

The International

This workout will take you to all parts of the Wellness Center so it's gets the title of The International. If you're completing this routine some other place we'll still call it The International. Again, if you do not have a few of these implements at your facility please call me and we'll try and figure out what can be substituted.

This is a one-time through exercise program that you'll need to complete all the reps at each station before moving on. Much like The Warrior 1 workout just keep adding sets until you finish the 20 reps for each exercise. There are some new exercises that you may not have tried before and that's good, this program will expand your comfort zone a little. And as always, there are many variations that can be substituted so everyone can complete this routine.

Complete this program only 2 times per week for 2 weeks. This is another program like the Metabolic Inferno that you will need to have at least 2 days between workouts. Try and complete at least 3 days of light to moderate cardio for 30-40 minutes.

All exercises 20 reps.

1. Pull ups: you've done these before
2. KB Squat Press: this is like the thruster but with KB's. You can do this with one arm at a time which means you'll complete 40 squats instead of just 20 squats if you use both arms. You can use DB's if you don't have KB's.
3. TRX Horizontal Row: This is a challenging one that you may need to progress into. You can start by placing your toes into where the wall and floor meet, this will give you good success to start. Then as you feel you're getting stronger put your feet up on the wall.
4. Bandit Loops for Core: MTNC; Frogs; Pike Ups. Complete 20 reps of each before moving to the next exercise.
5. KB Swings: Choose a light KB to start if you are not familiar with this exercise. This is a great exercise for overall conditioning and especially lower back strength. If you don't have any KB's you can use a DB as well.
6. Zercher Squats with Sandbag: Choose either the small sandbag or the larger one. Remember the weight can be adjusted to your needs. With holding this on your arms the technique of squatting becomes a little easier.
7. Rubber Band JSQ or Squats: Choose your band; remember each band has a different resistance, find the one that works for you.
8. Wall Ball: If the 20 pound medicine ball is too much we have medicine balls down to about 5 pounds.
9. SQTH: body weight exercise
10. Bulgarian Bag Power Snatch: If this is your first exposure to the Bulgarian Bag use a lighter one to start to groove your technique.

11. Tire Flip: this is great if you have a tire. FitCity is the only place I think we have a tire to flip. If you don't want to journey down to FitCity then just skip this exercise.
12. Flying Squats (FS): body weight only.
13. Ropes: Alternate Waves for 20 reps then right into double waves for 20 reps. I know we have a few facilities with a 50 foot rope to use, otherwise come on down to FitCity.
14. Slam Ball: these balls are made specifically to not bounce when they are thrown to the ground. We have 10; 12; 15 and 20 pound balls specifically designed for this.
15. Push ups: body weight only.
16. TRX JSQ: The TRX will help with stability while you jump. Make sure to land as soft as possible.
17. TRX Chest Press: This is a great exercise that uses your body as your resistance.
18. Hammer Hit: again if you don't have a tire to hit then skip.
19. MB Cleans: This is a good overall body exercise. We have MB's up to 70 pounds so you should be able to find one that works for you.
20. Ropes: Over the Top: finish off with a quick double flip of the ropes over the top.

23 total exercises plus 20 reps for each exercise = 460 total reps. Remember only one time through. You can time your session to see if you're improving over the 4 workouts. I'm sure as you get more familiar with each exercise it will get better.