

RELENTLESS

AUGUST PROGRAMMING

	MONDAY	WEDNESDAY	FRIDAY
WEEK 1 2ND - 6TH AUG	Reps N' Sets	TIME OUT	ESCALATE
WEEK 2 9TH - 13TH AUG	THRESHOLD	PURE POWER	ENDURO
WEEK 3 16TH - 20TH AUG	HardCORE	Greatest HIITS	Reps N' Sets
WEEK 4 23RD - 27TH AUG	TIME OUT	ESCALATE	THRESHOLD

AUGUST **RELENTLESS** **CHALLENGE!!**

**MAX WALL SIT!!
MONDAYS ARE FOR
TESTING YOURSELF!**



RELENTLESS

WORKOUT DESCRIPTIONS

Reps N' Sets

AMRAP - As many rounds as possible within the allocated time

TIME OUT

EMOM - Every Minute On The Minute

ESCALATE

LADDER - Desending or acending reps within a variety of formats

THRESHOLD

CARDIO - Designed to get your heart rate up and the calories burning

PURE POWER

STRENGTH - Focus on power and building lean muscle

ENDURO

CHIPPER - Focus on high reps and longer endurance workout to test your mindset

HardCORE

CORE- Strengthen that core and feel the burn

Greatest HIITS

INTERVALS - Focus on programming that creates a great calorific burn while incorporating work and rest periods over various formats