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Races like Tough Mudder, Warrior Dash and Spartan Race are intensely popular in fitness right now. These events strike a chord deep within all of us - the desire to face challenge and adversity and come out on top. We love facing an unfamiliar challenge and finishing victorious at the end, these are the moments that create memories and enrich our lives. However, too many of us never put ourselves in a position to take on such a challenge because there is always the possibility of failure. This fear of failing and the disappointment that comes with it is often enough to keep us from even trying; causing us to miss out on the chance to do something great that will stay with us always. There is something that can greatly minimize and almost eliminate the possibility of failure, and that is preparation.

There is no such thing as being over prepared; preparation builds confidence, self-esteem and excitement for the challenge ahead. There is a catch to this however, and it is a trap that many fall into. Purposeful preparation means doing the right things to conquer the challenge. If you want to learn to swim, running 10 miles a day might get you in great cardiovascular shape, but it will not help you meet the challenge of swimming no matter how hard you train. “Washout Alley” in obstacle challenge races are littered with those who thought they were “prepared” for the challenge ahead, but when the reality of race day was upon them, they quickly discovered that they were far from prepared. Running alone won't do it. The physical demands of these styles of races are far greater than one foot in front of the other.

We at BOSU® are here to help you conquer these fears, and prepare you to cross the finish line triumphantly!

The Mud Warrior Obstacle Race Training program prepares you for the variety of conditions and physical challenges you will face in any obstacle course race. We leave no stone unturned in your preparation. As fitness icon Peter Twist likes to say, “On game day you will not rise to the occasion, but sink to your level of training.” We could not agree more. Follow our Mud Warrior Obstacle Race Training program, and on game day you will embrace the challenge, enjoy the experience, and create a memory you will relive for years to come.

Are you ready to call yourself a Mud Warrior?
Each workout in Mud Warrior training is specifically designed to meet a physical need that will be challenged on race day. Each exercise, set and rep are carefully selected to help you prepare at a game day level, and develop a balanced body that will laugh in the face of the challenges you will encounter. We believe that a house needs to be built on a strong foundation. As such, many workouts you will encounter in Mud Warrior training help you strengthen your foundation to increase your overall strength, athleticism, power, and endurance. Another goal of this training is to stay healthy and injury free. In the end, all the physical abilities in the world can’t help you if you’re sitting on the bench. Here is a short break down of each workout, what you will be developing in that workout; and WHY it is important for your training:

Workout 1] Foundations

In this workout our focus will be on developing core stability and strength in the shoulders and hips. True strength comes from the inside out; not the outside in. Great trainers and athletes know that a strong body comes from a strong center. We will challenge total body strength in all three (3) planes of motion to prepare you for the “3D” movement challenges you will face on race day.

Workout 2] Running Intervals

The first of two running based workouts will get you ready for the long miles that you will be chewing up on race day. Some obstacle races cover 13+ miles in distance, but training by only running for long periods of time will not properly prepare you. The first running workout will use intervals to challenge different energy systems the body uses for various durations and intensity of activity. It will also get you ready for the constant stop and go style of running involved in an obstacle style race.

Workout 3] High Intensity / Low Volume Strength Training

Prepare to enter beast mode in this workout where the focus is on building raw, static strength using high intensity exercises, heavy loads and adequate recovery time. This workout will dig in and challenge those fast twitch type 2A muscle fibers that will help you become stronger and more explosive. This allows you to power through those obstacles that require a high physical
demand. The full body nature of the strength exercises will also develop all the smaller muscles that help stabilize joints to greatly reduce your risk for injury.

**Workout 4] Alternative Conditioning**

Running is a great way to increase your conditioning but it is not the only way. Many runners face overuse injuries due to the high impact and repetitive nature of running. **Mud Warrior** training includes various methods of conditioning to help keep your workouts fresh and your body in balance while developing the endurance necessary to finish a long obstacle style race.

**Workout 5] Balance / Deceleration / Core Stability**

These areas are often overlooked in most workout programs, but they are a game changer! Balance is the best kept secret in performance. Teaching your body how to be stable in any environment will help you unlock your true athleticism, and prepare you for the wet, sloppy and slippery conditions of an obstacle race. Core stability workouts teach you what it feels like to have a stable core, and how to achieve it. Focusing on challenging and increasing positive posture will make an exponential difference in your body’s overall strength and power.

Deceleration addresses why people tend to get hurt on the landing - not the jump. Learning and training your body how to absorb and properly distribute force not only increases performance and explosiveness, but also keeps you injury free.

**Workout 6] Traveling Workout**

This is a Game Day workout if ever there was one! What better way to prepare for the stop and go format of an obstacle race than doing it! By introducing simple body weight exercises and drills in three (3) different planes of motion, you can get ready for what it feels like to run, surmount an obstacle, and run to the next obstacle. The best way to make these workouts count is to SEEK THE WORST CONDITIONS POSSIBLE. Wear wet shoes, go out on rainy days, roll in the sand and mud before you get started, and get outside when it’s cold. Get comfortable being uncomfortable, and race day will be a walk in the park.

**Workout 7] Sharpen the Saw**

No pro athlete plays a game every day so why should you? Rest is part of the equation to increasing performance, but that does not mean you have to be sitting on the couch. This yoga inspired workout using the BOSU® Balance Trainer will help you recover while developing balance, flexibility and mobility. We also take some time to focus on the most important
physical attribute of all - BREATHING! (100% of people who don’t breath die). Putting in the time to sharpen the saw will keep you razor sharp, and cut through your training schedule.
To become a BOSU® Mud Warrior, you don’t train alone. We brought in a handful of first draft pick players to help you properly prepare. Let’s take a look at the tools you will be using to meet the goals of the Mud Warrior workouts, and explain the unique benefits that each brings to the table.

**BOSU® Balance Trainer**

Creating an unstable environment, the BOSU® Balance Trainer is the perfect tool for training balance, movement efficiency and core stability. The chaotic state that the Balance Trainer creates challenges neuromuscular communication which develops greater body awareness. The unstable environment also develops the smaller stabilizer muscles in the joints to help mediate injury.

**Medicine Ball**

Few fitness tools allow for as much freedom of motion as a medicine ball. It’s a perfect tool to challenge movement in all three (3) planes of motion. The light weight of the ball helps develop power through rapid acceleration in throws and rebounds.

**Kettlebells**

Intense total body strength and explosiveness are huge benefits of kettlebell training. Using the external weight of the bell increases the strength and power demands of each exercise while offering an intense core stability challenge. This also teaches the user how to maintain a neutral spine.

**Suspension Trainer**

Teaching, training, and challenging total body movement, the suspension trainer is easily adapted for any user and any ability level. The suspension
trainer helps develop total body strength and a core that can connect the upper and lower halves to greater produce and absorb force.
Warm Ups

- **Dynamic Warm Up** (7-8 minutes)
  - Skips
    - Forward
    - Lateral
    - Backward
  - Shuffle, shuffle, duck under
  - Javelin step
  - Shuffle, shuffle, jump
  - 45 degree lunge with stutter step
  - Backward T balance tap
  - ¼ turn squat jumps

- **Lift Prep** (7-8 minutes)
  - Bent over (or prone on bench or BOSU® Balance Trainer) T, W, Y, W w/ tap
  - Inch worm with push-up
  - Step back lunge with overhead reach
  - Rotational push up
  - Sumo squat to crossover lunge
  - Single leg gait pattern
  - Gait swings with crossover
Workout 1 - Foundations

Equipment: BOSU® Balance Trainer, suspension trainer, kettlebell, medicine ball

Format: AMRAP (As Many Rounds As Possible) style; 3 rounds; each round is 8-9 minutes long with 1-2 minutes rest in between. Go through the cycle of 3 exercises as many times as possible in the time limit for each round.

Round 1

**Kettlebell: Single-Leg Deadlift** *(click title to see video demonstration)*

1. Plant the right leg on the ground, and hold the kettlebell in the left hand at arm’s length.
2. Hinge at the hips, sitting down and back while keeping the spine straight.
3. Squeeze the glutes to drive back to the start.

**Instructions:** Complete 8-10 reps on each side. Suggested weights – Women use 12 to 16kg; Men use 16 to 24kg.

**Progression:** Kettlebell Overhead Step-Back-Lunge to Single-Leg Balance

**Suspension Trainer: Y Deltoid Fly** *(click title to see video demonstration)*

1. Adjust the straps to full length, and begin by standing while facing the anchor point.
2. Begin at the end range of motion with your feet under you and your arms extended to the side just above your shoulders.
3. Lower slowly and under control to the bottom, keeping your arms straight and shoulders down, and return to the start.

**Instructions:** Perform 8-10 reps.

**Progression:** Y Fly to Swimmer’s Pull

**BOSU® Balance Trainer (Dome Side Down): Single-Leg Push-Ups with Tilts** *(click title to see video demonstration)*

1. Flip the BOSU® Balance Trainer over and start in push-up position gripping the flat bottom side of the dome. Lift one leg 2-3 inches off the floor.
2. Complete a push-up at whatever range of motion you can, making sure you keep proper form. Then, tilt the dome toward the floor to the right and left by pushing with one hand and pulling with the other, resisting rotation in the trunk.

**Instructions:** Complete 6-8 reps on each leg.

**Progression:** Dual Instability Single-Leg Push-Ups with Tilts

**Round 2**

**Kettlebell: Goblet Hold Alternating Lateral Lunge with Push** *(click title to see video demonstration)*

1. In an athletic stance, hold the kettlebell by the bull horns at the chest with both hands. Push the kettlebell away from the body as far as possible and hold.

2. Simultaneously pull the kettlebell towards your chest as you step to the side to perform a lateral lunge.

3. Sit into the hip of the bent leg keeping the opposite leg straight. Push off the ground to return to the start as you press the kettlebell away from your torso.

**Instructions:** Complete 8 reps on each leg. Suggested weights – Women use 12 to 16kg; Men use 16 to 24kg.

**Progression:** Rack Lateral Lunge to Single Leg Overhead Hold

**Suspension Trainer: Standing Hip Drop** *(click title to see video demonstration)*

1. Adjust straps to mid-length position.

2. Face sideways to the anchor point with the foot of the inside leg in front.

3. Drop your hip toward the floor while keeping chest open and elbows back. Be careful not to twist.

4. Use your core to pull your body back to standing.

**Instructions:** Do 10 reps on each side.

**Progression:** Resisted Rotation; Perform 5 reps on each side with a 2-second hold.

**BOSU® Balance Trainer: Side Hover with Top Leg Forward to Backward Kick** *(click title to see video demonstration)*
1. Lie on your side with forearm planted on top of the dome of the Balance Trainer, keeping the body in straight plank position.

2. Keep top leg straight as you slowly move it forward in front of the body then backward (= 1rep).

**Instructions:** Perform 8 controlled reps on each side.

**Progression:** Side Plank with Top Leg Backward Hip Extension to Triple Flexion Hand on Dome

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**Round 3**

**Kettlebell: Single Arm Thruster with Pivot** *(click title to see video demonstration)*

1. Start with the kettlebell in rack position on the right arm facing forward.

2. Perform a full squat, then explosively drive up from the bottom with the glutes.

3. At top of squat, press bell over shoulder (continuous motion) while pivoting right foot to finish facing left.

**Instructions:** Do 8-10 reps each side. Suggested weights – Women use 12 to 16kg; Men use 16 to 24kg.

**Progression:** For more challenge, increase resistance or amplitude.

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**Suspension Trainer: Torso Rotations** *(click title to see video demonstration)*

1. Adjust straps to mid-length, and start standing facing the anchor point. Grab a single handle, and lean back with arms fully extended.

2. Keeping the arms straight, pull to the right by rotating your torso.

3. Slowly lower down, and repeat to the left.

**Instructions:** Do 10 reps total, keeping the way back to the start (eccentric) as slow as possible.

**Progression:** Dual-Loaded Resisted Rotation (5 per side)

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**BOSU® Balance Trainer (Dome Side Down): Plank with Opposite Knee Drive** *(click title to see video demonstration)*

1. With the Balance Trainer’s dome side down, grasp the flat part of the Balance Trainer, and assume a plank (push-up) position.
2. Keeping the left leg long, bring the right knee to the left elbow slowly. Return to the starting position. Repeat with the other leg.

**Instructions:** Do 8 reps on each leg; alternating.

**Progression:** Plank with Kick-Through
Workout 2 – Running Intervals

Format: Intervals

Intensity levels: Jog – low / Run – moderate / Sprint - high

Round 1

- 800m jog
- 800m run
- 400m jog

Round 2

- 400m run
- 200m run
- 200m sprint
- 100m run

Round 3

- 100m sprint
- 200m jog
- 400m run
- 800m jog
Workout 3 – High Intensity / Low Volume Strength Training

**Equipment:** Suspension Trainer, Kettlebell, Medicine Ball, BOSU® Balance Trainer

**Format:** Circuit style; 2 different, 5-exercise circuits; 2 sets of each. Take little to no rest between exercises in the circuit. Rest 1-2 minutes between circuits.

Circuit 1

**Kettlebell: Split-Jerks (Double Arm)** *(click title to see video demonstration)*

1. Hold 2 kettlebells in rack position.
2. Load the hips and use the legs to explosively drive the kettlebells overhead.
3. Quickly split the feet into a split-squat stance, and hold kettlebells overhead.

**Instructions:** 8 reps. Suggested weights – Women use 12 to 16kg; Men use 16 to 24kg.

**Progression:** Split-Jerks with Quick Couple and Eccentric

**BOSU® Balance Trainer: Kneel to Stand** *(click title to see video demonstration)*

1. Begin kneeling on the Balance Trainer with the feet off the floor.
2. One leg at a time, plant your foot on the dome, and come up into a standing position.
3. Return back to kneeling one leg at a time.

**Instructions:** Do 8 reps.

**Progression:** Explosive Kneel to Stand

**Suspension Trainer: Single-Arm Rows** *(click title to see video demonstration)*

1. Fully shorten the straps, and stand facing the anchor point with your wrist touching your ribs.
2. Lower down slowly, fully extending the arm while keeping posture tall and resisting rotation.
3. Keeping the shoulders down, return back to the start.

**Instructions:** Do 8 reps each arm.

**Progression:** For more challenge, steepen your body angle to increase resistance.
Suspension Trainer: Supine Runners *(click title to see video demonstration)*

1. Adjust the straps to mid-calf, and lie on the ground facing the anchor point with heels in the foot cradles.
2. Lift your hips off the ground, and hold them up throughout the exercise.
3. Pull heels toward your backside by bending your knees, then extend legs back to starting position.

**Instructions:** Do 12-20 reps (right then left = 1 rep).

**Progression:** For a progression, lift your hands off the ground.

D-Ball: Jumping Overhead Slams *(click title to see video demonstration)*

(A D-Ball is a medicine ball that does not bounce.)

1. Begin with the D-ball on the floor, and squat down to get your hands on it.
2. In one explosive motion, come out of the bottom of the squat while lifting the ball overhead. Then, slam it to the floor as hard as you can.

**Instructions:** Do 8 reps. Suggested weights – Women use 6 to 8lbs; Men use 8 to 10lbs.

**Progression:** Jumping Overhead Side-to-Side Slams

Circuit 2

Kettlebell: Swing *(click title to see video demonstration)*

1. Begin holding the kettlebell in an athletic stance, legs slightly wider than should width apart with the kettlebell hanging between your knees.
2. Swing the bell by slightly squatting and explosively while driving the hips and maintaining a straight spine and long arms.
3. Let the momentum of your hips propel the kettlebell out in front of you (higher is not necessarily better). Let the kettlebell fall back naturally. Do not use your back to propel the kettlebell, as the motion needs to come from the hips.
4. When the kettlebell falls back between your legs and reaches the end of its trajectory, repeat the explosive hip movement, and swing the bell back in front.

**Instructions:** Do 8 reps. Suggested weights – Women use 12 to 16kg; Men use 16 to 24kg.
**Progression:** Snatch

**BOSU® Balance Trainer: Offset Squat Jumps, Frontal Plane** *(click title to see video demonstration)*

1. Begin with right leg on the Balance Trainer’s dome and left leg on floor in an athletic stance.
2. Load through the hips, and perform an explosive vertical jump, landing softly back in the start position.

**Instructions:** Do 8 reps on each leg. Complete all 8 reps on one leg before moving to the next.

**Progression:** Traveling Offset Squat Jumps, Frontal Plane, Alternating Legs Each Rep

**Suspension Trainer: Power Pulls** *(click title to see video demonstration)*

1. Adjust the straps to fully shortened, standing while facing the anchor point in single handle mode.
2. With your hand holding the handle, have your wrist touching your ribs and the other hand reaching up the straps toward the anchor.
3. Perform a slow controlled row, allowing the body and opposite arm to rotate. Then, pull/twist back to start.

**Instructions:** Do 8 reps on each arm.

**Progression:** Power Pulls with Squat

**BOSU® Balance Trainer: Spiderman Push-Ups** *(click title to see video demonstration)*

1. Begin in a plank position with the hands on the flat side of the Balance Trainer’s dome.
2. Lower down into a push-up while bringing one knee to the same side elbow. Return to start. Then repeat on the other leg.

**Instructions:** Do 8 reps, alternating legs.

**Progression:** Popping Spiderman Push-Up

**Medicine Ball: Explosive Overhead Throws** *(click title to see video demonstration)*

1. Start with ball at chest, Suggested weights – Women use 10 lbs; Men use 20 lbs.
2. Squat, stand and explosively throw the ball as high as possible, letting it hit the ground on way down.
**Instruction:** Do 8 reps.

**Progression:** Explosive Overhead Throws with Jump
Workout 4 – Alternate Modality Conditioning

Modalities: Jump rope, heavy bag, rower, bike, athletic drills

Format: Pick 2 to 4 of the sets below, and combine into a single conditioning workout.

**Jump Rope** [Click here to see the jump rope drills video]
- Runner, 40 touches
- Hops, 20 touches
- Runner, 40 touches
- Right leg hops, 20 touches
- Runner, 40 touches
- Left leg hops, 20 touches
- Runner, 40 touches
- Lateral hops, 20 touches
- Runner, 40 touches

**Stationary Bike**
- Maintain consistent tempo.
- Seated flat @ tension 6 for 45 seconds
- Standing flat @ tension 6 for 45 seconds
- Seated flat @ tension 7 for 45 seconds
- Standing flat @ tension 7 for 45 seconds
- Seated climb @ tension 8 for 45 seconds
- Standing climb @ tension 8 for 45 seconds
- Seated flat @ tension 7 for 45 seconds
- Standing flat @ tension 6 for 45 seconds
- Seated flat @ tension 6 for 45 seconds
- Standing flat @ tension 6 for 45 seconds
- Seated flat @ tension 6 for 45 seconds

**Rower**
- 500 meter repeats. Row 500 meters as fast as possible, rest 30 seconds then row another trying to match first time. Perform 2-3 times.
**Heavy Bag**

30 seconds of jabs and crosses – Light and quick punches; moving around the bag and using combinations of 3-5 punches. No more than 2-3 seconds recovery in between combinations.

30 seconds of bicycle – Stationary high knees while alternating knuckle taps on the bag

30 seconds of knockouts – Heavy powerful punches

Rest 30 seconds, then repeat.

**Athletic Drills**

30 yard shuttle repeats – 15 reps

Set 3 cones, each 5 yards apart (10 yard distance between cone 1 & 3). Run from cone 1 to cone 2, cone 2 to cone 1, cone 1 to cone 3, and back to cone 1. This is one rep.

Rest for 30-60 seconds, then:
Figure 8 drill – 15 reps

Set 2 cones, each 5 yards apart. Run from cone 1 to cone 2, then run from cone 2 to cone 1 in a figure 8 pattern. This is one rep.
Workout 5 – Balance, Deceleration, Core Stability

Equipment: BOSU® Balance Trainer

Format: Do exercises 1-10 (right then left when applicable), then repeat in reverse order (10-1). Do each exercise for 45 seconds, taking only 15 seconds between exercises.

**Prone Balance T-Raise** *(click title to see video demonstration)*

Instructions: With the Balance Trainer’s dome side up, lie face down with sternum on crest of dome.

Progression: Y Raise

**Single-Leg Hold, Transverse Arm Tracking** *(click title to see video demonstration)*

Instructions: Perform exercise for 45 seconds on each leg.

Progression: Same exercise with Balance Trainer’s dome side down

**Kneeling Opposites, Single Knee on Dome (R/L)** *(click title to see video demonstration)*

Instructions: Perform exercises for 45 seconds on each side. Start with right knee on crest of Balance Trainer’s dome, left hand planted on floor.

Progression: Kneeling Opposites, Both Hands and Knees on Dome

**Sagittal Bound, Alternate Leg Stick on Dome (R/L)** *(click title to see video demonstration)*

Instructions: Perform exercise for 45 second on each leg. Stand with right foot on floor behind, bound forward landing with left foot on Balance Trainer’s dome, bound back to right foot. Hold each position for 2-3 seconds.

Progression: Same exercise with increased amplitude

**Dead Bug, Opposite Layout** *(click title to see video demonstration)*

Instructions: Begin with the arch of your lower back on the crest of the Balance Trainer’s dome, keep shoulders and hips equal height off the floor throughout movement.
Progression: Dead Bug with Full Extension Layout

_Lateral Bound, Stick with Quick Couple on Floor (R/L) (click title to see video demonstration)_

**Instructions:** Perform exercise for 45 seconds on each leg. Begin with right leg on Balance Trainer’s dome. Bound left, landing on the left leg and as quickly as possible, then bound back to the dome, landing and holding on the right leg for 2-3 seconds.

**Progression:** Same exercise with increased amplitude

_Hover to Plank (click title to see video demonstration)_

**Instructions:** Begin in hover position with elbows on Balance Trainer’s dome. Walk hands up to a plank. Return back to hover position.

**Progression:** Hover to Plank with Explosive Concentric

_Open Step Bound to Single-Leg Stick on Dome (R/L) (click title to see video demonstration)_

**Instructions:** Perform exercise for 45 seconds on each leg. Stand on the left leg with the Balance Trainer behind you and to the right. Explode off the left leg while performing a quarter turn and landing on the right leg on the dome. Hold for 2-3 seconds. Then, push off the right leg while performing a quarter turn to land on the left leg in the starting position.

**Progression:** Same exercise with increased amplitude

_Side Hover, Thread the Needle (R/L) (click title to see video demonstration)_

**Instructions:** Perform exercise for 45 seconds on each side. Place right hand on the Balance Trainer’s dome in a side plank, feet are heel to toe with the top leg forward (left).

**Progression:** Side Hover, Thread the Needle with Top Leg Adducted

_Single-Leg Gait Pattern Squat on Dome (R/L) (click title to see video demonstration)_

**Instructions:** Perform exercise for 45 seconds on each leg. Begin with right leg on Balance Trainer’s dome fully extended, left knee raised to hip height, left toe up towards the shin, right arm bent at 90 degrees with the hand close to the mouth, left arm bent at 90 degrees with the hand close to the hip.

**Progression:** Single-Leg Gait Pattern Squat on Dome with Hop
Workout 6 - Traveling workout

**Equipment:** Bodyweight

**Format:** Run 1 to 2 miles, perform a 6 exercise micro circuit, and repeat 2-4 times for a total of 4-8 miles.

Micro Circuit Exercises

*Click here to view the video of the entire circuit*

**Jumping Pull-Ups**

**Instructions:** Jump up to grab the bar, and pull yourself up. Do 8-12 reps.

**Progression:** Traditional Pull-Ups

**Plank Walks**

**Instructions:** Get into plank position, and walk with hands and toes. Go 10 yards.

**Progression:** Alligator Walks

**Bench Jumps**

**Instructions:** Jump up onto a standard sized workout bench with both feet, and jump back down to the floor. Do 8-12 reps.

**Progression:** Box Jumps with Depth Jump

**Dead Arm Hang with Release**

**Instructions:** Hang from bar, and alternate releasing each arm 10 times.

**Progression:** Monkey Bar, Cross 20-30 Handles

**Zigzag Bounds with Backward High Knees**

**Instructions:** Perform 4 bounds and 8 high knees, 4-8 series.

**Progression:** Same exercise with increased amplitude

**Low S-Curve Shuffles**

**Instructions:** 10 yards wide, 10 yards long.

**Progression:** Same exercise with increased speed
Workout 7 - Sharpen the Saw (BOSU® yoga)

**Equipment:** BOSU® Balance Trainer

**Format:** Hold each position for 4-8 deep breaths, inhale to prep for movement and exhale to transition.

*Suggestion:* Begin with 10-15 minutes of myofascial work on the foam roller.

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- **Child’s Pose**
- **Cobra**
- **Downward Dog**
- **Mountain**

*Walk or jump feet forward, slowly roll up, step onto dome*

............ 4 Deep Breaths ............
Chair
4 – 8 deep breaths

Mountain
4 deep breaths

Right Leg Tree
4 – 8 deep breaths, step right leg down

Left Leg Tree
Raise left leg, 4 – 8 deep breaths

............ Step off Dome .............
Warrior 2  
Reverse Warrior  
Bent-Knee Triangle  
Straight-Leg Triangle  

…………………………..
Switch legs, reverse order of exercises, & repeat sequence
…………………………..
We know Champions have “it.” We don’t know what “it” is, or how they got “it”, but we know we want “it.” The “it” are those X-factors that champions possess that take them to that next level. The good news is that you can train and develop your X-factors to help you get “it.” Here we have outlined some of the X-factors so you can incorporate them into your daily life and interactions, and grasp victory on race day.

Nutrition

This is a simple one. Your car needs gas in the tank, and so do you. You will be running, jumping, swinging, bounding, lunging, slamming and all the other fun stuff prescribed by this program. This much GO requires some serious fuel. Stay on top of your game with these nutrition tips:

- Whole foods vs. processed foods – Nothing good comes out of a box. Shop for foods that have as few ingredients as possible. Read labels, and steer clear of manmade chemicals and processes. If you don’t recognize an ingredient, that is a great reason to put the food item back on the shelf. Shop the perimeter of the super-market (that’s where they keep all the good stuff e.g., produce, fresh meats, etc).
- Eat before and after every workout and steadily throughout the day – Workouts need fuel in the tank to perform, and the tank needs to be refilled after it has been emptied.
- Get a balance of protein, carbs and fats – There is a reason that all three exist in nature. The human body needs a good balance of all three to survive and thrive. Cutting out or severally limiting any one can often do far more long term harm than good.
  - Protein – Animal proteins are the most complete and best used by the human body.
    - Natural, farm raised, grass fed and hormone free chicken, beef, pork, turkey, venison and wild caught fish should make up the majority of your protein sources. Stay away from pre-cooked and heavily processed deli meats.
  - Fat – Sources high in “good fats” like avocados, olive oil, nuts, seeds, fish and coconut.
    - Don’t be scared of fat! The human body not only needs, but thrives on healthy fats. Our brains are mainly made up of fatty tissue, and this is not an area you want to starve. Fats can also be great sources of sustained energy. The trick is to choose the right sources. Stick with natural occurring and non-processed fats. Stay away from seed oils, margarine, and oleo.
  - Carbs – Fruits and veggies (yes they are carbs!!!!!)
    - Our western way of eating has the majority of Americans “swimming in glucose” (blood sugar). We tend to be very carb heavy in our diets, consuming the majority of our carbs through fruits and veggies will not
only provide natural energy, but will help keep blood sugar and hormone levels in check.

Resources:
- Paleo: [www.robbwolf.com](http://www.robbwolf.com)
- Vegan: [www.forksoverknives.com](http://www.forksoverknives.com)
- Registered Dietitian: [www.morhresults.com](http://www.morhresults.com)

*Please note that BOSU® is not a registered dietitian, and is not affiliated with any nutritional organization or entity. The information provided is simply for the purpose of guidance on general nutrition practices. Before beginning any type of nutrition program, seek out nutrition professionals, and consult with your doctor.*

**Myofascial Release**

The normal aches and pains we experience are often due to imbalances in counter-acting muscles. When certain muscles in the body become tight or “over-shortened”, they cause others to become “over-stretched.” The over-stretched muscles lose mobility, and are often painful. Only through addressing and “un-tying” knots in the “over-short” muscles will mobility be restored and pain reduced. **Alleviating these aches and pains will allow the body to move more freely and without restriction which will have a direct and positive outcome on increasing performance.** Making myofascial release a daily habit increases performance, vitality, longevity, protects your joints and cartilage, and helps you recover from workout more quickly. A great resource to get started with myofascial release is [www.tptherapy.com](http://www.tptherapy.com).

**Mental Conditioning**

Our perceived reality often dictates our actual reality. If you are attending a party, and think that it will be lame, nine out of ten times it is. Our thoughts become self-fulfilling prophesy. Therefore, the mindset we carry into all endeavors is critical as we hope to achieve success or a positive outcome. Positive and negative thoughts are like two hungry dogs living inside your head. The one you feed is the one that will get bigger and become the dominant one. Being conscience of your daily thoughts and expectations is the key to becoming someone who possesses great mental toughness. For whatever challenge you face, practice looking for the best in each situation and always expecting the most positive outcome. In time, you will begin to find those come true as well.

**Team**

We have all heard the TEAM acronym, “Together Everyone Achieves More.” That is true, but this is not the true definition or power of team. The best teams have synergy. Synergy is not always easy, and it must be actively created, but it remains the secret to what builds the most successful teams. To achieve synergy, you need to seek out individuals of different strengths. Here is the tricky part; learn to not only accept, but embrace each other’s differences. By partnering with those who are different than you, it compliments your weaknesses and brings a new point of view to the table. Embracing and appreciating differences allows you to combine your unique skills to develop and create something that is truly greater than the sum of its parts.
Create a team of unique individuals who can benefit from each other’s strengths, learn to embrace what makes each member different and special, and watch each individual grow and develop to heights you never thought possible.

Casey Stutzman is an ACE & AFAA certified trainer, and has been actively involved in the fitness industry since 2004. Since 2006, he has acted as the Director of Education at Bay Athletic Club in Alpena, Michigan where he also teaches boot camp, small group training, one-on-one personal training and other workouts. Casey uses his experience as a Division I college football player, amateur bodybuilding competitor, strongman competitor and endurance athlete to help others reach their fitness goals. He has worked with, and developed strength and conditioning programs for several local sports teams and organizations. In 2012, Casey teamed up with Hedstrom Fitness to develop programming for Surge™, a cylindrical training tool that uses water as resistance. As a Surge™, BOSU® and IGNITE 360 Certified Master Trainer and TRX Master Instructor, he travels internationally to educate fitness professionals.

Time outside of fitness involves reading, travel, indoor rock climbing, snow sports, and being an active outdoorsman. Casey enjoys spending time with his wife, Mary Beth, his daughter, Vesper, his son, Indiana and his family dog, Turkish. Connect with Casey at www.CaseyStutzman.com.

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Warrior's Cry

The cry of the warrior is a pledge that is not heard but felt. Felt in the fierce determination to defeat self-doubt. Felt in the passionate drive to improve through fear and adversity. It is felt in the dedicated acceptance of challenge. A warrior is noble in defeat and humble in the glory of victory. If you are a warrior this cry will fuel your spirit and drive your performance.

Shiny trophies are for the average. The ordinary. Those who play it safe.

Give me fears to overcome. Give me pressure to endure.

Give me scrapes.

Give me scars.

I am a warrior!