



Gold Medal Training



Gold Medal Workout A

40-20 Hub and Spoke Intervals: *Perform 40 seconds of a Cardio Exercise followed by 40 seconds of a Strength Exercise with a 20 second transition time in between.*

- The Cardio station is both optional and also the “hub” of the workout as the station they will start with and always return to after each strength exercise.
- There are 4 Strength stations and 1 FMS station they will rotate between.
- For example, Step Runners followed by Goblet Squats, back to Step Runners and then to Deadlift and then back to Step Runners and so forth....

Cardio Options:

- Any Aerobic Step Exercise such as Step Runners, Side to Side Runners, In and Out Squats, Burpees, Step Climbers, etc.
- Jump Rope
- Row Machine
- Bodyweight Cardio such as Jacks, Skaters, Climbers, Cross Country Skiers, or Stationary Running
- **Kettlebell Swings** *(Only For Level 1 Certified Individuals)*

Workout Outline

- Warm-up Routine (10 min)
- In Groups of 2 or 3 perform the ASLR Test and score it for each person in their group followed by the Shoulder Mobility Test (Be sure to go over how to perform the test before)
- Teach and Demo the Workout with the explanation that each person can perform this Cardio Wheel Workout OR they can test out on their Gold Medal Sheet at anytime.

Note: Below are basic progressions for the Hinge, Squat, Push and Pull but emphasize that they should follow their Gold Medal Sheet beginning with the Bronze Medal first.

Cardio	Squat Variation	Prayer Squat	Goblet Squat	DKB Front Squat
Cardio	Hinge Variation	KB Sumo Deadlift	KB RDL	BB RDL
Cardio	Pull Variation	TRX Seated Row	TRX Horizontal Row	Band Assisted Chin-up
Cardio	Push Variation	Dead Stop Push-up ON KNEES	Dead Stop Push-up ON FEET	TRX Atomic Push-up
Cardio		FMS	FMS	FMS

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Gold Medal Workout B

4-Minute Continuous Work: Perform 4-Minutes of Continuous Work for each station followed by a 1-minute rest and transition to the next station. Perform all four stations once for a 20-minute workout.

Workout Outline

- I. Warm-up Routine (10 min)
- II. In Groups of 2 or 3 perform the **Trunk Stability Push-up Test** and score it for each person in their group followed by the **Bird Dog Test (Rotary Stability Test)** (Be sure to go over how to perform the test before)
- III. Teach and Demo the Workout with the explanation that each person can perform this Cardio Wheel Workout OR they can test out on their Gold Medal Sheet at anytime.

Note: There are active recovery options in stations that are not unilateral exercises such as the spiderman crawls and jump squats.

Station #	Exercise Variation	Level I	Level II	Level III
1	Spider-man Crawls/Bird Dog	Spider-man Lunges	Crawling	Spiderman Crawls
2	TRX Jump Squats/ TRX Stoney Stretch	10 TRX Speed Squats	10 TRX Drop Squats	TRX Jump Squats
3	Farmer Walks L/R	Decrease Loading	Farmer Walks	Increase Loading
4	Step-up Variation L/R	Low Box Step	High Box Step up or Add Knee Up	1-Arm DB Step-up or 2-Arm DB Step-up

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Gold Medal Workout C

20-Minute AMRAP: *Perform 4-Minutes of Continuous Work for each station followed by a 1-minute rest and transition to the next station. Perform all four stations once for a 20-minute workout.*

Workout C

20-Minute AMRAP (As Many Rounds As Possible): *Perform the following circuit as many rounds as possible in 20 minutes.*

Option to perform the circuit or Gold Medal Training OR perform 10 minutes of the circuit and 10 minutes of Gold Medal Training

* Write the workout on the board so clients can follow during the workout for the appropriate number of reps per each exercise.

AMRAP

- | | | |
|-------------------|-------------------|---------------------------|
| - 1-Arm Press L/R | 8x / Side | or Push-ups/ Floor Press |
| - Walking Lunges | 8x / Side | or TRX Alternating Lunges |
| - Chin-ups | 3x (Strict Reps) | or TRX Rows |
| - Side Plank | :45 / Side | Short Lever or Long Lever |
| - Jump Rope | 1-Minute | Fake Jump Rope |
| - FMS Corrective | | |

Repeat

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