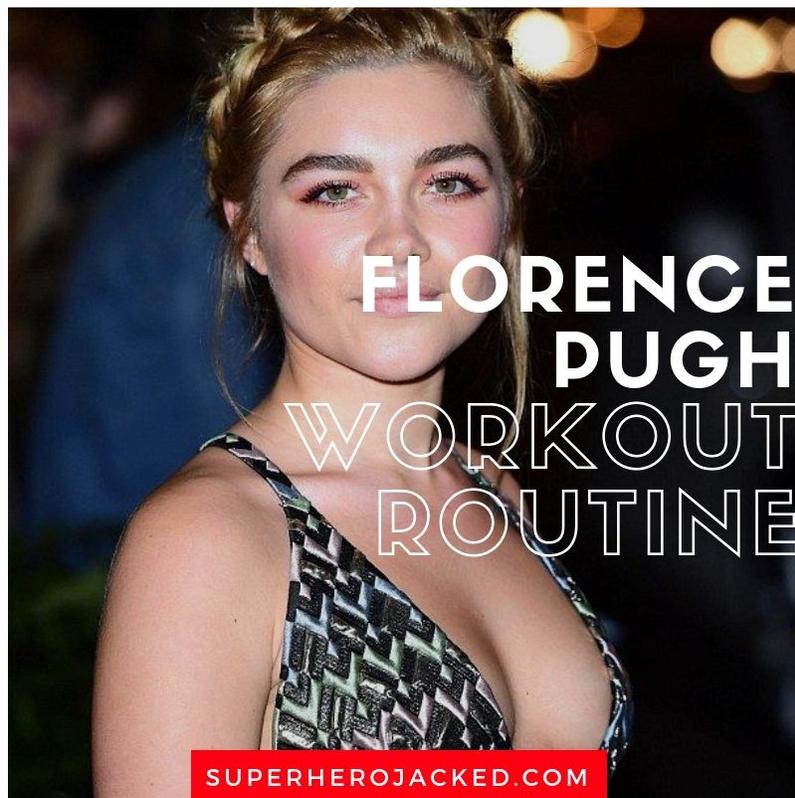


FLORENCE PUGH WORKOUT ROUTINE



Bonus PDF File
By: Mike Romaine

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FLORENCE PUGH WORKOUT ROUTINE

Training Volume:

3-5 days per week

Explanation:

This can be done by adding some of the below workouts (WOD/Workout Of The Day) into regular programming. I'm going to give you a list of some more advanced WODs and some beginners. It's important to note that CrossFit also focuses on strength training and many other aspects of fitness (including conditioning in all different variations). These WODs are a good addition to any format of training, or as standalone sessions.

Florence Pugh Advanced Workout Options:

“Helen”

Three rounds for time:

400m run

21 kettlebell swings at 53 pounds

12 pullups (band-supported if needed)

“Eva”

Five rounds for time:

800m run

30 kettlebell swings at 70 pounds, if you can, er, swing it

30 pullups (band-supported if needed)

“Grace”

For time:

30 clean and jerks at 135 pounds

“Fight Gone Bad”

Three rounds, one-minute per exercise, with one-minute rest between rounds:

Wall balls at 20 pounds with 10-foot target

Sumo deadlift high-pull at 75 pounds

20-inch box jumps

Push-press at 75 pounds

Rowing machine

“Fran”

21/15/9 reps for time:

Thrusters at 95 pounds

Pullups

“Newport Crippler”

For time:

30 back squats loaded with your body weight equivalent

1-mile run

“Karen”

For time:

150 wall balls at 20 pounds with 10-foot target (stopping before complete failure)

Target times:

Level 1: 8:00-10:00

Level 2: 5:00-8:00

Level 3: 4:00-5:00

Elite: < 4:00

7 Minutes of Burpees

In 7 minutes:

Do as many burpees as possible

“Murph”

For time:

1-mile run

100 pullups

200 pushups

300 air squats

1-mile run

Florence Pugh Beginner Workout Options:

1. 10 to 1 Countdown WOD

Do 10 each of kettlebell swings at a moderate weight, followed by 10 dumbbell thrusters (hold a light dumbbell in front of your chest with both hands; squat with dumbbell in place, then stand straight while raising the dumbbell overhead.) Then do 9 of each, then 8, and so on, down to 1 of each.

2. Simple Burpee Workout

Do as many burpees as you can in eight minutes.

3. Body Weight WOD

Perform 3 rounds of 10 of the following with as much intensity as you can:

- air squats
- Sit-ups
- Push-ups
- ring rows
- burpees

4. Squats, Pull-ups, Presses and a Run

Do 3 rounds of the following as rapidly as possible: 12 front squats with a barbell, 10 pull-ups and 8 push presses. Finish up with a quarter-mile run.

5. The Running Sandwich

Do a quarter-mile run followed by 40 air squats, 30 sit-ups, 20 burpees and 10 pull-ups. Finish with another quarter-mile run.

6. Jumps and Lunges

Do 5 fast rounds of the following: 15 lunges each leg with a moderate-weight barbell, 60 jumps with a jump rope.

7. Push, Pull, Run

Do 5 rounds of the following: 10 push-ups and 10 pull-ups. Finish with a half-mile run.

8. Burpee Box Jumps

Set your timer for 8 minutes, then do as many rounds as you can of: 8 burpee box jumps (perform a standard burpee, then jump up on a box; jump down) and 16 kettlebell swings.

9. 21,15 and 9

Do 21 each of deadlifts and burpees, followed by 15 of each, then 9 of each.

10. Squat Routine

Start to squat with a barbell, but hold the down position for two minutes (or as long as you can). Next, do 3 rounds of 10 burpees, 15 sit-ups and 20 air squats.

11. Tabata Push-Ups and Lunges

“Tabata” means to perform a move for 20 seconds, rest for 10 seconds, and repeat.) Set a clock for 8 minutes and do Tabata alternating push-ups and lunges.

12. 10 for 10

Set a timer for 10 minutes and do as many rounds as possible of the following: 10 kettlebell swings, 10 box jumps (jump up onto a 12 to 20 inch tall box or step), 10 ring dips.

13. Dumbbells and Jump Ropes

Do each for 3 minutes straight, resting 1 minute between: jumping rope, weighted sit-ups, weighted lunges and dumbbell thrusters.

14. Rope, Sumos and Wall Balls

Do 75 to 100 turns of the jump rope, then countdown with sets of 10, 9, 8, etc. down to 1 of the following:

- **Wall balls – do squats with a medicine ball about arm's length from a wall. Bounce the ball off the wall at around 10 feet above you after the squat, then catch the ball**
- **Sumo deadlift high pulls – With feet wider than shoulder-width, squat, push hips back, and grab a fairly heavy barbell using a narrow grip; stand and pull bar up to collarbone, elbows above bar. Return bar to ground**

Finish up with 75 to 100 more jump rope turns.

15. Push Ups and Burpees in 5s

Do 5 sets of the following: 5 push-ups, followed by 5 burpees, then run in place for one minute.