

BPD

**POPAT
WORKOUTS**

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The workouts contained in this book are divided into four (4) separate categories to include Tabata Circuits, AMRAP Circuits, Variety Circuits and Strength Workouts. The types of these workouts are define as listed below:

Tabata Circuit- Tabata training (aka, the Tabata Protocol) is a type of high intensity interval training that follows a format to include high intensity exercise period followed by short rest. (For example, 20 seconds of pushups with 10 seconds of rest and repeat 8 times .) The Tabata Protocol improves both the anaerobic energy system (e.g., the system responsible for short, high intensity exercise, such as sprints) and the aerobic energy system (e.g., the system used for endurance exercise, such as long, slow running). Developing both of these energy systems are important for improvement on the POPAT.

As Many Rounds As Possible (AMRAP Circuit)- In an AMRAP workout (Crossfit Origin), a person strives to do as many sets of a several-exercise circuit as they can within a specific time constraint (say, 15 minutes). The goal is to increase fat loss and metabolic conditioning. In essence, you're training your body to do more work in a set amount of time and it's a way to motivate yourself to progress with each workout, without a specific target rep (i.e., 20 straight pull-ups) in mind.

Variety Circuits- These circuits are workouts that include cardio concentration, pushup improvement, core strengthening or body weight exercises. They do not follow the above mentioned protocol, however they are all designed to improve areas that will assist with completing the POPAT.

Strength Workouts- These workouts are designed to concentrate on a particular body part (For example, chest or legs). However, the exercise protocols are in "Supersets" that combine exercises beneficial in completing POPAT, as well as targeting overall conditioning. Some of these strength movements are more difficult to perform than general body weight exercises, so please do not attempt without out coaching from an instruction on proper form.

In order to track your progress, record your time on a particular workout and then complete the same workout approximately 2-3 weeks later. Compare the two final times and you should be able to see your improvement/progress.

Tabata Workout #1

(10 Minute Warm up- Bike, Row, Jog and Active Stretches)

20 Seconds Work- 10 Seconds Rest while performing the following exercises:

#1) Box Jumps (or Step ups)

#2) Push ups

#3) Sit ups

#4) Farmer Walk

#5) Leg Lunges

* 5 Rounds with 1 minutes rest between rounds

Tabata Workout #2

(10 Minute Warm up- Bike, Row, Jog and Active Stretches)

45 Seconds Work- 15 Seconds Rest while performing the following exercises:

#1) Sprints on treadmill

#2) Dummy Drag

#3) Push Ups

#4) Flutterkicks

#5) Leg Lunges

* 5 Rounds with 3 minutes rest between rounds

Tabata Workout #3

(10 Minute Warm up- Bike, Row, Jog and Active Stretches)

20 Seconds Work- 10 Seconds Rest of the following exercises:

#1) Rocket Jumps

#2) Jump Rope

#3) Push ups

#4) Sit Ups

#5) Dips on the box (Bodyweight)

#6) Overhead wall throws x 3 then
sprint to door and back

* 6 Rounds with 1 minutes rest between rounds

Tabata Workout #4

(10 Minute Warm up- Bike, Row, Jog and Active Stretches)

50 Seconds Work- 10 Seconds Rest of the following exercises:

#1) Broad jumps

#2) Sideways walking push up

#3) Plank

#4) Wall sits

#5) Dips on box (Bodyweight)

#6) Assisted pull ups on rings

* 4 Rounds with 2-1/2 minutes rest between rounds

Tabata Workout #5

(10 Minute Warm up- Bike, Row, Jog and Active Stretches)

45 Seconds Work- 15 Seconds Rest of the following exercises:

#1) Row

#2) Air Squats

#3) Push Ups

#4) Kettle Bell Swings

#5) Leg Lunges

* 5 Rounds with 3 minutes rest between rounds

Tabata Workout #6

(10 Minute Warm up- Bike, Row, Jog and Active Stretches)

45 Seconds Work- 15 Seconds Rest of the following exercises:

#1) Run to Cates and back as fast as you can

#2) Jump Rope

#3) Bear Crawl

#4) Plank

#5) Wall Ball

#6) Farmer Carry w Kettlebell

* 4 Rounds with 3 minutes rest between rounds

Tabata Workout #7

(10 Minute Warm up- Bike, Row, Jog and Active Stretches)

20 Seconds Work- 10 Seconds Rest of the following exercises:

#1) Box Jumps (or Step ups)

#2) BW Pull ups on rings

#3) Rocket Jumps

#4) Shoulder Press

#5) Farmer Carry w Kettlebell

* 7 Rounds with 1 minutes rest between rounds

Tabata Workout #8

(10 Minute Warm up- Bike, Row, Jog and Active Stretches)

45 Seconds Work- 15 Seconds Rest of the following exercises:

#1) Box Jumps (or Step ups)

#2) Rope Slams

#3) Push Ups

#4) Flutterkicks

#5) Superman

#6) Plank

* 5 Rounds with 3 minutes rest between rounds

Tabata Workout #9

(10 Minute Warm up- Bike, Row, Jog and Active Stretches)

30 Seconds Work- 10 Seconds Rest of the following exercises:

#1) Run to Cates and Back

#2) Air Squats on Bosu Ball

#3) Mountain Climbers

#4) Ball Slams

#5) Push ups

#6) Sit ups

* 4 Rounds with 3 minutes rest between rounds

Tabata Workout #10

(10 Minute Warm up- Bike, Row, Jog and Active Stretches)

45 Seconds Work- 15 Seconds Rest of the following exercises:

#1) Burpees

#2) Jump rope

#3) Push ups

#4) Sit ups

#5) Barbell Press

#6) Kettle Bell Swings

#7) Step ups on Box

#8) Assisted Pull ups

* 3 Rounds with 4 minutes rest between rounds

AMRAP Workout #1

(10 Minute Warm up- Bike, Row, Jog and Active Stretches)

*** As Many Rounds as Possible in 25 min**

#1) 300 Meter Row

#2) Walking Lunges (Mat and Back)

#3) 10 Push ups

#4) 10 Sit ups

#5) 10 Rocket Jumps

*** Record your results**

AMRAP Workout #2

(10 Minute Warm up- Bike, Row, Jog and Active Stretches)

*** As Many Rounds as Possible in 25 min**

#1) Run Cates and Back or .25 miles on treadmill

#2) Body Drag 25 feet (or 30 Air Squats)

#3) 20 Push ups

#4) 20 Sit ups

*** Record your results**

AMRAP Workout #3

(10 Minute Warm up- Bike, Row, Jog and Active Stretches)

*** As Many Rounds as Possible in 15 min**

#1) 10 Box Jumps

#2) 10 Push ups

#3) 10 Sit ups

#4) 10 Supermen

*** Record your results**

AMRAP Workout #4

(10 Minute Warm up- Bike, Row, Jog and Active Stretches)

*** As Many Rounds as Possible in 25 min**

#1) Run to Cates and Back or .25 miles
on Treadmill

#2) 10 Burpees

#3) 1 Min Plank

#4) 10 Barbell Shoulder Press

#5) 10 Pull ups (Biceps-modified)

*** Record your results**

AMRAP Workout #5

(10 Minute Warm up- Bike, Row, Jog and Active Stretches)

*** As Many Rounds as Possible in 20 min**

#1) 500 Meter Row

#2) 20 Step Ups

#3) 20 Squats w/ Kettlebell

#4) 40 Flutterkicks

#5) 10 Rocket Jumps

*** Record your results**

AMRAP Workout #6

(10 Minute Warm up- Bike, Row, Jog and Active Stretches)

*** As Many Rounds as Possible in 20 min**

#1) Run .25 miles on treadmill

#2) 10 Ball Slams

#3) Sideways Walking Push up

#4) 10 Sit ups

#5) 10 Overhead Wall Balls

*** Record your results**

AMRAP Workout #7

(10 Minute Warm up- Bike, Row, Jog and Active Stretches)

*** As Many Rounds as Possible in 20 min**

20's Workout

#1) 20 Burpees

#2) 20 Kettlebell Swings

#3) 20 Push ups

#4) 20 Sit ups

#5) 20 Jumping Jacks

#6) 20 Tricep Dips on Box

*** Record your results**

AMRAP Workout #8

(10 Minute Warm up- Bike, Row, Jog and Active Stretches)

*** As Many Rounds as Possible in 20 min**

#1) 10 Box Jumps

#2) 10 Push up w/ feet elevated

#3) 10 Barbell Should Press

#4) 10 Knees to Chest

#5) 10 Kettlebell Swings

*** Record your results**

AMRAP Workout #9

(10 Minute Warm up- Bike, Row, Jog and Active Stretches)

*** As Many Rounds as Possible in 15 min**

#1) 10 Burpees

#2) 10 Ball Slams

#3) 10 Push ups

#4) 30 Sec Plank

#5) 30 Sec Wall Sit

*** Record your results**

AMRAP Workout #10

(10 Minute Warm up- Bike, Row, Jog and Active Stretches)

*** As Many Rounds as Possible in 25 min**

#1) 500 Meter Row

#2) Broadjump (Mat and Back)

#3) Bear Crawl (Mat and Back)

#4) Dummy Drap (25 Feet)

#5) 10 Rocket Jumps

#6) 10 Supermen

*** Record your results**

Cardio Circuit

(10 Minute Warm up- Bike, Row, Jog and Active Stretches)

Complete as Fast as Possible

#1) Run 1 Mile

#2) 50 Burpees

#3) Row 1000 meters

*** Record your results**

Pushup Improvement Circuit

(10 Minute Warm up- Bike, Row, Jog and Active Stretches)

Complete as Fast as Possible

#1) Row 500 meters (sprint)

10 Push ups

#2) 5 minute Stair Stepper

10 Push ups

#3) Run .25 miles

10 Push ups

#4) Row 500 meters (sprint)

10 Push ups

*** Record your results**

Track Circuit

(10 Minute Warm up- 1 lap and Active Stretches)

Complete as Fast as Possible

Sprint Straight A-Ways/ Jog Curves

* Do the following exercises in the middle of the curves on the track. You will be doing 2 sets of exercises per lap*

20 Leg Lunges (Lap #1)

20 Pushups (Lap #1)

20 Air Squats (Lap #2)

20 Sit ups (Lap #2)

20 Leg Lunges (Lap #3)

20 Pushups (Lap #3)

20 Air Squats (Lap #4)

20 Sit ups (Lap #4)

*** Record your results**

Cardio/ Body Weight Circuit

(10 Minute Warm up- Bike, Row, Jog and Active Stretches)

Complete as Fast as Possible

#1) 100 Air Squats

#2) 100 Push Ups

#3) 100 Sit Ups

#4) 100 Mountain Climbers

*** Record your results**

Cardio/ Body Weight Circuit

(10 Minute Warm up- Bike, Row, Jog and Active Stretches)

4 Rounds

#1) .25 Mile Run

#2) 15 Wall Balls

#3) 10 Push Ups

#4) 10 Sit Ups

#5) 1 Minute Wall Sits

*** Rest 3 minutes between rounds**

Cardio/ Body Weight Circuit

(10 Minute Warm up- Bike, Row, Jog and Active Stretches)

5 Rounds

#1) 200 Meter Row (Sprint)

#2) 15 Air Squats

#3) 15 Push Ups

#4) 15 Sit Ups

#5) Farmer Carry w Kettlebell (2 Laps)

*** Rest 2 minutes between rounds**

Cardio Circuit

(10 Minute Warm up- Bike, Row, Jog and Active Stretches)

Complete as Fast as Possible

#1) Run 1 Mile

#2) 100 Push Ups

#3) 10 Body Drags

#4) 100 Sit Ups

#5) 5 Min Rope Slams

#6) 5 Min Stair Climber

*** Record your results**

Core Circuit

(10 Minute Warm up- Bike, Row, Jog and Active Stretches)

Run 14 minutes on treadmill (30 Sec Sprint- 30 Sec Rest)

3 Rounds

#1) 30 Sec Plank

#2) 20 X- Crunches

#3) 30 Sec Side Plank

#4) 30 Sec Side Plank

#5) Up and Down Plank

* Rest 1 minutes between rounds

Leg Circuit

(10 Minute Warm up- Bike, Row, Jog and Active Stretches)

Run 14 minutes on treadmill (20 Sec Sprint- 10 Sec Rest)

3 Rounds

#1) 15 Air Squats on Bosu Ball

#2) 10 Single Leg Squat (Each Leg)

#3) 15 Leg Curls on Ball

#4) 15 Knee to Chest on Ball

#5) 20 Superman

Cardio/ Body Weight Circuit

(10 Minute Warm up- Bike, Row, Jog and Active Stretches)

20's Workout (3 Rounds)

#1) 20 Burpees

#2) 20 Kettlebell Swings

#3) 20 Push Ups

#4) 20 Sit Ups

#5) 20 Jumping Jacks

#6) 20 Triceps Dips on Box

*Rest 2 Minutes Between Rounds

Strength (Chest)

(10 Minute Warm up- Bike, Row, Jog and Active Stretches)

Supersets

#1) Dead Lifts (3 x 10)

Knee Raises (3 x 20)

#2) Bench Press (3 x 10)

Supermen (3 x 20)

#3) Incline Dumbbell Bench (3 x 10)

Inverted Sit Ups (3 x 15)

* Run 1 mile on treadmill 20 sec sprint/
20 sec rest until you reach one mile

Strength (Arms)

(10 Minute Warm up- Bike, Row, Jog and Active Stretches)

Supersets

#1) Back Squats (3 x 10)

Sit Ups on Ball (3 x 20)

#2) Straight Bar Bicep Curl (3 x 10)

Tricep Push Down (3 x 10)

Back Extensions (3 x 20)

#3) Pull Ups on Rings- Bicep (3 x 10)

Dips on Box (3 x 15)

Kettle Bell Swings (3 x 20)

*** Row 2000 Meters**

Strength (Shoulders)

(10 Minute Warm up- Bike, Row, Jog and Active Stretches)

Supersets

#1) Thrusters (3 x 10)

Bear Crawls- (Mat & Back)

Planks- (1 min)

#2) Front Raises w Dumbbells (3 x 10)

Kettlebell Swings (3 x 15)

Sideway Push Up Walk (Mat & Back)

#3) Wall Ball Squats (3 x 10)

Supermen (3 x 20)

Hamstring curls w Ball (3 x 20)

Strength (Back)

(10 Minute Warm up- Bike, Row, Jog and Active Stretches)

Supersets

#1) Power Cleans (3 x 10)

Push Ups- (3 x 20)

Sit Ups on Ball- (3 x 30)

#2) Cable Rows (3 x 10)

Back Extensions (3 x 15)

Incline Sit Up (3 x 15)

#3) Lat Pull Downs (3 x 10)

DB Rows each side (3 x 10)

Rope Machine (1 min)

Strength (Legs)

(10 Minute Warm up- Bike, Row, Jog and Active Stretches)

Supersets

#1) Back Squats (3 x 10)

Leg Lunges - (Mat & Back)

Planks- (1 min)

#2) Box Jumps (3 x 10)

Kettlebell Swings (3 x 15)

Farmer Walk (2 Laps)

#3) Wall Ball Squats (3 x 10)

Supermen (3 x 20)

Hamstring curls w Ball (3 x 20)