

SOLDIER OF STEEL™

**NATIONAL
GUARD**
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GYM JONES®

M A N O F S T E E L™

GYM JONES TRAINING PLAN



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Mark Twight

Founder, Gym Jones

“What you know does not matter - what you do matters.”

Mark Twight was one of America’s leading alpinists at the turn of the 21st century. He was the first to solo the “Czech Route” on Peak Communism and the fastest to climb “Slipstream,” a 3,000-foot-high waterfall in the Canadian Rockies (in 2 hours and 4 minutes; most parties take 12 hours). He made the first ascent of “Deprivation” on Alaska’s Mount Hunter, climbed 5 extremely difficult new routes in the French Alps and made a non-stop, 60-hour ascent of Mount McKinley’s Slovak Direct (the previous fastest party took 7 days). Twight is the author, with Jim Martin, of *Extreme Alpinism: Climbing Light, Fast, and High*. His award-winning book, *Kiss Or Kill*, has been translated into five languages.

Following September 11th, 2001 Twight was the Subject Matter Expert for the development of the Protective Combat Uniform (PCU) cold weather clothing system, which is currently issued to Special Operations Command (SOCOM) personnel. He also teaches climbing, nutrition and fitness to SOCOM operators. He is the founder of Gym Jones, a strength and conditioning facility where he and his wife, Lisa, train fighters, football players and endurance athletes. Gym Jones is noted for its work training the cast and stunt crew of the movie “300” (2007), “Repo Men” (2010), “Man of Steel” (2013) and “300: Rise of an Empire” (2013). Twight resides in Utah with Lisa, and a 94-pound Akita named Echo. Retired from climbing, he is a Masters (Cat 3) road racer with a preference for stage races, and a ski mountaineering competitor.

IN THE GYM

“We value horsepower ahead of appearance – NOT VICE-VERSA.”



THE MIND IS PRIMARY

“We are using physical effort as a means of self-discovery.”

The following training plan does not have physical mastery as its objective. Instead, following this guidance and schedule will teach the trainee fundamental and universal movements, and begin to instill the habit of daily exercise.

The most important characteristic of being trained is a strong work ethic. Very few Soldiers need complex, specific training plans designed for high-level sports performance. Soldiers need to develop work tolerance, a variety of movement skills, with emphasis on power-endurance (cardio-respiratory), strength-endurance (muscular) and general endurance (systemic). Excessive strength and speed development increases risk during training and is not as useful as the aforementioned characteristics in the context of soldiering.

The plan is written on the premise of following each hard day with an easier recovery day. The plan allows one full rest day each week, otherwise training is expected every day.

Equipment requirements are minimal:

- Open space
- Pull-up bar
- Box or bench to jump on (20-24" in height)
- Dumbbells of varying weights (15# to 30# and perhaps up to 60# for stronger individuals)
- Barbell with plates of varying weights (total load required from 95# to 135#, and heavier as ability progresses)
- Access to low-impact “cardio” machines (i.e. rowing machine, stationary bike, elliptical machine) or swimming pool

Approximately 80% of the workouts may be done without special equipment. Open space is the only requirement.

After completing this month of training, the trainee may repeat the schedule exactly or increase the difficulty by either reducing the amount of rest between sets in the case of bodyweight exercises or by increasing the weight in the case of loaded exercises. However, increasing the resistance (weight) should not be the sole measure of progress: strict form, full range-of-motion and, eventually, speed can also be used to increase difficulty as the trainee adapts to the basic workload.



SOLDIER OF STEEL™

MON

TUE

WED

THU

FRI

SAT

SUN

1 WORKOUT 2 RECOVERY 3 WORKOUT 4 RECOVERY 5 WORKOUT 6 RECOVERY 7 REST

RUN 10 MIN AT EASY PACE
 3x 5 WALL SQUAT
 3x 20 AIR SQUAT
 3x 10 JUMP SQUAT
 3x 20 WALKING LUNGE

 4x 30/30 FROG HOP
 REST 2 MIN

 4x 30/30 SPLIT JUMP
 REST 2 MIN

 4x 30/30 BURPEE

 COOL DOWN WITH 10 MIN
 RUN/WALK AT EASY PACE

 BEGINNERS MAY DO PUSH-UP (WITHIN
 THE BURPEE MOVEMENT ON KNEES)

45-60 MIN RUN/WALK
 AT EASY PACE

 300 SEC FORWARD LEANING
 REST (FLR)

RUN 10 MIN AT EASY PACE

FIVE ROUNDS:
 5x PROPER PUSH-UP
 10x AIR SQUAT

 25x PULL-UP OR PLANK PULL

 BURPEE PYRAMID 1-10-1
 REST AS NEEDED BETWEEN SETS
 (LONGER AFTER HIGHER REPS)
 THIS IS 100x BURPEES TOTAL

 COOL DOWN WITH 10 MIN
 RUN/WALK AT EASY PACE

 BEGINNERS MAY DO PUSH-UP ON
 KNEES UNTIL STRONG ENOUGH TO
 EXECUTE PROPERLY. DO PLANK PULL
 INSTEAD OF PULL-UP UNTIL PULL-UP IS
 POSSIBLE.

60 MIN RUN/BIKE/SWIM
 AT EASY PACE

 300 SEC OVERHEAD HOLD
 (TRAINEE CAN BREAK THIS UP INTO
 SEVERAL SETS TOTALING 300 SECS IF
 NEEDED)

RUN 10 MIN AT EASY PACE

 RUN 5x 1-2 MIN AT
 PROGRESSIVELY FASTER PACE
 WORK UP TO MAX OUTPUT

 5x1 MIN ALL-OUT SPRINT
 REST 4 MIN (ACTIVE, WALK, STRETCH)
 BETWEEN INTERVALS

 RUN/WALK 15-30 MIN AT
 EASY PACE TO COOL DOWN

60 MIN BIKE OR SWIM
 AT EASY PACE
 (LOW IMPACT MOVEMENT)

 300 SEC DEAD HANG
 (TRAINEE CAN BREAK THIS UP INTO
 SEVERAL SETS TOTALING 300 SECS IF
 NEEDED)

REST

8 WORKOUT 9 RECOVERY 10 WORKOUT 11 RECOVERY 12 WORKOUT 13 RECOVERY 14 REST

RUN 10 MIN AT EASY PACE
 3x 20 AIR SQUAT
 3x 10 JUMP SQUAT
 4x 20 WALKING LUNGE
 (2 SETS FORWARD, 2 SETS BACKWARD)

FIVE ROUNDS:
 20x SPLIT JUMP
 (10 EACH SIDE)
 50 YARD BEAR CRAWL
 REST 2 MIN

FOUR ROUNDS:
 20x FROG HOP
 40 YARD BEAR CRAWL
 REST 2 MIN

THREE ROUNDS:
 20x BURPEE
 30 YARD WEIGHTED BEAR CRAWL
 WITH 15-25# DB IN EACH HAND
 REST 2 MIN

 COOL DOWN WITH 10 MIN
 RUN/WALK AT EASY PACE

 BEGINNERS MAY USE 10-15# DB
 FOR THE WEIGHTED BEAR CRAWL

60 MIN RUN/BIKE/SWIM
 AT EASY PACE

 300 SEC FORWARD LEANING
 REST (FLR)

RUN/ROW/RIDE 10 MIN
 AT EASY PACE

FIVE ROUNDS:
 5x PROPER PUSH-UP
 10x AIR SQUAT

 6x 30/30 SEC ROW* ALL
 OUT PACE/ROW SUPER EASY
 PACE

 6x 30/30 SEC BOX JUMP ON
 20" BOX/30 SEC STEP-UP ON
 SAME BOX AT EASY PACE

 6x 30/30 SEC DUMBBELL
 PUSH PRESS/FARMER CARRY
 USE HEAVIER DUMBBELLS FOR FARMER
 CARRY THAN FOR PUSH PRESS

 *IF NO ROWING MACHINE IS
 AVAILABLE SUBSTITUTE TREADMILL
 AND RUN OR USE ELLIPTICAL
 MACHINE

60 MIN BIKE OR SWIM
 AT EASY PACE
 (LOW IMPACT MOVEMENT)

 300 SEC OVERHEAD HOLD

RUN/ROW/RIDE 10 MIN
 AT EASY PACE

 2x 20 AIR SQUAT
 2x 20 SIT-UP
 4x 10 PUSH-UP
 3x 10 DECK SQUAT
 USING 25# DB

 100x SQUAT
 90 SEC FLR
 90x PUSH-UP
 90 SEC FLR
 80x SIT-UP
 90 SEC FLR
 70x BURPEE
 90 SEC FLR
 60x DECK SQUAT
 90 SEC FLR
 50x PULL-UP
 90 SEC FLR

60 MIN BIKE OR SWIM
 AT EASY PACE
 (LOW IMPACT MOVEMENT)

 300 SEC DEAD HANG

REST

SOLDIER OF STEEL™

MON	TUE	WED	THU	FRI	SAT	SUN
<p>15 WORKOUT</p> <p>RUN 10 MIN AT EASY PACE</p> <p>20x AIR SQUAT 20x SIT-UP 20x PUSH-UP 20x DECK SQUAT 20x BURPEE</p> <p>4x 30/30 AIR SQUAT 4x 30/30 PUSH-UP 4x 30/30 SIT-UP 4x 30/30 DECK SQUAT 4x 30/30 BURPEE REST 1 MIN BETWEEN EACH 4 MIN BLOCK</p> <p>COOL DOWN WITH 10 MIN RUN/WALK AT EASY PACE</p> <p>BEGINNERS MAY DO PUSH-UP ON KNEES (SAME FOR THE PUSH-UP WITHIN THE BURPEE), DECK SQUAT WITH HIPS SLIGHTLY ELEVATED</p>	<p>16 RECOVERY</p> <p>60 MIN RUN/BIKE/SWIM AT EASY PACE</p> <p>300 SEC FLR</p>	<p>17 WORKOUT</p> <p>RUN/ROW/RIDE 10 MIN AT EASY PACE</p> <p>3x 20 AIR SQUAT 3x 10 PUSH-UP 2x 1-6 PULL-UP LADDER</p> <p>10-9-8-7-6-5-4-3-2-1 REPS OF EACH, I.E. DO 10 OF EACH, THEN 9 OF EACH, ETC. :</p> <p>BENCH PRESS AT 95# GOBLET SQUAT AT 50-60# PULL-UP BOX JUMP ON 24" BOX DEADLIFT AT 135#</p> <p>COOL DOWN WITH 10 MIN RUN/WALK AT EASY PACE</p> <p>BEGINNERS: BENCH PRESS AT 2X 30# DB, GOBLET SQUAT AT 40-50#, PULL-UP ASSISTED OR PLANK PULL, ON 18-20" BOX, DEADLIFT AT 95-115#</p>	<p>18 RECOVERY</p> <p>60 MIN RUN/ BIKE/ SWIM AT EASY PACE (LOW IMPACT MOVEMENT)</p> <p>300 SEC OVERHEAD HOLD</p>	<p>19 WORKOUT</p> <p>RUN 10 MIN AT EASY PACE</p> <p>RUN 4x 400 YARDS EACH AT A PROGRESSIVELY FASTER PACE 4TH INTERVAL SHOULD BE ALL OUT</p> <p>4x 800 YARD RUN AT 10% FASTER THAN PERSONAL RECORD 2-MILE RUN PACE I.E. IF BEST 2-MILE TIME IS 16 MIN, EACH 800M TOOK 4 MIN SO EXECUTE THE INTERVALS AT 3:35/ 800M PACE</p> <p>REST EQUAL TO WORK DURATION OF INTERVAL</p> <p>COOL DOWN WITH 10 MIN RUN/WALK AT EASY PACE</p>	<p>20 RECOVERY</p> <p>3x 1-6 PULL-UP LADDER OR 50x PULL-UP WITH WORK PARTITIONED AS NEEDED I.E. 1-4 LADDERS OR 10x5</p> <p>30-45 MIN BIKE/ROW/SWIM AT EASY PACE (LOW IMPACT MOVEMENT)</p>	<p>21 REST</p> <p>REST</p>
<p>22 WORKOUT</p> <p>RUN 10 MIN AT EASY PACE</p> <p>MAN-MAKER LADDER 12x WITHOUT WEIGHT 10x WITH 2-15# DB 8x WITH 2-20# DB 6x WITH 2-25# DB 4x WITH 2-30# DB REST 2-3 MIN BETWEEN SETS</p> <p>8x2 WITH 40-60# DB REST 30 SEC BETWEEN SETS</p> <p>FIVE TO SEVEN ROUNDS USING 18-20" BOX: 30 SEC BOX JUMP 60 SEC STEP-UP 30 SEC REST</p>	<p>23 RECOVERY</p> <p>60 MIN BIKE OR SWIM AT EASY PACE (LOW IMPACT MOVEMENT)</p> <p>300 SEC FLR</p>	<p>24 WORKOUT</p> <p>2x 20 AIR SQUAT 4x 10 PUSH-UP 3x 10 BURPEE 4x 10 LUNGE</p> <p>6x 30/30 FROG HOP UP STAIRS OR UPHILL FOUR ROUNDS REST 3 MIN BETWEEN ROUNDS</p> <p>15x10 SEC WORK/20 SEC REST: PUSH-UP (IT WILL SEEM EASY AT FIRST)</p> <p>COOL DOWN WITH 10 MIN RUN/WALK AT EASY PACE</p>	<p>25 RECOVERY</p> <p>60 MIN RUN/WALK AT EASY PACE</p> <p>300 SEC OVERHEAD HOLD</p>	<p>26 WORKOUT</p> <p>RUN 10 MIN AT EASY PACE</p> <p>3x 20 AIR SQUAT 3x 10 PUSH-UP 3x 5 PULL-UP 4x 60 MOUNTAIN CLIMBER (EACH TOE TOUCH COUNTS AS ONE REP)</p> <p>BURPEE 10-9-8-7-6-5-4-3-2-1 REPS OF EACH</p> <p>COOL DOWN WITH 10 MIN RUN/WALK AT EASY PACE</p>	<p>27 RECOVERY</p> <p>60 MIN BIKE OR SWIM AT EASY PACE (LOW IMPACT MOVEMENT)</p> <p>300 SEC DEAD HANG</p>	<p>28 REST</p> <p>REST</p>

DEFINITIONS

ROUNDS: Implies continuous movement with minimal rest between exercises.

SETS: Implies a specified rest period between exercises or combinations of exercises.

300 SEC: Of FLR (Forward Leaning Rest), Dead Hang, Overhead Hold, etc: The trainee must accumulate a total of 300 seconds duration holding in the specified static position. If one can only hold a FLR for 60 continuous seconds then partition the work into 60 second intervals: 5x 60 sec.

RECOVERY: Active measures taken to recover from one training day and prepare for the next.

REST: Total rest; shut down the mind and the body to prepare for more work ahead.

LADDER: This is a method of distributing effort in order to accumulate more total volume. Rest as long as partner or partners take to execute their reps. If you do not have a partner, rest as long as it took you to execute the reps of the previous rung of the ladder. A 1-6 ladder of pull-ups would look like this:

1x pull-up
2x pull-up
3x pull-up
4x pull-up
5x pull-up
6x pull-up

Total: 21 pull-ups

PYRAMID: Pyramids are another way of distributing or partitioning the work. A pyramid is basically a "folding ladder" where the trainee climbs up one side and down the other. The pyramid features built-in rest to keep the trainee from going to failure, which imposes longer recovery time. Rest as long as partner or partners take to execute their reps. If you do not have a partner rest as long as it took you to execute the reps of the previous rung of the pyramid. A 1-6-1 pyramid of pull-ups would look like this:

1x pull-up
2x pull-up
3x pull-up
4x pull-up
5x pull-up
6x pull-up
5x pull-up
4x pull-up
3x pull-up
2x pull-up
1x pull-up

Total: 36 pull-ups

30/30: Means 30 seconds work, 30 seconds rest.

THERE ARE NO SHORTCUTS.

EXERCISES

AIR SQUAT

Find your athletic stance by jumping in place a few times. Have your toes out and knees tracked over the toes. Lower into a seated position (squat), bringing arms in front of you. Return to standing.



BEAR CRAWL

Go into a plank position or a forward leaning rest. Legs spread about shoulder width apart. Crawl forward like a bear. With your hips close to the ground move the opposing limbs simultaneously (right arm with left leg, left arm with right leg).



Weighted Version:

Drop into a forward leaning rest with your hands on the dumbbells and legs shoulder width apart. Move one dumbbell forward. Hop your feet forward simultaneously holding yourself in a plank position as you move forward. Move opposite arm forward and repeat the hop with your legs.

BOX JUMP

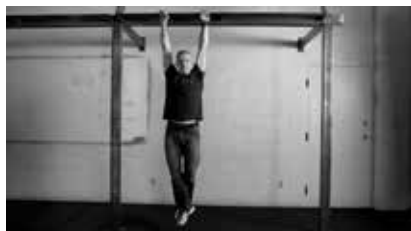
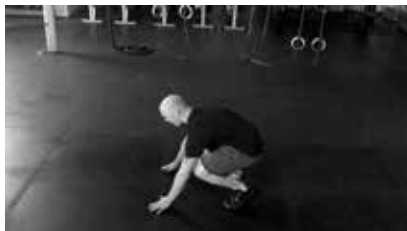
Standing in front of a box that can support your weight, jump and land on top of it. Feel free to use your arms for momentum. Once you are on top of the box, straighten your hips and knees standing proud. Carefully step down and repeat. The taller the box, the harder the exercise.



EXERCISES

BURPEE

Squat so that your hands are on the ground. Kick out both feet behind you into a plank position. Perform a push-up. Come back up to the top of the push-up position. Return to the squat position in one quick motion. From the squat position, jump as high as you can. This is one rep.



DEAD HANG

Using a pull-up bar, grasp the bar in an overhand grip and hang until you can't. Repeat until you have hung for the allotted amount of time.

EXERCISES

DEAD LIFT

Using a barbell, address the bar by placing your shins against it. Lower down in proper squat form and grasp the bar approximately six inches on the outside of each leg. Keep your arms straight. To stand up, press your heels against the floor, your shoulders and hips should rise at the same time. Keep the bar in contact with your legs all the way to the top of your stance. Stand straight, finish in a tight plank. At the top pinch your shoulder blades together.



DECK SQUAT

Lie on the ground with your legs bent at a 45-degree angle and feet placed firmly on the floor. From there, put your hands over your head. To execute this movement, throw your hands forward while tucking your heels into your butt, stand up keeping your hands forward. Make sure when you are in the stand-up portion to maintain an arch in the back. This ensures that you always stand up in proper squat position.



FARMER CARRY

With two heavy kettlebells or dumbbells, bend down and pick up the weights in proper squat position (never pick up anything with a rounded back). Stand up. From there, activate your shoulders with a proud chest and walk.



EXERCISES

FLOOR BENCH PRESS

You need a barbell with two weights and a partner to hand it to you. Lie down on the floor with your legs bent at a 45-degree angle. Have a partner hand you the barbell with your arms outstretched. Lower the bar until the back of your triceps touch the ground, stabilize and then push back up.



FROG HOP

Place your hands behind your head and with your feet spread shoulder width apart, jump up and down. Try and get as much height as you possibly can.

FORWARD LEANING REST (FLR)

Get into a plank position. Push into the ground with your hands and toes, keeping your core tight. Flex your abdominals as hard as you can. Do this for as long as you can. Restart until you have reached the allotted amount of time.



EXERCISES

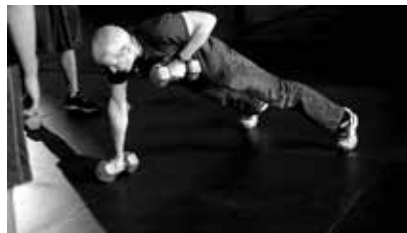
GOBLET SQUAT

Stand with feet hip width apart, holding a weight close to your chest with your elbows touching your chest. Drop into a squat so that your elbows pass in between your knees. Use your elbows to open up your knees, then hold your knees open and relax your elbows. Return to starting position.



MAN-MAKER

Start in a neutral standing position with a dumbbell in each hand. Drop to the floor in a squat with the weights on the floor in front of you and kick legs out to a plank position. Do one push-up. Row once with weighted right hand, then once with weighted left hand. With both hands gripping weights in front of you, kick legs under you into a squat position. Stand up, bringing weights clean to the shoulders, then press overhead. Return to starting position and repeat.



EXERCISES

MOUNTAIN CLIMBER

Place your hands on two dumbbells on the floor in front of you and assume a forward leaning rest (plank position). Alternate bringing one knee forward and then the opposite as if you were running in place.



PLANK PULL

Using a horizontal bar on a regular or portable squat rack, hang with your arms straight beneath it. Place your body into a solid reverse plank and pull chest up towards the bar. Return to starting position.

PULL-UP

Using a pull-up bar, grab the bar with an overhand grip and take a dead hang position. Pull your body up to the bar until your elbows are behind the center line of your body and your head is over the bar. Return to starting position and repeat.



EXERCISES

PUSH PRESS

With weights in each hand, take a neutral stance. Dip down and then in one motion drive the weights up over your head. Return to starting position and repeat.



PUSH-UP

Hold a tight plank position on the ground and look forward. Drop down until your chest touches the ground. Come up and return to plank.

EXERCISES

PUSH-UP (PROPER PUSH-UP)

From plank position, drop into a standard push-up until your chest touches the ground. Make sure your hips stay off the ground, creating a bridge between chest and toes. Stretch both arms out to the side. Bring arms back to push-up position, come up and return to plank.



SIT-UP

With weights in each hand, take a neutral stance. Dip down and then lay on the ground with legs bent at a 45-degree angle, clasping hands behind your head. With as little momentum as possible and keeping your feet still, bring your chest toward your knees.



SPLIT JUMP

Take a walking lunge position with right foot forward. Jump up and switch positions so that the left foot is now forward. Make sure your knees lightly kiss the floor with each lunge.

EXERCISES

WALKING LUNGE

Step forward with your right foot and drop left knee vertically to the ground, making sure the knee makes light contact with the ground. Your right knee should not go further than the front of your toes. Keeping your body in a tight, upright plank, step up and forward, bringing feet together. Repeat the movement with the left foot.



WALL SQUAT

Take a wide stance in front of a flat wall with toes touching the wall and feet perpendicular to the wall. Drop into a squat position until your knees touch the wall. Once they touch the wall, they no longer move. From this position, use your hands to balance against the wall as you continue to drop into a full squat. Then slowly stand back up.

NATIONAL GUARD 

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