

The 1000/500/250

Revised 10/5/12

		Experienced	90 Days of Fitness	Beginner
General Warmup		5-10 min	5-10 min	5-10 min
		Reps	Reps	Reps
1	Pushups	100	50	30
2	Ring Row	100	50	30
3	KB Swing	100	50	30
4	Situps	100	50	30
5	Jumping Jacks	100	50	30
6	Push Press	100	50	30
7	Supine Knee-ups	100	50	30
8	BW Squats	100	50	30
9	Barbell Curl	100	50	30
10	Jump Rope	100	50	30
Total Reps		1000	500	300
Time =				

Cool Down 5-10 min

Caution! - Please Read!!

- > Warm up and cool down are **critically important** - do not skip these steps!
- > For those with ortho, cardio vascular, pulmonary or metabolic **limitations**, see training staff for critical modifications!
- > Always train at **YOUR** own pace. The point is to keep working. Rest when needed.
- > If at any time you feel dizzy or faint - stop exercising and sit down. Ask for assistance if needed.

- > Although total time to completion is a goal and future indicator of gains in fitness, **strict form** and **focus** when doing each repetition is more important. Injuries occur with sloppy form.
- > High intensity work requires **adequate blood sugar**. Be sure and consume carbs and some protein within at least 2 hours before this workout.
- > Reps can be done in any number, in a row, at any time. Move freely between exercises.
- > Move between exercises as you see fit. The above is simply one suggestion.
- > Hint: Do the first 5 exercises as one block and complete, then do the last 5 as one block.

Progressions

- > Beginners start with 10 reps of each exercise, rotating through each block of 5 exercises until completed before moving on to the next block.
- > When you can complete **The 300** in less than 20 minutes, move on to **The 500**. Work on it until you can complete in 30 minutes.
- > As you progress with The 500, work up to loads you can complete fully 25 reps at a time. Work your weaker exercises during other workouts during the week
- > When you can complete The 500 in around 20 minutes, move on to **The 1000**. As you progress with The 1000, if you can do more than 25 reps with any load, increase the load.
- > When you can complete The 1000, with loads you can do no more than 25 reps at a time....you are a very, very fit individual! Congratulations!!