

SUMMIT CRUSHER PROGRAM

Weeks 7-9 Schedule :

MONDAY	Aerobic Cardio Options: jogging, biking, elliptical, incline walking or stair climber- steady state for 30 minutes –7 effort level out of 10 AND Weights Workout
TUESDAY	Aerobic Cardio Options: jogging, biking, elliptical, incline walking or stair climber- steady state for 20 minutes –7 effort level out of 10 AND Weights Workout
WEDNESDAY	Aerobic Cardio Options: jogging, biking, elliptical, incline walking or stair climber- steady state for 60 minutes –7 effort level out of 10
THURSDAY	HIIT (High intensity intervals) Workout
FRIDAY	3x1 minute Strength Workout
SATURDAY	Hike with weighted pack for at least 6 miles
SUNDAY	Rest day or go for a walk, hike, do restorative yoga or stretch! Take care of your body so that you feel recovered entering a new week.

SUMMIT CRUSHER PROGRAM

Weeks 7-9 Monday

Equipment needed: Light dumbbells + timer

EXERCISE	TIME/REPS/INTENSITY NOTES
-Split squat to single leg deadlift (30 seconds per side) -Hollow body roll to press -Reverse lunge to double press (30 seconds per side) SPRINT 1 minute: 8 mountain climbers to jump up REPEAT -Shovel toss (30 seconds per side) -Squat to curl -Sit-up with twist SPRINT 1 minute: 8 Jumping lunges to tuck jump REPEAT -Renegade rows (1 row to pushup is 1 rep) -Around the world lunges (30 seconds per leg) -Feet elevated PU position oblique taps SPRINT 1 minute: 8 counts of sprinting in place to 8 jumping jacks REPEAT	Aerobic conditioning Options: jogging, biking, elliptical, incline walking or stair climber- steady state for 30 minutes –7 effort level out of 10 AND 2 sets of 1 minute workout GO HARD on the sprints Feel free to complete the workouts either at different points in the day or consecutively.

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Weeks 7-9 Tuesday

Equipment needed: Light dumbbells + timer

EXERCISE	TIME/REPS/INTENSITY NOTES
<u>15 squat to press</u> <u>10 twisting DB v-ups</u> (each side) <u>15 tricep ext overhead</u>	Aerobic conditioning Options: jogging, biking, elliptical, incline walking or stair climber- steady state for 20 minutes –7 effort level out of 10
<u>15 sumo deadlift to high row</u> <u>15 chest flyes</u> <u>15 back elevated single leg GT</u> (each side)	AND Lightweight Circuit Workout 3 times through each round Minimal rest throughout whole workout
<u>15 speed skaters with row</u> (each side) <u>15 squat to press jack</u> <u>15 DB kickbacks</u> (each side)	Feel free to complete the workouts either at different points in the day or consecutively.
<u>15 hammer curls</u> <u>10 split stance wide to narrow rows</u> (each side) <u>15 bulgarian hops</u> (each side)	

SUMMIT CRUSHER PROGRAM

Weeks 7-9 Thursday

Equipment needed: Bodyweight, timer and treadmill if available

EXERCISE	TIME/REPS/INTENSITY NOTES
-Cardio incline sprint -Jump squats with heel click -Pivot hops w/ punches -Pop ups with 8 punches	40 seconds on, 20 seconds off If you have access to a treadmill or cardio machine, perform on incline 8 If you don't, try to find an incline outside or run HARD in place inside if necessary
-Cardio incline sprint -Jumping high kicks -Wide mountain climbers -Standing mountain climbers	Repeat 2x in week 7, and 3 times in weeks 8 + 9
-Cardio incline sprint -Sumo drops -Wide high knees -Split stance punches	

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Weeks 7-9 Friday

Equipment needed: Medium Dumbbells + timer

EXERCISE	TIME/REPS/INTENSITY NOTES
Kneeling windmill (30 sec each side) Split squat to lateral raise (30 sec each side) 1.5 deadlift (30 sec each side)	3 sets of 1 minute per exercise Optional: long walk after
1.5 bicep curls (30 sec each side) Assisted pistol squats (30 sec each side) Split stance row to tri ext (30 sec each side)	
SLDL to reverse lunge (30 sec each side) Hollow body pullover Bent over switching rows	

REPEAT EACH SET 3X THROUGH BEFORE MOVING ON