles/Willamette Circuit:**Cadets will run 1 lap at race pace starting at Chiles, down Willamette Blvd., turning right into the University and back to Chiles (1 lap is 0.6 miles). After 1 lap, cadets will perform the following exercises then run another lap, etc.  **-** 5-7 diamond push-ups  **-** 7-10 shoulder push-ups  **-** 20 4-count bicycles |
| Location:  Outside of Chiles Center |
| Contingencies: None |
| Notes: If Pru-Pitch is not occupied, it may be used for calisthenics |
| 5 min | **Static Stretching:**  STANDO will lead static stretches to cool down after the workout. Stretches will include butterflies, toe touches, hurdlers, etc. |
| Location:  Outside of Chiles Center |
| Contingencies: None |
| Notes: None |

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| FTP PT | **Activity** |
| 10 min | **Dynamic Warmup:**Flt PFO will lead dynamic stretches. Stretches include carioca, lateral/twisting lunges, toy soldiers, walking RDLs, inch worms, but kickers, high knees, and knee pulls. |
| Location: **Outside of Chiles** |
| Contingencies: None |
| Notes: C/Nakagawa will assign a STANDO |
| 50 min | **Run:** Flt PFO will lead cadets in a loop around campus. Loop will run up Willamette, into the school near Kenna, around the Admissions building, by Pru-Pitch and back to Chiles. Cadets will fall out to perform jodies during the run. |
| Location:  FTP CTI discretion |
| Contingencies: |
| Notes: FTP CTIs may take cadets on alternative routes if desired. |
| 5 min | **Static Stretching:**Flt PFO will lead static stretches to cool down after the workout. Stretches will include butterflies, toe touches, hurdlers, etc. |
| Location:  **Outside of Chiles Center** |
| Contingencies**:** None |
| Notes: None |

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# SET 7

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| WORKOUT 1 | **Activity** |
| 5 min | **Dynamic Warmup:**Cadets will jog 1 lap, then participate in dynamic stretches. Stretches include carioca, lateral/twisting lunges, toy soldiers, walking RDLs, inch worms, but kickers, high knees, and knee pulls. |
| Location: **1st Floor of Beauchamp Rec Center** |
| Contingencies: None |
| Notes: None |
| 40 min | **It’s a Trap:**Cadets will perform the following for time:  - 100 burpees total  - Run 1 lap (+ utilizing the stairs) to start, then 1 lap (with stairs) every 2 min thereafter |
| Location:  1st Floor of Beauchamp Rec Center |
| Contingencies: None |
| Notes: None |
| 10 min | ***Thunderstruck* by AC/DC:** Cadets will perform pushups to the song *Thunderstruck* by AC/DC. Every time the word “Thunder” is said in the song, Cadets will perform 1 pushup. |
| Location: 1st Floor of Beauchamp Rec Center |
| Contingencies: None |
| Notes: If finished early, Cadets may circle-up and perform a popcorn Ab Workout. |
| 5 min | **Static Stretching:**  STANDO will lead static stretches to cool down after the workout. Stretches will include butterflies, toe touches, hurdlers, etc. |
| Location: 1st Floor of Beauchamp Rec Center |
| Contingencies: None |
| Notes: None |

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| WORKOUT 2 | **Activity** |
| 5 min | **Dynamic Warmup:**Cadets will participate in dynamic stretches. Stretches include carioca, lateral/twisting lunges, toy soldiers, walking RDLs, inch worms, but kickers, high knees, and knee pulls. |
| Location:**2nd Floor of Chiles Center** |
| Contingencies: None |
| Notes: None |
| 50 min | **Maupin Hero WOD:** Cadets will perform the following WOD in honor of U.S. Army SSgt Keith Maupin—MIA 9 April 2004.  4 rounds for time:  - 4 laps  - 49 push-ups - 49 sit-ups  - 49 air squats |
| Location: 2nd Floor of Chiles Center |
| Contingencies: If cadets finish the workout early, they may go back up the ladder |
| Notes: None |
| 5 min | **Static Stretching:**STANDO will lead static stretches to cool down after the workout. Stretches will include butterflies, toe touches, hurdlers, etc. |
| Location: 2nd Floor of Chiles Center |
| Contingencies: None |
| Notes: None |

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| WORKOUT 3 | **Activity** |
| 5 min | **Dynamic Warmup:**Cadets will participate in dynamic stretches. Stretches include carioca, lateral/twisting lunges, toy soldiers, walking RDLs, inch worms, but kickers, high knees, and knee pulls. |
| Location:**2nd Floor of Beauchamp Rec Center** |
| Contingencies: None |
| Notes: None |
| 50 min | You got this, Partner: Cadets will partner-up to perform 10 sets of the following - Run 1 lap together  - Cadet 1: 10 burpees  - Cadet 2: holds wall sit  \*Alternate Cadet 1 & 2 so each cadet does five rounds of each |
| Location: 2nd Floor of Beauchamp Rec Center |
| Contingencies: None |
| Notes: None |
| 5 min | **Static Stretching:**STANDO will lead static stretches to cool down after the workout. Stretches will include butterflies, toe touches, hurdlers, etc. |
| Location:  Studio Room in Beauchamp Rec Center |
| Contingencies: None |
| Notes: None |

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| WORKOUT 4 | **Activity** |
| 10 min | **Dynamic Warmup:**Cadets will jog 1 lap, then participate in dynamic stretches. Stretches include carioca, lateral/twisting lunges, toy soldiers, walking RDLs, inch worms, but kickers, high knees, and knee pulls. |
| Location: **Academic Quad** |
| Contingencies: If there is heavy downpour, cadets may transit to the practice court in Beauchamp Rec Center and perform Set 2, Workout 4 |
| Notes: None |
| 40 min | **Striderzilla:**Cadets will jog the short sides and stride the long sides. Outside the Clark Library or outside of Franz, cadets will perform the following exercises:  **-** 20 Pushups  **-** 20 2-count Bicycles  **-** 45 sec plank |
| Location:  Academic Quad |
| Contingencies: None |
| Notes: None |
| 5 min | ***Flower* by Moby:**  Cadets will perform squats and squat-holds to the song *Flower* by Moby. |
| Location: Academic Quad |
| Contingencies: None |
| Notes: None |
| 5 min | **Static Stretching:**  STANDO will lead static stretches to cool down after the workout. Stretches will include butterflies, toe touches, hurdlers, etc. |
| Location: Academic Quad |
| Contingencies: None |
| Notes: None |

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| FTP PT | **Activity** |
| 10 min | **Dynamic Warmup:**Flt PFO will lead dynamic stretches. Stretches include carioca, lateral/twisting lunges, toy soldiers, walking RDLs, inch worms, but kickers, high knees, and knee pulls. |
| Location**: Outside of Chiles Center** |
| Contingencies: None |
| Notes: C/Nakagawa will assign a STANDO |
| 45 min | **Flight Workout:** Cadets will split into two flights with two Flt PFOs leading the workouts. Each flight must complete each exercise on their printed sheet while running a lap in between each exercise.  **-** 30 Squats  **-** 25 Push-ups  **-** 30 Sit-ups  **-** 25 Jump Squats  **-** 25 2-count Russian Twists  **-** 20 4-count Flutter Kicks  **-** 10 Air Force Burpees  **-** 5 Diamond Push-ups  **-** 1 min Plank  **-** 10 Spiderman Pushups  **-** 25 2-count Penguins  **-** 20 Leg Lifts  **-** 10 Iron Mikes (each leg)  **-** 1 min Plank with shoulder taps  **-** 10 Shoulder Push-ups |
| Location:  Outside of Chiles Center |
| Contingencies: None |
| Notes: None |
| 5 min | **Static Stretching:**  Flt PFO will lead static stretches to cool down after the workout. Stretches will include butterflies, toe touches, hurdlers, etc. |
| Location: Outside of Chiles Center |
| Contingencies: None |
| Notes: None |