

Decked

Some abbreviations:

s = seconds
m = minutes or meters (context is everything)
db = dumbbell

Equipment:

- Dumbbells
- Medicine Ball (non-bouncy) + 10' Target for Wall Ball
- Sledgehammer and Tire
- Plyo Pushup Boxes (2)
- Weight Vest or Dip Belt
- Rings or Pull-up Bar & Dip Station
- Iron Woody or Jump Stretch Bands

Time:

- All workouts are designed to be completed in 30 minutes or less.

Cycle 1

Day 1: Max. Strength #1
Day 2: Intervals + Core #1
Day 3: Deck #1

Cycle 2

Day 1: Plyo Strength #1
Day 2: Intervals + Core #2
Day 3: Deck #2

Cycle 3

Day 1: Max. Strength #2
Day 2: Intervals + Core #3
Day 3: Deck #3

Cycle 4

Day 1: Plyo Strength #2
Day 2: Intervals + Core #1
Day 3: Deck #4

Cycle 5

Day 1: Max. Strength #3
Day 2: Intervals + Core #2
Day 3: Deck #5

Cycle 6

Day 1: Plyo Strength #3
Day 2: Intervals + Core #3
Day 3: Deck #6

Cycle 7 (back-off cycle)

Day 1: Back-off Strength
Day 2: Deck #7
Day 3: Break a sweat, then easy core circuit, no more.

- For the intervals, use the exercise of your choice, work:rest ratio of your choice. Tabata are good, but anything where you go really hard and don't rest all that long is great. 8x20w:10r (8 sets of 20 seconds work, 10 seconds rest) are classic Tabatas. 30w:30r is also good. 20w:20r, whatever.
- Take one rest day between each cycle.

Deck #1

Spades: Burpees
Hearts: Wall Ball
Diamonds: Lunges onto Block
Clubs: Mountain Climbers

Deck #2

Spades: Snatches
Hearts: Spiderman Pushups
Diamonds: Squat Jumps
Clubs: Super Plank

Deck #3

Spades: Burps
Hearts: Wall Ball
Diamonds: Side Lunges
Clubs: Back Extensions

Deck #4

Spades: Burpees
Hearts: Pushups
Diamonds: Lunges onto Block
Clubs: Flutter Kicks

Deck #5

Spades: Swings
Hearts: Pullups
Diamonds: Lunge Jumps
Clubs: Chinnies

Deck #6

Spades: Burps
Hearts: Wall Ball
Diamonds: Side Lunges
Clubs: 3 Pullups + (GHD Situps/2)

Deck #7

Spades: Swing / 2
Hearts: Spiderman Pushups / 2
Diamonds: Squats
Clubs: Spiderman Lunges / 2

- Reps: 2-9 = value, 10-K = 10, A = 15
- Chinnies, Mountain Climbers: 4-count reps. Mountain Jumpers: 2-count reps.
- For DB Snatches/Swings round up to even num. & divide the work (A = 15+1 = 8/arm)
- Scale as needed (pull-ups/2, for example)
- Note that most reps are divided by 2 in Deck #7, for the back-off cycle.
- You should be able to Google most unfamiliar exercises.
- Complete each workout as fast as possible.

Core #1 (3-5 circuits)

Rollout x5
L-Sit for time
Russian Twists x10/side
Back Extensions x15
Finisher: Plank for time

Core #2 (3-5 circuits)

Ice Cream Makers x5
V-ups x15
Hanging Leg Raise x5
Chinnies x15 (4-count)
Super Plank x10

Core #3 (3-5 circuits)

GHD Situp x10
L-Sit for time
1-arm Plank, 30s/side
Knee Hugs x15
Back Extension x15

- For all Core, rest 30s between exercises, and 1m between rounds.

Max. Strength #1

A. 1-DB Shoulder Press, 5x3-5
B. Pistols, 5x3-5/leg
C. Standing Band Pushups, 5x3-5
D. Glute-Ham Raise, 5x3-5
E. Weighted Pull-ups, 5x3-5
F. Squat Jumps 5x5
G. Finisher: Sledgehammer x 100

Max. Strength #2

H. 1-DB Push Press, 5x3-5
I. 1-Leg Deadlift, 5x3-5/leg
J. Pistols, 5x3-5/leg
K. Bent-over Rows, 5x3-5
L. Weighted Ring Dips, 5x3-5
M. Tuck Jump 5x6
N. Finisher: Sledgehammer x 100

Max. Strength #3

A. 1-DB Shoulder Press, 5x3-5
B. Pistols, 5x3-5
C. 1-Arm Pushups, 5x3-5/arm
D. Glute-Ham Raise, 5x3-5
E. Weighted Close-grip Chin-ups, 5x3-5
F. Star Jumps 5x5
G. Finisher: Sledgehammer x 100

Plyo Strength #1

A. 1-DB Snatch, 5x3-5
B. Rim Jump 5x5-10
C. Power-overs, 5x3-8/arm
D. Box Depth Jump for Height 5x3-5
E. Highest Possible Kipping Pull-ups 5x3-5
F. Tuck Jump 5x5-10
G. Finisher: Med. Ball Slams x 100

Plyo Strength #2

A. 1-DB Swing, 5x3-5
B. Standing Broad Jump, 5x5-10
C. Depth Pushups, 5x3-8
D. 3-steps-to-jump, 5x3-5
E. Reach-Up Pullups 5 x 4
F. Lunge Jumps, 5x5/leg
G. Finisher: Med. Ball Slams x 100

Plyo Strength #3

A. Muscle-ups, 5x3-5
B. Band Pull-Throughs, 5x3-5
C. 1-DB Push Jerk, 5x3-5
D. Squat Jumps, 5x5
E. 10s Static Hold + 3-5 Clapping Push-ups x 5 sets
F. Box Depth Jump for Height 5x3-5
G. Finisher: Med. Ball Slams x 100

Back-off Strength

A. 1-DB Push Press, 3x6-8
B. 1-Leg Deadlift, 3x6-8/leg
C. 1-Leg DB Split Squat (off bench), 3x6-8/leg
D. Weighted Pull-ups, 3x6-8
E. Weighted Ring Dips, 3x6-8
F. Finisher: 50 Double-Unders

- Perform all concentric motion at maximum speed/force (even though the weight may move kinda slow if the load is heavy). Each set should last around 15 seconds. Stolen from a Chad Waterbury article on T-Nation.
- Dotted lines delineate mini-circuits. To save time, you do a set of the first exercise in the block, then rest, then do a set of the second exercise in the block. Repeat until all sets in the mini-circuit are complete. As a general rule, rest for 30 seconds between sets. However, when a single-limb exercise is involved, you can save a bit of time by dropping down to 15 seconds rest. Consider the Max. Strength #1 workout: (A) left arm, rest 15, right arm, rest 15, (B) left leg, rest 15, right leg, rest 15, then back to (A) for the second set. Work through this mini-circuit until all 5 sets of each exercise are done. Following this timing, you'll go through the A-B mini-circuit in 10 minutes. With the C-D mini-circuit you'll rest 30 seconds, so: (C) pushups, rest 30, (D) GHRs, rest 30, repeat. You'll be done with that mini-circuit in 7:30, and the E-F in another 7:30. So the workout is done in 25:00, not counting the sledge finisher. Some of the mini-circuits get tricky with a mixture of 1- and 2-limb exercises.
- Decrease the loads during the back-off strength workout. Treat this one as one big circuit.
- Use a timer, or you'll rest too long and go over your 30 minute allotment!
- Tip o' the hat to Ross Enamait (rosstraining.com) and Crossfit (crossfit.com), my primary sources for training information. Thank you!