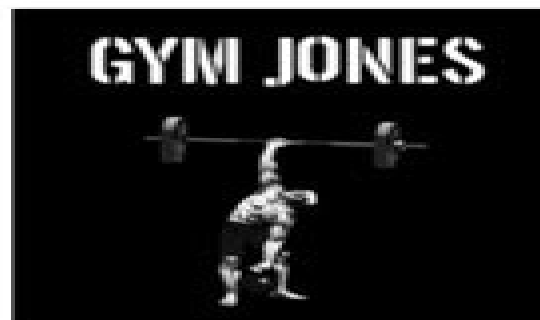




Gym Jones Public Content and Workouts :

Workout: (300 Rise Of An Empire)

2x5 Wall Squat
 2x10 Squat
 2x5 Goblet Squat @ 25#
 Then:
 Work up to Heavy Back Squat
 Then:
 5x2 Back Squat @ 80% 1RM
 Rest 3 minutes between sets
 Then:
 Row 500m +
 50x Ring Dip +
 50x DB Push Press +
 50x Step-up @ 18-20" box +
 50x Push-up +
 50x Sit-up +
 Row 500m
 Then:
 Cool Down with 300sec FLR

Workout:

"Head To Head":
 2000m Row For Time
 Then:
 Team Competition:
 4000m Ski Erg +
 900 yard Sled Push +
 4000m Row +
 100x Burpee/Pull-up
 Two, six man teams
 Only one player per team can work at once
 Then:
 Cool Down

Workout:

2x10 Shoulder Dislocate
 2x5 Wall Squat
 2x10 Squat
 2x5 Jump Squat
 2x (5x Tuck Jump + 5x Box Jump + 5x Knee Jump)
 Then:
 5x Snatch Grip DL +
 5x Whip Snatch +
 5x OHS +
 5x Whip Snatch
 Five Sets @ 75-95#
 Then:
 10x Ball Slam @ 25# +
 250m Ski Erg +
 10x Goblet Squat @ 70# +
 25c AirDyne Sprint +
 10x Hex Bar DL @ 145-155# +
 250m Row
 Five Sets, Rest 2 minutes between each

Workout:

3x5 Wall Squat
 3x10 Squat
 3x5 Goblet Squat @ 35#
 3x20m Lunge
 5x5 5L Squat @ 20" Box
 Then:
 Work up To Heavy Back Squat
 Then:
 5x25 Back Squat @ ~50% 1RM
 Full Rest between sets
 Then:
 30x Lunge (15 each side) + 30sec Wall Sit Seven Rounds
 Then: Cool Down

Workout:

Work up to Heavy Deadlift
 Then:
 5x Back Squat @ 40% 1RM +
 15 yard Sled Push (Pistol Step/High Step)
 Five Sets, Full Rest between
 Then:
 Cool Down

Workout:

Two Man Relay 5000m Row
 Partners may switch as needed
 Then:
 4x (30sec Work/30sec Rest) Frog Hop
 Then:
 4x (30sec Work/30sec Rest) Burpee
 Then:
 Two Man Relay 5000m Ski Erg
 Partners may switch as needed

Workout:

10 minute Row @ Easy Pace
 Then:
 30sec Row +
 90sec Active Rest
 Start at 140m for the 1st interval (males) Go up by 1m each round
 Workout stops when player fails to increase twice in a row



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BM King

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