



GGFC 6-WEEK PROGRAM

HAND RELEASE PUSH-UP: From top of push-up position lower chest to floor, release hands up or out and then place back outside the shoulders to push back to the top.

BANDED SIDE TO SIDE STEPS: Take a banded loop around the legs, just above knee level. Keep feet wide, step side to side engaging the glute med.

BANDED TRI EXTENSION: Loop Band around rig or rack. Facing away from the band anchor point with one part of the band in each hand. Extend the arms away from shoulder line putting more resistance on the band and return with control.

BI CURL: Resistance in both hands, curl arms up taking barbell or DB to shoulder line and return to start position. Keep your elbows down and by the side of the body during the movement.

LATERAL LUNGE: Long step to the side, knee tracks in line with toes lower hips to knee crease and then drag long leg back towards center line of body.

DEADLIFT: Hold DB in each hand, hinge forward keeping long straight spine and chest up. Head of DB touches the floor or gets close to and return to start. Max hip hinge and min knee bend.

SQUAT: Stand with feet shoulder-width apart, then squat down until hip crease below knee crease

- Goblet: Hold Weight chest level with both hands.
- Front Rack: Hold DBs at Shoulder level with head of DB resting on shoulder
- Jump: Both feet leave floor completely, full hip extension at the top, and soft knees to land

LUNGE: Feet hip width apart, long step, bend both knees to 90 degrees and return to start. Keep Hips and Shoulders squared to front during movement.

FLOOR PRESS: Lie on your back, holding DB in each hand. Elbows touch ground with arms at 45 degrees. Press the dumbbells from floor until arms are fully extended at the top and then repeat.

STEP UPS: Alternate stepping up to a bench or box with full foot on platform.

SUPER PLANK: From an elbow plank, walk hands into a high plank and then repeat.

SHOULDER TAP: From a high plank position, tap opposite shoulder keeping hips and shoulders level throughout the movement.

CHEST PRESS: Lie on the bench and press the dumbbells from chest height to fully extended, lower down with control, DB at 45 degrees and DB head touches chest in down phase of the movement.

- Adjust bench to incline position for incline chest press.

BENTOVER ROW: Feet hip width apart, hold one DB per arm. Hinge forward keeping a long straight back and chest up. Pull DB up taking the elbow towards the ceiling, squeezing the shoulder blades together and return to start.

SINGLE ARM ROW: Feet hip width apart, hold one DB. Hinge forward keeping a long straight back and chest up. Pull DB up taking the elbow towards the ceiling, squeezing the shoulder blade towards the spine and return to start.

SEATED SHOULDER PRESS: From a back supported bench seat, holding one DB in each hand, front rack the DB on top of shoulder and press them up fully extending the arms. Return to the starting position.

SIT-UP: From a lying position take the knuckles and shoulders to the ground reaching over head with feet flat to the floor. Lift up bringing hands forward of body touching floor and shoulder line passes the hip line. Use med ball to toss to wall or partner on the way up if doing weighted or toss variation.

KICKOUTS: From a high plank position jump both feet outside of the hands with feet fully on ground and return to the start.

RENEGADE ROWS: One DB in each hand starting in a push-up position. Row the DB up so both heads of the DBA touch the body and switch arms. Keep shoulders and hips as level as possible when rowing the DB.

BURPEE: Chest to floor, hands outside shoulders and feet jump back. Jump feet wider than hands while pushing up from floor to standing. Full extension at the top and clap overhead.

SUPERMAN HOLD: Lying prone on mat lift arms, chest and legs at the same time. Squeeze glutes and keep the head and neck in alignment.

REVERSE FLY: From a hinge position, and hands under shoulder line, squeeze the shoulder blades to lift the DB up towards the shoulder line. Return down with control.

See RPE Chart and Intermediate/ Advanced Training doc for sets, reps and order of the movements.

Intermediate	Warm-Up 1: 10 Min AMRAP	Warm-Up 2 X3 ROUNDS	Warm-Up 3 :30 Sec ON/:15 Sec OFF	
	8 Air Squats	10 Reverse Lunges Total	Squat to Sky Reach	
	8 Light Bent Over Rows	8 Light Shoulder Press	Light Bent Over Rows	
	8 Push-Ups	10 Shoulder Taps Total	Dive Bomb Push-ups	
	8 Mountain Climbers Each	:30 Sec Kickouts	Jumping Jacks	
Week 1 & 2	<p>Intensity: Rate of Perceived Exertion on a scale from 1-10 should feel like a 6 to 7 after completing each set. Modify the recommended weight accordingly. Check the RPE overview on the back of the workout card for more details.</p>			
Intermediate				
Workout 1				
SETS	REPS/TIME	Movement	Weight Men	Weight Women
3 - 5	10 to 12	Air Squats	Body Weight	Body Weight
3 - 5	10 to 12	DB Floor Press	2 DB 30-45LBS	2 DB 15-30LBS
3 - 5	10 to 12	DB Bentover Row	2 DB 30-45LBS	2 DB 15-30LBS
3 - 5	:30 Sec	Plank Shoulder Taps	Body Weight	Body Weight
Workout 2				
SETS	REPS/TIME	Movement	Weight Men	Weight Women
3 - 5	10 to 12	DB Steps Ups Each	2 DB 20-30LBS	2 DB 10-20LBS
3 - 5	10 to 12	Seated DB Shoulder Press	2 DB 25-40LBS	2 DB 15-25LBS
3 - 5	10 to 12	Sit-Ups	Body Weight	Body Weight
3 - 5	:30 Sec	Burpees	Body Weight	Body Weight
Workout 3				
SETS	REPS/TIME	Movement	Weight Men	Weight Women
3 - 5	10 to 12	Goblet Squat	1 DB 50-70lb/KB 53-70lb	1 DB 35-50lb/KB 35-53lb
3 - 5	10 to 12	Chest Press	2 DB 30-45LBS	2 DB 15-30LBS
3 - 5	10 to 12	Renegade Rows Each Side	2 DB 30-45LBS	2 DB 15-30LBS
3 - 5	:30 Sec	Squat Jumps	Body Weight	Body Weight
Week 3 & 4	<p>Intensity: Rate of Perceived Exertion on a scale from 1-10 should feel like a 7 to 8 after completing each set. To best prepare for GGFC, increase the weight for each movement from Weeks 1 & 2 by 5lbs. You want to be lifting at the middle or top end of the recommended range. Check the RPE overview on the back of the workout card for more details.</p>			
Intermediate				
Workout 1				
SETS	REPS/TIME	Movement	Weight Men	Weight Women
3 - 4	12 to 15	Air Squats	Body Weight	Body Weight
3 - 4	12 to 15	DB Floor Press	2 DB 30-45LBS	2 DB 15-30LBS
3 - 4	12 to 15	DB Bentover Row	2 DB 30-45LBS	2 DB 15-30LBS
3 - 4	:45 Sec	Plank Shoulder Taps	Body Weight	Body Weight
Workout 2				
SETS	REPS/TIME	Movement	Weight Men	Weight Women
3 - 4	12 to 15	DB Steps Ups Each	2 DB 20-30LBS	2 DB 10-20LBS
3 - 4	12 to 15	Seated DB Shoulder Press	2 DB 25-40LBS	2 DB 15-25LBS
3 - 4	12 to 15	Sit-Ups	Body Weight	Body Weight
3 - 4	:45 Sec	Burpees	Body Weight	Body Weight
Workout 3				
SETS	REPS/TIME	Movement	Weight Men	Weight Women
3 - 4	12 to 15	Goblet Squat	1 DB 50-70lb/KB 53-70lb	1 DB 35-50lb/KB 35-53lb
3 - 4	12 to 15	Chest Press	2 DB 30-45LBS	2 DB 15-30LBS
3 - 4	12 to 15	Renegade Rows Each Side	2 DB 30-45LBS	2 DB 15-30LBS
3 - 4	:45 Sec	Squat Jumps	Body Weight	Body Weight
Week 5 & 6	<p>Intensity: Rate of Perceived Exertion on a scale from 1-10 should feel like a 8 TO 9 after completing each set. REST as needed between sets. To best prepare for GGFC, work to use the top of the recommended weight ranges. Check the RPE overview on the back of the workout card for more details.</p>			
Intermediate				
Workout 1				
SETS	REPS/TIME	Movement	Weight Men	Weight Women
3	15+	Air Squats	Body Weight	Body Weight
3	15+	DB Floor Press	2 DB 30-45LBS	2 DB 15-30LBS
3	15+	DB Bentover Row	2 DB 30-45LBS	2 DB 15-30LBS
3	60 Sec	Plank Shoulder Taps	Body Weight	Body Weight
Workout 2				
SETS	REPS/TIME	Movement	Weight Men	Weight Women
3	15+	DB Steps Ups Each	2 DB 20-30LBS	2 DB 10-20LBS
3	15+	Seated DB Shoulder Press	2 DB 25-40LBS	2 DB 15-25LBS
3	15+	Sit-Ups	Body Weight	Body Weight
3	60 Sec	Burpees	Body Weight	Body Weight
Workout 3				
SETS	REPS/TIME	Movement	Weight Men	Weight Women
3	15+	Goblet Squat	1 DB 50-70lb/KB 53-70lb	1 DB 35-50lb/KB 35-53lb
3	15+	Chest Press	2 DB 30-45LBS	2 DB 15-30LBS
3	15+	Renegade Rows Each Side	2 DB 30-45LBS	2 DB 15-30LBS

Advanced	Warm-Up 1:	Warm-Up 2	Warm-Up 3	Warm-Up 4:
	10 Min AMRAP	X3 ROUNDS	:30 Sec ON/:15 Sec OFF	10 Min AMRAP
	8 Air Squats	8 Inchworm w/ Push-Up	Squat to Sky Reach	10 Light DB Deadlift
	8 Light Bent Over Rows	10 Reverse Lunges Total	Light Bent Over Rows	8 Dive Bomb Push-ups
	8 Push-Ups	8 Light Shoulder Press	Light Shoulder Press	10m Walking Lunges
	16 Skaters Total	10 Shoulder Taps Total	Lateral Lunges	8 Cossack Squats
	100m Run or Row	:30 Sec Jumping Jacks	Mountain Climbers	100m Run or Row
Week 1 & 2	<p>Intensity: The higher up on the recommended weight selection, the more prepared members will be for the GGFC. Rate of Perceived Exertion on a scale from 1-10 should feel like a 7 after completing each set. Modify the recommended weight accordingly. Check the RPE overview on the back of the workout card for more details.</p>			
Advanced				
Workout 1				
SETS	REPS/TIME	Movement	Weight Men	Weight Women
3 - 5	10 to 12	Burpees	Body Weight	Body Weight
3 - 5	10 to 12	Goblet Squats	1 DB 50-70lb/KB 53-70lb	1 DB 35-50lb/KB 35-53lb
3 - 5	10 to 12	DB Chest Press	2 DB 30-45LBS	2 DB 15-30LBS
3 - 5	10 to 12	DB Bent Over Row	2 DB 30-45LBS	2 DB 15-30LBS
3 - 5	:30 Sec	Super Plank	Body Weight	Body Weight
3 - 5	:30 Sec	Superman Hold	Body Weight	Body Weight
Workout 2				
SETS	REPS/TIME	Movement	Weight Men	Weight Women
3 - 5	10 to 12	Weighted Walking Lunges Each	2 DB 20-30LBS	2 DB 10-20LBS
3 - 5	10 to 12	Seated DB Shoulder Press	2 DB 25-40LBS	2 DB 15-25LBS
3 - 5	10 to 12	Weighted Sit-Ups	Body Weight	Body Weight
3 - 5	10 to 12	Renegade Rows Each Side	2 DB 30-45LBS	2 DB 15-30LBS
3 - 5	:30 Sec	Reverse Flyes	2 DB 20-30LBS	2 DB 10-20LBS
3 - 5	:30 Sec	Kickouts	Body Weight	Body Weight
Workout 3				
SETS	REPS/TIME	Movement	Weight Men	Weight Women
3 - 5	10 to 12	Goblet Squat	1 DB 50-70lb/KB 53-70lb	1 DB 35-50lb/KB 35-53lb
3 - 5	10 to 12	Single Arm Row	1 DB 30-45LBS	1 DB 15-30LBS
3 - 5	10 to 12	Banded Side to Side Steps Each	Resistance Band	Resistance Band
3 - 5	10 to 12	DB Push Press	2 DB 30-45LBS	2 DB 15-30LBS
3 - 5	:30 Sec	Banded Tri Extension	Resistance Band	Resistance Band
3 - 5	:30 Sec	Bi Curl	2 DB 20-30LBS	2 DB 10-20LBS
Workout 4				
SETS	REPS/TIME	Movement	Weight Men	Weight Women
3 - 5	10 to 12	Lateral Lunges Each	2 DB 20-30LBS	2 DB 10-20LBS
3 - 5	10 to 12	DB Deadlift	2 DB 50-70LBS	2 DB 35-50LBS
3 - 5	10 to 12	DB Incline Chest Press	2 DB 30-45LBS	2 DB 15-30LBS
3 - 5	10 to 12	Sit-Ups w/ Med Ball Toss	15-30lb	10-25lb
3 - 5	:30 Sec	Squat Jumps	Body Weight	Body Weight
3 - 5	:30 Sec	Hand Release Push-Ups	Body Weight	Body Weight

Week 3 & 4

Advanced

Intensity: The higher up on the recommended weight selection, the more prepared members will be for the GGFC. Rate of Perceived Exertion on a scale from 1-10 should feel like a 8 after completing each set. Modify the recommended weight accordingly. Check the RPE overview on the back of the workout card for more details.

Workout 1

SETS	REPS/TIME	Movement	Weight Men	Weight Women
3 - 4	12 to 15	Burpees	Body Weight	Body Weight
3 - 4	12 to 15	Goblet Squats	1 DB 50-70lb/KB 53-70lb	1 DB 35-50lb/KB 35-53lb
3 - 4	12 to 15	DB Chest Press	2 DB 30-45LBS	2 DB 15-30LBS
3 - 4	12 to 15	DB Bent Over Row	2 DB 30-45LBS	2 DB 15-30LBS
3 - 4	:45 Sec	Super Plank	Body Weight	Body Weight
3 - 4	:45 Sec	Superman Hold	Body Weight	Body Weight

Workout 2

SETS	REPS/TIME	Movement	Weight Men	Weight Women
3 - 4	12 to 15	Weighted Walking Lunges Each	2 DB 20-30LBS	2 DB 10-20LBS
3 - 4	12 to 15	Seated DB Shoulder Press	2 DB 25-40LBS	2 DB 15-25LBS
3 - 4	12 to 15	Weighted Sit-Ups	Body Weight	Body Weight
3 - 4	12 to 15	Renegade Rows Each Side	2 DB 30-45LBS	2 DB 15-30LBS
3 - 4	:45 Sec	Reverse Flyes	2 DB 20-30LBS	2 DB 10-20LBS
3 - 4	:45 Sec	Kickouts	Body Weight	Body Weight

Workout 3

SETS	REPS/TIME	Movement	Weight Men	Weight Women
3 - 4	12 to 15	Goblet Squat	1 DB 50-70lb/KB 53-70lb	1 DB 35-50lb/KB 35-53lb
3 - 4	12 to 15	Single Arm Row	1 DB 30-45LBS	1 DB 15-30LBS
3 - 4	12 to 15	Banded Side to Side Steps Each	Resistance Band	Resistance Band
3 - 4	12 to 15	DB Push Press	2 DB 30-45LBS	2 DB 15-30LBS
3 - 4	:45 Sec	Banded Tri Extension	Resistance Band	Resistance Band
3 - 4	:45 Sec	Bi Curl	2 DB 20-30LBS	2 DB 10-20LBS

Workout 4

SETS	REPS/TIME	Movement	Weight Men	Weight Women
3 - 4	12 to 15	Lateral Lunges Each	2 DB 20-30LBS	2 DB 10-20LBS
3 - 4	12 to 15	DB Deadlift	2 DB 50-70LBS	2 DB 35-50LBS
3 - 4	12 to 15	DB Incline Chest Press	2 DB 30-45LBS	2 DB 15-30LBS
3 - 4	12 to 15	Sit-Ups w/ Med Ball Toss	15-30lb	10-25lb
3 - 4	:45 Sec	Squat Jumps	Body Weight	Body Weight
3 - 4	:45 Sec	Hand Release Push-Ups	Body Weight	Body Weight

Week 5 & 6

Advanced

Intensity: Rate of Perceived Exertion on a scale from 1-10 should feel like 9 after completing each set. REST as needed between sets. To best prepare for GGFC, work to use the top of the recommended weight ranges. Check the RPE overview on the back of the workout card for more details.

Workout 1

SETS	REPS/TIME	Movement	Weight Men	Weight Women
3	15+	Burpees	Body Weight	Body Weight
3	15+	Goblet Squats	1 DB 50-70lb/KB 53-70lb	1 DB 35-50lb/KB 35-53lb
3	15+	DB Chest Press	2 DB 30-45LBS	2 DB 15-30LBS
3	15+	DB Bent Over Row	2 DB 30-45LBS	2 DB 15-30LBS
3	60 Sec	Super Plank	Body Weight	Body Weight
3	60 Sec	Superman Hold	Body Weight	Body Weight

Workout 2

SETS	REPS/TIME	Movement	Weight Men	Weight Women
3	15+	Weighted Walking Lunges Each	2 DB 20-30LBS	2 DB 10-20LBS
3	15+	Seated DB Shoulder Press	2 DB 25-40LBS	2 DB 15-25LBS
3	15+	Weighted Sit-Ups	Body Weight	Body Weight
3	15+	Renegade Rows Each Side	2 DB 30-45LBS	2 DB 15-30LBS
3	60 Sec	Reverse Flyes	2 DB 20-30LBS	2 DB 10-20LBS
3	60 Sec	Kickouts	Body Weight	Body Weight

Workout 3

SETS	REPS/TIME	Movement	Weight Men	Weight Women
3	15+	Goblet Squat	1 DB 50-70lb/KB 53-70lb	1 DB 35-50lb/KB 35-53lb
3	15+	Single Arm Row	1 DB 30-45LBS	1 DB 15-30LBS
3	15+	Banded Side to Side Steps Each	Resistance Band	Resistance Band
3	15+	DB Push Press	2 DB 30-45LBS	2 DB 15-30LBS
3	60 Sec	Banded Tri Extension	Resistance Band	Resistance Band
3	60 Sec	Bi Curl	2 DB 20-30LBS	2 DB 10-20LBS

Workout 4

SETS	REPS/TIME	Movement	Weight Men	Weight Women
3	15+	Lateral Lunges Each	2 DB 20-30LBS	2 DB 10-20LBS
3	15+	DB Deadlift	2 DB 50-70LBS	2 DB 35-50LBS
3	15+	DB Incline Chest Press	2 DB 30-45LBS	2 DB 15-30LBS
3	15+	Sit-Ups w/ Med Ball Toss	15-30lb	10-25lb
3	60 Sec	Squat Jumps	Body Weight	Body Weight
3	60 Sec	Hand Release Push-Ups	Body Weight	Body Weight