

OUTWORK

14-DAY BODY WEIGHT PROGRAM



RELENTLESS COACH JAKE
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RELENTLESS GYM
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RELENTLESS GYM

WAIVER AND RELEASE

PLEASE READ CAREFULLY BEFORE PERFORMING ANY EXERCISES IN THIS PROGRAM

I acknowledge and understand that there are risks involved in participating in any exercise program and in exercises contained in this program. I agree that I will assume the risk and full responsibility for determining the need for medical clearance from my physician and obtaining such clearance, the safety and/or efficacy of any exercise program recommended to me, and any and all injuries, losses, or damages, which might occur to me / or my family while utilizing the information in this program.

I agree to waive, release, indemnify RELENTLESS GYM and Jake Males from all claims, suits, or related causes of action against RELENTLESS GYM or Jake Males for injury, loss, death, costs or other damages to me while utilizing all the information or partaking in the exercises contained within this program.

RELENTLESS GYM

Welcome to OUTWORK!

Outwork is a 14-day body weight training plan.

The workouts provided are designed to be simple and effective with the main goal of getting you out of your comfort zone.

The Outwork training plan can be used as a reset or filler between heavy strength training programs, compliment your current training plan, as a sole program or just for fun.

Challenge yourself and give it your all with these workouts. They will help build your mindset and allow you to see what your body is actually capable of.

The workouts can easily be scaled down and exercises regressed. Challenge yourself but ensure you know the difference between a "Good" hurt and the pain of an injury.

Thank-you again for purchasing this training plan, I look forward to hearing your results and experience with "OUTWORK: 14-day body weight program"



Jake Males CPPS

PRE - MOVEMENT PREPARATION



Complete before every workout.

The warm-up is split into sections designed to target the common areas of dysfunction/movement restriction. This will allow your body to move through a greater ROM (range of motion), relieve tightness, decrease the risk of injury, build weak points, and have your body prepared to perform at its highest level

Exercise	Volume
<i>Hip Flexor stretch</i>	<i>20-30sec each side</i>
<i>Hip switch</i>	<i>20sec each side</i>
<i>"Figure 4" Glute Bridge</i>	<i>X 10 reps each side</i>
<i>Y-handcuff</i>	<i>X 10 reps</i>
<i>Split squat</i>	<i>X 10 reps each side</i>
<i>Inchworm</i>	<i>X 5 reps</i>
<i>Roll to V-sit</i>	<i>X 10 reps</i>

[View warm-up here: https://www.youtube.com/watch?v=hDZHa4Iz7rM](https://www.youtube.com/watch?v=hDZHa4Iz7rM)

Day 1:

Complete 6 sets
30-40m sprint
10 pushups
Finish with a 2km run

Day 2:

Complete 5 sets for time
10 pull ups or push ups
50 squats
50 alt walking lunges
50 crunches

Day 3:

10km run/walk
Plank hold for MAX time
Split squat hold for MAX time each leg
"Y-Handcuff" x 50

Day 4:

Active recovery - Pick one below
Massage, foam rolling, stretching, yoga, walking, swimming
Duration: 30mins

Day 5:

Sprint 6 sets x 10m

100 push ups

200 squats

10min plank hold - every time you stop, complete 15 burpees

Day 6:

Hike / Trail

Get outside and hike a mountain or complete a trail

Duration: 3 hours

Ensure you have a rucksack/backpack for water and supplies

Day 7:

Rest day

Foam roll, stretch and recover

Day 8:

2km run/walk

300 Squats

200 push ups

100 pull ups or burpees

2km run/walk

Day 9:

Active recovery - Pick one below

Massage, foam rolling, stretching, yoga, walking, swimming

Duration: 30mins

Day 10:

Run/walk 5km

Plank hold for Max time

0-1min = 60 burpees

1-3min = 50 burpees

3-5min = 40 burpees

5min + = 30 burpees

Day 11:

Star jump x 100

Pull up x 10 or push up x 20

Mountain climbers x 100

Pull up x 10 or push up x 20

Step up x 50

Pull up x 10 or push up x 20

Squats x 100

Day 12:

Complete 8 sets for time

Run 100m

Inchworm x 10

After the 8 sets, complete 3-5km walk/jog

Day 13:

Bulgarian split squats x 50 each leg

Pull ups or push ups x 50

Walk/run/hike 10-15km

Day 14:

2km walk/run

Burpees x 4mins AMRAP



*"Success comes down to focus and effort, and we control both.
Get up, get after it and be RELENTLESS"*