

Decked v1.2

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 Pullup Bar & Dip Station

Time:

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

Cycle 1

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

Cycle 2

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

Cycle 3

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

Cycle 4

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

Cycle 5

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

Cycle 6

Day 1: Plyo Strength #3
Day 2: Intervals #3 + 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.

- 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 Rope 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 (pullups/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.

Intervals #1

(20w+10r) x 8

Intervals #2

20w + 30r + 40w + 30r + 60w + 30r + 80w + 30r + 100w + 30r + 80w + 30r + 60w + 30r + 40w + 30r + 20w

Intervals #3

(90w+60r) x 5

- Intervals show work (w) and rest (r) times in seconds. Do the same exercise for all seven cycles before changing up. Running, C2 rower, jump rope, and sprint in place with alternating light DB presses are particular good candidates.

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. Band Pushups, 5x3-5
D. Glute-Ham Raise, 5x3-5
E. Weighted Pullups, 5x3-5
F. Finisher: Sledgehammer x 100

Max. Strength #2

G. 1-DB Push Press, 5x3-5
H. 1-Leg Deadlift, 5x3-5/leg
I. Step-ups, 5x3-5/leg
J. Bent-over Rows, 5x3-5
K. Weighted Ring Dips, 5x3-5
L. Pistols, 5x1/leg
M. 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. 1-DB Swing, 5x3-5/arm
E. Glute-Ham Raise, 5x3-5
F. Weighted Close-grip Chin-ups, 5x3-5
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 Pullups 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. Rope Pullups 5x4
F. Lateral Knee-High Cone Jumps, 5 x max. in 10s

G. Finisher: Med. Ball Slams x 100

Plyo Strength #3

A. Muscle-ups, 5x3-5
B. Box Depth Jump for Height 5x3-5
C. Squat Jumps, 5x5
D. Clapping Push-ups, 5x4-6
E. Lateral Knee-High Cone Jumps, 5 x max. in 10s
F. 1-DB Push Jerk, 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 Pullups, 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!