



FFR BURN PROGRAM

BLOCK I

Week 1-4

TRAINING SPLIT:

There are 3 Burn Workouts. You will perform each workout with a day of active recovery in between each. Burn Upper, Burn Lower, Burn Full Body. For Example you will perform Burn Upper on Monday, Burn Lower on Wednesday, and Burn Full Body on Friday. On this split Tuesday, Thursday and Saturday are your active recovery days. You can break up your split how ever you choose just make sure to have a day of active recovery in between each Burn workout.

HOW TO PERFORM:

Perform each exercise for 15 reps, rest :15 sec and then perform a drop set(drop the weight by 10-15#) of 15 reps followed by :30 of conditioning. Rest 1 minute and repeat for designated amount of rounds. You will perform 2-6 sets for each individual block.

WEEKLY PROGRESSION:

Week 1: Perform 2 sets of each block(A, B, C) for 8 reps with drop set of 8 reps

Week 2: Perform 2 sets of each block for 10 reps with a drop set of 10 reps

Week 3: Perform 3 sets of each block for 15 reps with a drop set of 15 reps

Week 4: Perform 3 sets of each block for 20 reps with a drop set of 20 reps

COACHING TIPS:

*When your reps decrease your weight should increase.

* On your conditioning you may select any form of conditioning (bike, row, walk, jog, run, jump rope, etc...)

* On your exercises, when selecting weight, you want to fail at the designated amount of reps

*IF and ONLY IF you are advanced you can then substitute the Body Weight movements for Weighted movements. Make sure to substitute an equivalent exercise for that body part. Ex. A substitute option for Push up would be Bench Press or DB Bench Press

What You'll Need:

Two pairs of DB's 10-15lbs difference in weight (beginners can perform ALL movements with bodyweight) Advanced will perform A2's with Db's if desired. Starting Block II (week 5) you will need the Db's.

Upper Body BURN

A1) PUSH UP

A2) PUSH UP(on knees)

(Drop Set - 10-15 lbs from last set)

A3) High Knees in Place :30 MAX Effort

*Perform designated sets from weekly progression above

B1) Pull Up or Inverted Row

B2) Pull Up or Inverted Row

(Drop Set 10-15 lbs from last set)

B3) High Knees in Place :30 MAX Effort

*Perform designated sets from weekly progression above

C2) Pike Push Up

C3) Pike Push Up

(Drop Set 10-15 lbs from last set)

C1) High Knees in Place :30 MAX Effort

*Perform designated sets from weekly progression above

REST or Active Recovery Day

A) Intervals x 5-10 Sets (:30 on MAX effort /:30 rest)

(During the rest time you are still moving at constant pace)

(Walk, Jog, Bike, Row, Run, Swim, Jump Rope, etc...)

B) Walk x 2 minutes as a mini cool down

C) Focused Breathing x 5 minutes

(Lie on back rest completely focused on your breathing. :3 sec inhale, :3 hold, :5 exhale)

D) Conditioning 15-30 min

(Steady state of Cardio of choice for 15 to 30 minutes)

Lower Body BURN

A1) BW Squat

A2) BW ¼ Squat

(Drop Set 10-15 lbs from last set)

A3) Jumping Jacks :30 MAX Effort

*Perform designated sets from weekly progression above

B1) Step Back Lunge

B2) Step Back Lunge

(Drop Set 10-15 lbs from last set)

B3) Jumping Jacks :30 MAX Effort

*Perform designated sets from weekly progression above

C1) Squat Jumps

C2) Squat Jumps

(Drop Set 10-15 lbs from last set)

C3) Jumping Jacks :30 MAX Effort

*Perform designated sets from weekly progression above

REST or Active Recovery Day

A) Intervals x 5-10 Sets (:30 on MAX effort /:30 rest)

(During the rest time you are still moving at constant pace)

(Walk, Jog, Bike, Row, Run, Swim, Jump Rope, etc...)

B) Walk x 2 minutes as a mini cool down

C) Focused Breathing x 5 minutes

(Lie on back rest completely focused on your breathing. :3 sec inhale, :3 hold, :5 exhale)

D) Conditioning 15-30 min

(Steady state of Cardio of choice for 15 to 30 minutes)

Full Body BURN

A1) Mountain Climber :30 MAX Effort

A2) Burpee

A3) Skiers

(Drop Set 10-15 lbs from last set)

*Perform designated sets from weekly progression above

B1) Mountain Climber :30 MAX Effort

B2) Plank Transition

B3) Split Squat Jump

(Drop Set 10-15 lbs from last set)

*Perform designated sets from weekly progression above

C1) Mountain Climber :30 MAX Effort

C2) Side Plank Touches

C3) Side Lunge

(Drop Set 10-15 lbs from last set)

*Perform designated sets from weekly progression above

Rest or Active Recovery Day

A) Conditioning x 15-30 min

(Conditioning of choice: Run, Bike, Swim, Row, etc...)