



SALFORD

SWEAT

500M ROW

500M BIKE

1000M SKI

SLED PUSH 2X

BALL OVER SHOULDER 10X

(PERFORM 2X WITHIN 40 MINUTES)



SALFORD

SWEAT

SPIN BIKE (4 MINUTES MAX CALS)

10 DB THRUSTERS + 10 SQUATS + 10 BURPEES + 10 CRUNCHES

2 MINUTES REST GO AGAIN

(PERFORM 4X WITHIN 40 MINUTES)



SALFORD

SWEAT

21 15 9

SKI / ROW / BIKE

BURN 21 CALS

- + 21 REPS KETTLE BELL SWINGS
- + 21 REPS DUMBBELL SNATCH SWITCH HANDS
- + 5 FLOORS TO CEILINGS

BURN 15 CALS

- +15 REPS KETTLEBELL SWINGS
- + 15 REPS DUMBBELL SNATCHES
- +5 FLOR TO CEILINGS

BURN 9 CALS

- + 9 REPS KETTLEBELL SWINGS
- + 9 REPS DUMBBELL SNATCHES
- +5 FLOOR TO CEILINGS



SALFORD

SWEAT

BUY IN: 600M SKI / ROW / BIKE

CIRCUIT: 40 SECONDS ON 20 SECONDS OFF

SQUAT JUMPS

MOUNTAIN CLIMBERS

BURPEES

MOUNTAIN CLIMBERS

DUMBBELL SNATCHES

MOUNTAIN CLIMBERS

DUMBBELL THRUSTERS

MOUNTAIN CLIMBERS

GOBLET SQUATS

PERFORM 3X

BUY OUT: 1200M SKI / ROW / BIKE



SALFORD

SWEAT

DESCENDING LADDER

SKI OR ROWER

1000M + 10 BURPEES + 1 SLAM BALLS

900M + 9 BURPEES + 2 SLAM BALLS

800M + 8 BURPEES + 3 SLAM BALLS

700M + 7 BURPEES + 4 SLAM BALLS

600M + 6 BURPEES + 5 SLAM BALLS

500M + 5 BURPEES + 6 SLAMBALLS

400M + 4 BURPEES + 7 SLAM BALLS

300M + 3 BURPEES + 8 SLAM BALLS

200M + 2 BURPEES + 9 SLAM BALLS

100M + 1 BURPEES + 10 SLAM BALLS

(BEGINNERS ARE OK TO DO 1000M TO 5000M)



SALFORD

SWEAT

STATION CIRCUIT: 60 SECONDS ON 30 OFF

BATTLE ROPES

CRUNCHES

STEP UPS

BALL OVER SHOULDER

BOX JUMPS

SLAM BALLS

WEIGHT OVERHEAD REVERSE LUNGES

MOUNTAIN CLIMBERS

LEG RAISES

WALL SITS

SANDBAG CARRY

2X



SALFORD

STRENGTH

BARBELL COMPLEX UPPERS

Buy **IN** 1000m row!

BARBELL FRONT SQUATS X 20

BARBELL DEADLIFTS X 20

BARBELL BENT OVER ROWS X 20

BARBELL HANG CLEAN X 20

BARBELL OVERHEAD PRESS X 20

BARBELL HIGH PULLS X 20

PERFORM 2X!

Buy **OUT** 1000m row!

CORE WORK

plank 30 SECONDS HOLD

side plank 30 SECONDS HOLD

side plank 30 SECONDS HOLD

PERFORM 3X!



SALFORD

STRENGTH

LEG DAY

BODYWEIGHT SQUAT JUMPS: X 20 REPS

GOBLET SQUATS: X 20 REPS

SUMO KETTLEBELL DEADLIFTS: X 20 REPS

KETTLE BELL RDL: X 20 REPS

KETTLEBELL LUNGES: 10 REPS EACH LEG

KETTLE BELL REVERSE LUNGES: 10 REPS EACH LEG

PERFORM 2 X

CORE WORK

PLATED SIT UPS X 20

PLATE HOLD LEG RAISES X 20

PLATED CRUNCHES X 20

PLATE OBLIQUES CRUNCHES X 20

PERFORM 3 X



SALFORD

STRENGTH

UPPERS: CLUSTER SETS

BENTOVER ROWS + KETTLEBELL DEADLIFTS + KETTLEBELL HIGH PULLS

12 REPS 2 ROUNDS

KETTLEBELL SWINGS + DUMBBELL SIDE RAISES + PLATE FRONT RAISES 12REPS 2 ROUNDS

BICEP CURLS + TRICEP KICK BACKS + BICEP HAMMER CURLS

12 REPS 2 ROUNDS

CORE WORK

OBLIQUE CRUNCHES X 20

RUSSIAN TWISTS X 20

HEEL TOUCHES X 20



SALFORD

STRENGTH

LEG DAY

WEIGHTED STEP UPS 20 REPS

GOBLET SQUATS 20 REPS

KETTLE BELL RDL 20REPS

3 SECOND PAUSE HOLD GOBLET SQUATS 10 REPS

OVERHEAD LUNGES

OVERHEAD REVERSE LUNGE 20 REPS

SINGLE LEG KETTLEBELL RDL 20 REPS

SLED PUSH X2

3 ROUNDS