

The Guerrilla Program

100 Workouts

As explained in the first section, the Guerrilla Program of the Centurion Method is focused on cycling the muscles used during workouts which should strike all major muscle groups and create a creature that can effectively do anything. We covered everything above in terms of tapering and altering so make sure if you start a workout and it is too easy, alter it, and the same goes for finding every single movement impossible. Explanations of each movement are included in each workout, which may become tiresome, but we have to do it to reduce the chance of injury.

FINN'S WOLVES

$$10 \text{ kgs} = 20 \text{ lbs}$$

$$20 \text{ kgs} = 45 \text{ lbs}$$

Workout One - The Leaper In-Between

Style

3 rounds

Timing

1 minute per station

Workout

1. 20kg+ kettlebell/dumbbell/rock push up – row – burpee
Using a 20kg weight, go into plank position, do a push up, then row the weight from the floor up to chest, both sides, jump up and do burpee. Three movements counts as one rep.
2. Strict pull ups
3. 20kg+ bag/sack box jumps
Using a 20kg (or more for Praetorians) weighted bag/sack/backpack, squat in front of a box of your chosen height, jump up onto it and then jump off the other side back into a squat. Three movements counts as one rep.
4. Bear crawl push ups
Go into plank position, raise one leg up towards chest, one arm forward on opposite side, spread weight and lower to the floor as low as possible, raise up and swap sides.
5. Plank

Progression

More rounds

Regression

Two rounds

Workout Two – The Tidal Mark

Style

One timed run through

Timing

Record best time

Workout

1. 5 x kettlebell/dumbbell/weight plank walks
Using two weights, go into plank position on top of them, lift one weight and place it further out in front, then the other, then crawl towards them, both weights further forward counts as one rep.
2. 15 x hanging leg raises
On pull up bar or tree branch, raise legs up parallel with the floor, drop back down and repeat.
3. 5 x dead leg drags
Go onto floor, place weight on heels, drag your body forwards for set distance. Do not use legs to assist.
4. 5 x weighted stalking walk
Stand in squat position, weight up on chest, then walk forward in squat.
6. 15 x 20kg+ bag/sack box jumps
Using a 20kg (or more for Praetorians) weighted bag/sack/backpack, squat in front of a box of your chosen height, jump up onto it.
7. 20 x 20kg+ weighted chest raises
Weight held down by groin, lift towards chest, bending elbows out away from torso.
8. 20 x 20kg+ farmers carry raises
Standing with two weights held in classic farmers carry position, lift parallel to torso with elbows moving away to rear.
9. 15 x burpee pull ups

Progression

More rounds

Workout Three – Conan's Legs

Style

8 round circuit

Timing

Record best time

Workout

1. 13 x press ups
2. 13 x pull ups
3. 13 x hanging leg raises
On pull up bar or tree branch, pull yourself up into eccentric hold, then raise legs up parallel with the floor, drop back down and repeat.
4. 13 x jump squats
Go into deep squat position, jump up explosively and raise knees to chest, land and repeat.
5. 13 x hill climbers
Go into plank position and lift one knee towards opposite elbow, repeat other side, both sides counts as one rep.

Progression

More rounds

Regression

Leg raises can be done either hanging or laying on the ground.

Workout Four – Hercules

Style

5 round circuit

Timing

Record best time

Workout

1. 30 second sprint as hard as possible
2. 1 minute sprint as hard as possible
3. 20 x strict pull ups
Classic pull up on bar or branch, but arms must be straight on hanging start position and chin must go over the top of the bar for rep to count. Repeat if not.
4. 20 x jump squats

Progression

Do all sprinting and pull ups with weighted vest or weighted back pack.

Regression

Pull ups can be altered to eccentric reps or jumping pull ups. Nothing else changes.

Workout Five – Couples Night

Style

Partner workout – 3 rounds

Timing

Record best time

Workout

1. 3 x 20 burpee clock – plank
Whilst one person does 20 burpees the other person holds a plank position. Swap three times each.
2. 3 x 20 pull up clock – bear crawl
Whilst one person does 20 pull ups the other person bear crawls up and down.
3. 3 x 1 minute of leg raises very slowly
4. 3 x 1 minute of inch worms
Standing upright, touch toes, walk hands out away from yourself until in a press up/plank position, then walk feet towards hands until in start position, equals one rep.
5. 3 x 1 minute of frog leaps
Crouch down to floor, explosive leap up, land, repeat.

Progression

Double swaps to six times each.

Regression

Halve swaps to twice each.

Workout Six – That Awful Sneer

Style

10 round circuit

Timing

Record best time

Workout

1. 5 x strict pull ups
2. 20 x push ups
3. 20 x squats
4. 10 x burpees

Progression

Do the above wearing a weighted vest. Moves can be changed to plyometric exercises, i.e. clap press ups, jumping squats, burpees with star jump etc.

Regression

Eccentric/jumping pull ups, kneeling push ups, half squats etc. Burpees stay the same.

Workout Seven – Cuchullain

Style

2 round circuit

Timing

Record best time

Workout

1. 3 x 10 – burpee deadlifts, 20kg+
Do a classic burpee with a 20kg+ weight on the floor in front of you, as you come back up to do the jump, grab the weight and deadlift it.
2. 4 x 5 – weighted bag box jumps
Using a 20kg (or more for Praetorians) weighted bag/sack/backpack, squat in front of a box of your chosen height, jump up onto it and then jump off the other side back into a squat. Three movements counts as one rep.
3. 3 x 20 – squat jump personal bests
Classic squat jump as high as you can, trying to better yourself each time.
4. 3 x 10 – broad jumps
Squat down to floor, then spring up and forward explosively, trying to leap further each time.
5. 3 x 8 – single leg squat hops
Stand on one leg, squat down to the floor, hop up explosively, swap legs, repeat.
6. 3 x 5 – jumping pull ups
Squat down in front of bar or branch, jump up explosively to bar and pull up, chin over bar.

Progression

Increase sets of each movement

Regression

Decrease sets of each movement

Workout Eight – The Village Idiot

Style

3 round circuit

Timing

Record best time

Workout

1. 3 x 30 burpees
2. 3 x 5 strict pull ups
3. 2 x 50 strict press ups
4. 2 x 10 one legged pistol squats
Stand on one leg, reach down and take hold of the toes of the raised leg, crunch down as if doing a classic squat, stand up and repeat.
Ten each side.
5. 3 x 20 strict tricep dips
Using a chair or lower than hip height surface sit down with hands supporting bodyweight behind you, extend legs out in front and dip down to 90° bend at elbows, push up and repeat.

Progression

More rounds.

Regression

Less rounds.

Workout Nine – Fifty Fifty

Style

5 round circuit

Timing

One timed run through

Workout

1. 5 x pull ups
2. 10 x tricep dips
3. 15 wide grip press ups
In classic press up position, spread the arms as wide as possible and do press.
4. 20 x divebomb push ups
Go into push up position, arch back so body is in a triangle, and then press down so head goes towards the floor and lift back up, equals one rep. Start and finish are “down the dog” and “cobra” positions in Yoga.

Progression

More rounds.

Regression

3 rounds.

Workout Ten – Running Man

Style

4 round circuit

Timing

One timed run through

Workout

1. 200 metre sprint
2. 20 x leg raises
3. 30 x bicycle crunch
4. 5 x press ups
5. 10 x commando push up
Go into normal press up position, then bring hands tight in front of chest and as you press down keep elbows tight to torso. Should be tight in triceps instead of bicep/pec.
6. 16 x one legged squat (8 each side)
7. 30 second plank

Progression

More rounds.

Regression

Less rounds.

Workout Eleven – Jürgen of the Jungle

Style

4 round circuit

Timing

One timed run through

Workout

1. 5 x pull ups
2. 30 x kettlebell/dumbbell/rock swings
Go into squat position with weight between your legs, thrust hips out and stand up, swinging weight out in front of yourself, squat down and repeat.
3. 30 x burpees

After the 4 rounds, do a 1.5 mile run at MAX intensity.

Progression

More rounds.

Regression

Less rounds.

Workout Twelve – Calypso

Style

4 round circuit

Timing

One timed run through

Workout

1. 35 x burpees
2. 1.5 minute plank
4. 25 x kettlebell/dumbbell/rock swings
Go into squat position with weight between your legs, thrust hips out and stand up, swinging weight out in front of yourself, squat down and repeat.
5. 20 x push ups
6. 15 x pull ups

Progression

More rounds.

Regression

Less round.

Workout Thirteen – Sword Swallower the 3rd

Style

3 round circuit

Timing

One timed run through

Workout

1. 63 x burpees
2. 23 x press ups
3. 13 x jump squats
4. 3 minute plank

Progression

4 rounds.

Regression

2 rounds.

Workout Fourteen – The Khanate

Style

5 round circuit

Timing

One timed run through

Workout

1. 100 metre sprint
2. 10 metre bear crawl
3. 50 x jump squats
4. 20 x burpees

Progression

10 rounds.

Regression

3 rounds.

Workout Fifteen – Head On Collision

Style

8 round circuit

Timing

One timed run through

Workout

1. 20 x burpees
2. 20 x crunches
3. 25 x burpees
4. 25 x toe touch crunches
5. 20 x jump squats
6. 20 x burpees

Progression

10 rounds.

Regression

5 rounds.

Workout Sixteen – Bloody Nose

Style

5 round circuit

Timing

One timed run through

Workout

1. Sprint 100 metres
2. Run 1000 metres
3. Bear crawl 10 metres

Progression

Increase intensity.

Regression

Halve distances.

Workout Seventeen – The Number of Blockage

Style

5 round circuit

Timing

One timed run through

Workout

Wearing a weighted vest –

1. 30 x burpees
2. 30 x press ups
3. 35 x burpees

Progression

Increase weight on vest/pack.

Regression

Do without weight vest.

Workout Eighteen – The Number of Perfection

Style

3 round circuit

Timing

One timed run through

Workout

1. 30 x decline press ups
Put feet up on a raised object (chair, bench etc.) and go into press up position so body is facing downwards, do press up as normal.
2. 30 x press ups
3. 30 x divebomb press ups
Go into push up position, arch back so body is in a triangle, and then press down so head goes towards the floor and lift back up, equals one rep. Start and finish are “down the dog” and “cobra” positions in Yoga.
4. 30 x wide grip press ups
Go into push up position, and put hands much wider than shoulder width, do normal press up.
5. 30 x close grip press ups
Go into push up position, and put hands much close than shoulder width, do normal press up.

Progression

More rounds

Regression

Less rounds

Workout Nineteen – Blow the Fucking Wall Up

Style

10 round circuit

Timing

One timed run through

Workout

Using a log or bar of roughly 20kg –

1. 30 x burpee deadlifts
Do a burpee over the top of log/bar and as you get up instead of jumping, do a deadlift.
2. 30 x burpees

Progression

Double burpees.

Regression

Halve burpees.

Workout Twenty – Khazad Dum

Style

One timed run through

Timing

Record best time

Workout

Using 5kg+ sledgehammer -

1. 200 x sledgehammer swings (100 on each side)
2. 50 x burpees

Progression

Two rounds.

Regression

Half amount of reps.

Workout Twenty One – The Tiger

Style

10 round circuit

Timing

One timed run through

Workout

1. 10 x 5kg dumbbell bicycle punches
2. 10 x press ups
3. 50 x lunge kicks

Do a classic lunge and as you stand up, kick through the opposite leg as if you were kicking someone in the balls.

4. 30 x burpees

Progression

Double the reps

Regression

5 rounds.

Workout Twenty Two – Bring Out Yer Dead

Style

One timed run through

Timing

Record best time

Workout

Using a rock of about 5-10kg -

1. 50 x rock throws

Squat down with weight between your legs, stand up and throw weight forward. Run and pick up, repeat.

2. 50 x pick ups

Squat down and pick up rock, pull up towards chest and drop down, pick up, repeat.

3. 3 x 100 metre bear crawl rock push

Go into bear crawl position with rock under chest, push rock forward, bear crawl over the top, push forward, repeat.

Progression

Two rounds.

Regression

Reduce weight of object.

Workout Twenty Three – The Mask of Death

Style

15 round circuit

Timing

One timed run through

Workout

Using 20kg bar or log, and two 5kg dumbbells or rocks -

1. 10 x burpee deadlifts
Do burpee over the top of bar/log and when you stand up instead of jumping, do a deadlift.
2. 5 x press ups
3. 10 x dumbbell/rock flies
4. 10 x burpees

Progression

Heavier weight for burpee deadlifts.

Regression

10 rounds.

Workout Twenty Four – The Dance of Battle

Style

8 round circuit

Timing

One timed run through

Workout

1. 20 x dodge lunge walk
Do a classic lunge and as you stand up, explosive dodge to the opposite side, lunge and repeat.
2. (carrying 5kg+ sledgehammer) 20 x hammer lunge walk
Do a classic lunge with hammer over shoulder, as you stand up swing hammer and repeat.
3. 25 x hammer swings (swap sides for next round)
4. 20 x dynamic side lunge
Lunge to one side and hop explosively back to start, lunge opposite side and repeat.

Progression

10 rounds.

Regression

4 rounds.

Workout Twenty Five – Sculpting Gods

Style

10 round circuit

Timing

One timed run through

Workout

1. 5 x 5kg dumbbell/rock flyes
2. 10 x press ups
3. 5 x pull ups
4. 1 minute plank

Progression

15 rounds

Regression

5 rounds

Workout Twenty Six – The Shattered Bell

Style

10 round circuit

Timing

One timed run through

Workout

Using 10kg rock/dumb/kettle -

1. 10 x rock swings

Go into squat with weight hanging down between legs, thrust hips forward and swing weight up. Repeat.

2. 10 x military press
3. 30 x jump squats
4. 1min plank
5. 5 x pull ups

Progression

15 rounds.

Regression

5 rounds.

Workout Twenty Seven – Hold the Line!!!

Style

10 rounds

Timing

One timed run through

Workout

1. 2 minute plank
2. 100 metre bear crawl

Progression

15 rounds.

Regression

5 rounds.

Workout Twenty Eight – Sisters of Battle

Style

10 rounds

Timing

One timed run through

Workout

1. 10 x clap press ups
In classic press up position, explosively push up and clap,
drop down and repeat.
2. 20 x press ups
3. 1 minute plank

Progression

15 rounds

Regression

5 rounds

Workout Twenty Nine – Planking

Style

10 rounds

Timing

Record best time

Workout

1. 1 minute plank
2. 5 x divebomb push ups

Go into push up position, arch back so body is in a triangle, and then press down so head goes towards the floor and lift back up, equals one rep. Start and finish are “down the dog” and “cobra” positions in Yoga.

AFTERWARDS....

1. 2 minute plank

Progression

More rounds

Regression

Less rounds

Workout Thirty – The Famous Burpee Breakdown

Style

One timed run through

Timing

Record best time

Workout

1. 100 x burpees in the following pattern –

10 – 9 – 8 – 7 – 6 – 5 – 4 – 3 – 2 – 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10

So, do 10 burpees, rest for 10 seconds, then do 9 burpees, rest for 9 seconds etc. No progression or regression, just do it.

Workout Thirty One – Aesthetics

Style

10 round circuit

Timing

One timed run through

Workout

1. 20 x press ups
2. 15 x pull ups
3. 50 x sit ups

Progression

15 rounds.

Regression

5 rounds.

Workout Thirty Two – Punch Me in the Face

Style

8 round circuit

Timing

One timed run through

Workout

1. 25 x tricep dips
2. 25 x press ups
3. 50 x jump squats
4. 20 x press ups
5. 1 minute plank

Progression

10 rounds

Regression

4 rounds

Workout Thirty Three – Arnie

Style

8 round circuit

Timing

One timed run through

Workout

Use 20kg log or bar -

1. 10 x pull ups
2. 10 x thrusters with log
3. 10 x military press with log
4. 30 x press ups

Progression

12 rounds.

Regression

4 rounds.

CONAN'S KOZAKS

Workout Thirty Four – The Woodsman

Style

3 round circuit

Timing

One timed through

Workout

Using 20-30kg log or bar -

1. 10 x deadlift
2. 10 x clean and press
3. 10 x front squat
4. 5 x 100 metre shoulder carry

Progression

5 rounds

Regression

2 rounds

Workout Thirty Five – Arise and Conquer

Style

20 round circuit

Timing

One timed through

Workout

1. 5 x strict press ups
2. 5 x strict pull ups

Progression

30 rounds

Regression

10 rounds

Workout Thirty Six– Logger

Style

3 round circuit

Timing

One timed run through

Workout

1.5 mile run. Then using a 20-30kg log/bar –

1. 30 x military press
2. 25 x strict press ups
3. 10 x divebomb press ups

Go into push up position, arch back so body is in a triangle, and then press down so head goes towards the floor and lift back up, equals one rep. Start and finish are “down the dog” and “cobra” positions in Yoga.

Progression

5 rounds

Regression

2 rounds and reduce weight of log/bar

Workout Thirty Seven – The Goliath's Kin

Style

One timed run through

Timing

Record best time

Workout

Using 10-15kg kettle/dumbbell/rock –

1. 4 x 10 bicep curls (each side)
2. 4 x 10 farmers lifts (each side)

With weight held down by hips with arm straight, bend elbow to pull weight up to chest and then let down, one rep. Repeat.

3. 4 x 10 front press lift (each side)

Holding weight in front of you, down by groin, pull up towards your chest, descend and repeat.

4. 4 x 10 behind head tricep extension

Holding weight behind your head with bent elbows, straighten arms to lift weight above you, repeat.

5. 4 x 10 rows (each side)

Holding weight down by groin, bend at the hips so torso is at 45 degrees and pull weight towards chest. Repeat.

6. 4 x 10 Clean and Press

7. 2 x 25 press ups

Progression

Two rounds

Regression

NO...

Workout Thirty Eight – The Beastman Liveth

Style

One timed run through

Timing

Record best time

Workout

Using a log/bar which is in your opinion VERY heavy -

1. 10 x press ups
2. 5 x pull ups
3. 3 x 5 deadlifts
4. 3 x 5 squats
5. 4 x 5 thrusters
6. 3 x 5 clean and press
7. 3 x 5 bent over row
8. 30 x burpees

Progression

Two rounds or increase weight (caution!)

Regression

Reduce weight

Workout Thirty Nine – The Flail

Style

One timed run through

Timing

Record best time

Workout

Using rock/kettle/dumbbell –

Superset no.1 x 3 (so do the following three exercises with no rest, three times)

1. 10 x press ups
2. 10 x bent over row
3. 10 x flyes (each side)

Superset no.2 x 3 –

1. 10 x bicep curls
2. 10 x thrusters
3. 20 x burpees

Superset no.3 x 3 –

1. 25 x bent over row
2. 25 x press ups

Workout Forty – Barbarian the Second

Style

One timed run through

Timing

Record best time

Workout

Using 20kg bar/log and a 10kg rock/dumb/kettle –

1. 25 x press ups
2. 20 x burpees

Superset no.1 x 3 (so do following sets with no rest, three times) – with log -

1. 20 x rows
2. 10 x clean and press
3. 20 x military press

Superset no.2 x 3 – with rock -

1. 20 x bench press
Lie on the ground, get a friend to lay or pass the weight to you, do classic bench press, elbows hovering to floor, repeat.
2. 5 x pull ups
3. 15 x lateral raises
4. 25 x burpees

Workout Forty One – I Don't Wanna

Style

One timed run through

Timing

Record best time

Workout

Using 20kg bar/log and a 10kg rock/dumb/kettle –

1. 25 x press ups
2. 10 x burpees

Superset no.1 x 3 (so do following sets with no rest, three times)

1. 15 x deadlifts
2. 20 x incline dumbbell press
3. 20 x press ups

Superset no.2 x 3 –

1. 10 x clean and press
2. 5 x pull ups
3. 15 x lateral raises
4. 25 x burpees

Workout Forty Two – Indra's Spear

Style

One timed run through

Timing

Record best time

Workout

1. 4 sets of 20 – 20kg weighted chest raises
Standing with weight held down by groin with both hands on, lift weight up towards chest keeping arms flat against body, bending elbows out away from torso, focus on chest muscles.
2. 4 sets of 10 – log thrusters
Hold weight up by the neck, rested in the collar bone girdle, squat down and as you stand up press the weight up with straightened arm (don't lock elbow), squat back down and repeat.
3. 4 sets of 10 – weighted bag overhead lift
Weighted bag or sack on floor, squat over it, pick up, lift to chest, stand and press overhead, squat down, drop and repeat.
4. 4 sets of 10 – 20kg swing to curl
Using a kettlebell/dumbbell/rock, swing weight down between your legs, bring it up to horizontal and then curl in towards chest.
5. 4 sets of 10 – 10kg flyes
Taking two weights of 10kg (dumbbells/kettlebells/rocks) hold them by your sides with elbows bent upwards so weight is resting on chest, then rotate arms away from chest keeping elbows flexed, focus on upper chest muscles.
6. 4 sets of 20 – 20kg farmer carry side lifts
Hold two 20kg weights by your sides in classic farmer carry position, then lift them up parallel to the body with elbows going out to rear.

Workout Forty Three – Escaping the Bear

Style

5 rounds

Timing

Record best time

Workout

1. 20 x Bear crawl push ups
Go into plank position, raise one leg up towards chest, one arm forward on opposite side, spread weight and lower to the floor as low as possible, raise up and swap sides.
2. 20 x One arm push up (progressions)
Go down into press up position, hands shoulder width apart then put one hand a foot or so away from the torso, do press up. Repeat 3 times whilst slowly moving hand further away from the body. Spread legs if needed.
3. 5 x strict pull ups
4. 20 x kettlebell/dumbbell/rock push up – row
Using a 20kg weight, go into plank position, do a push up, then row the weight from the floor up to chest, both sides.
5. 10 x pull up hand changes
On pull up bar or branch hang freely with legs dangling and arms straight, pull up to bar and then swap hand position, i.e. move from front grip to back grip, move around the bar etc.

Workout Forty Four – Atlas

Style

One timed run through

Timing

Record best time

Workout

1. 20 x strict push ups
2. 20 x divebomb push ups
Go into classic push up position, then bring feet close to hands so bum goes up in the air, then descend downwards towards hands and swing through, at last minute pull bum down and arch up, lift bum and repeat.
3. 20 x left side one arm push ups
4. 20 x right side one arm push ups
5. 20 x decline push ups
Put feet up on raised object or chair so body is facing downwards, then do push up, the higher the feet the harder the rep.
6. 10 x strict pull ups

Progression

Wear weighted vest, go through twice if needed.

Regression

On one arm push ups just place one hand further away from the body, reducing its influence on push up, this puts necessary stress on single arm but not total body weight.

Workout Forty Five – The Gulag

Style

Two rounds

Timing

Record best time

Workout

1. 50 x (sledgehammer tyres)
Ideally use a 5kg+ sledgehammer with a car tyre of any size, lift hammer and slam down as hard as possible on tyre. If equipment not available then to hammer swings of a 10kg weight.
2. 50 x clean and press rock/log
The heavier the better, choose a rock or log which is difficult to move, place at your feet, squat down and lift up to chest height, then lift overhead, return to floor and repeat.
3. 5 x 30sec sprints with 30sec rest
Sprint as hard as you can for 30secs, rest for 30secs and repeat.
4. 50 x 10kg wall balls
Stand opposite wall or tree and throw weighted ball as high as possible (if you don't have a weighted ball you can make one or use a bag with weight inside), catch weight on way back down and repeat.

Progression

Increase weight of log/rock/ball for explosive exercises and increase sprint time to 1min and keep rest the same.

Workout Forty Six – Hammer of the Witches

Style

One timed run through

Timing

Record best time

Workout

Using a 10kg sledgehammer and a 20kg+ log/bar -

1. 200 x sledgehammer swings (50 each side x2)
2. 50 x military press with log
3. 2 x 25 press ups

Progression

Increase weights or do two rounds

Regression

Reduce weight

Workout Forty Seven – The Heat of Battle

Style

2 rounds

Timing

Record best time

Workout

Using a 5kg+ sledgehammer and a 20kg log/bar –

1. 200 x sledgehammer swings (50 each side x2)
2. 50 x military press with log
3. 50 x lying press with log

Lie on the ground and lower bar or log onto yourself, lift and press away from body, make sure you have partner or assist present if needed.

4. 2 x 25 press ups

Progression

More rounds.

Regression

Reduce weight

Workout Forty Eight – The Kurgan

Style

One timed run through

Timing

Record best time

Workout

Using 10kg sledgehammer and 20kg+ log/bar –

1. 100 x sledgehammer swings (50 each side)
2. 50 x thrusters with log
With log on chest with hands underneath, squat down to 90 degrees and explosively stand up and push log away from yourself upwards, drop down and repeat.
3. 50 x log squats
Classic squat, place weight across front though instead of shoulders for safety reasons.
4. 50 x press ups

Progression

Increase weight or 2 rounds

Regression

Reduce weight

Workout Forty Nine – Poisoned Mead

Style

One timed run through

Timing

Record best time

Workout

Using 20kg+ log/bar and two 10kg+ rocks/dumbbell/bricks –

1. 2 x 20 press ups

Superset no.1 x 3 (following exercises back to back with no rest, three times)

1. 20 x thrusters
2. 20 x log rows
3. 20 x rock rows

Superset no.2 x 3 –

1. 20 x military press
2. 20 x log rows
3. 20 x rock press

Superset no.3 x 3 –

1. 20 x lying log press
2. 20 x lying rock press
3. 20 x press ups
4. 20 x burpees

Workout Fifty – The Dark is Coming

Style

One timed run through

Timing

Record best time

Workout

Using 20kg+ log/bar and 10kg+ rock/dumb and 5kg+ sledgehammer –

Superset no.1 using sledgehammer and log (3 exercises back to back no rest) –

1. 25 x sledgehammer swings (swap sides each round)
2. 20 x press ups
3. 20 x lying log press

Superset no.2 using rock/dumb –

1. 20 x bicep curls
2. 20 x pick ups
Put weight on the floor, squat over it, pick it up, put back down
3. 20 x thrusters (with rock/dumb)

Superset no.3 using log –

1. 20 x thrusters (with log)
2. 20 x squats (with log)
3. 20 x military press
4. 20 x press ups

Workout Fifty One – The Boulder

Style

One timed run through

Timing

Record best time

Workout

Using 10kg+ rock/dumbbell –

1. 100 x thrusters
2. 50 x rock slam
Pick up the rock from the floor, hold it overhead and slam it onto the floor aggressively. Pick up, repeat.
3. 50 x rock pick ups
Put weight on floor, squat over it, pick up, put back down

Progression

More rounds

Regression

Less rounds

Workout Fifty Two – Rescue the Maiden

Style

Partner workout

Timing

One timed through

Workout

With a partner of the same weight/height, or a heavy sandbag/backpack –

1. 50 x lunge walk fireman carry (swap 5 times)
Lift your partner over your shoulders in the classic ‘firemans lift’, then carry them whilst doing a walking lunge.
2. 1 minute piggy back walk (swap 5 times)
3. 50 x burpees

Progression

Two rounds

Workout Fifty Three – The Woodsman Mark 2

Style

One timed run through

Timing

Record best time

Workout

Using a 20kg log/bar and with space of 50-100metres –

1. 50 x deadlift-thruster carry repeats
Deadlift weight, thruster it, place it across chest then walk it 100m and set it down, repeat and walk back, twenty five times.
2. 50 x burpees

Progression

Two rounds

Regression

Reduce reps to 25 instead of 50

Workout Fifty Four – Winter

Style

One timed run through

Timing

Record best time

Workout

Using 20kg log/bar –

1. 100 x thrusters
2. 100 x military press
3. Burpees to failure

Literally, do burpees until your feet, legs and arms give out and you go to do a burpee and your face hits the floor, NO MERCY!

Workout Fifty Five – Hardship

Style

One timed run through

Timing

Record best time

Workout

Using 10kg+ rock/dumb/kettle and a 5kg+ sledgehammer –

Superset no.1 x 3 (three exercises back to back, no rest, three times) –

1. 25 x rock swings
2. 25 x military press
3. 25 x bicep curls

Superset no. 2 x 3 –

1. 25 x overhead swings
2. 25 x chest press
3. 25 x chest raises

Superset no.3 x 3 –

1. 50 x sledgehammer swings (each side)
2. 25 x press ups

Workout Fifty Six – Old Greybeard

Style

One timed run through

Timing

Record best time

Workout

Using 20kg+ log or bar –

1. 100 x burpee deadlifts
Do a classic burpee over the top of log or bar, then as you stand, grab weight and do deadlift
2. 50 x burpees
3. 25 x get ups with log
Go down to squat over weight, get up lifting weight
4. 10 x strict press ups
5. 25 x get ups with log
6. 50 x burpees
7. 50 x burpee deadlifts

Progression

More burpee deadlifts

Regression

Split burpee deadlifts into separate sets of burpees and deadlifts

Workout Fifty Seven – The Pyramids of Imtep-Ahon

Style

5 round circuit

Timing

One timed run through

Workout

Using 20kg+ log or bar –

1. 20 x thrusters
2. 10 x cleans
With weight down by groin, lift up explosively onto your chest, drop down and repeat
3. 5 x military press

Progression

Increase weight or do 10 rounds

Regression

Reduce weight

Workout Fifty Eight – Wider than Wide

Style

2 round circuit

Timing

One timed run through

Workout

1. 20 x press ups
2. 30 x press ups
3. 10 x press ups
4. 5 x divebomb press ups

Then using a 10kg rock or bell –

1. 20 x bicep curls
2. 30 x bicep curls
3. 5 x military press

Progression

Increase weight or do 5 rounds

Regression

Reduce weight or one round

Workout Fifty Nine – For the Blood God

Style

One timed run through

Timing

Record best time

Workout

Using a 10kg sledgehammer –

1. 100 x sledgehammer swings (50 either side)
2. 100 x bicycle punches
3. 100 x sledgehammer swings (50 either side)
4. 3 x 30 burpees
5. 4 x 25 press ups

Progression

2 rounds

Workout Sixty – Iron and Blood

Style

One timed run through

Timing

Record best time

Workout

Using a 15kg rock/dumb/kettle –

Superset no.1 x 3 (three exercises back to back, no rest, three times) –

1. 100 x 5kg bicycle punches
2. 25 x push ups

Superset no.2 x 3 –

1. 30 x bicep curls
2. 30 x military press
3. 30 x bicep curl to military press (if you use a bar just do clean and press)

Superset no.3 x 3 –

1. 30 x squat chest raise
Hold weight by groin, squat and lift to chest as you stand
2. 30 x thrusters
3. 30 x one armed pick ups (15 each side)
Weight on floor, squat down, pick up with one hand and stand up, squat and place on floor, repeat.

Workout Sixty One – Goreliarth and His Brother

Style

One timed run through

Timing

Record best time

Workout

Using a 20kg+ log/bar –

1. 50 x shoulder lunge walks (25 each side)
Carrying weight over shoulder, do walking lunge, swap sides after 25 and repeat

Superset no.1 x 3 (three exercises back to back no rest three times) –

1. 50 x front squats
Hold weight on front of chest with arms crossed, do classic squat and repeat
2. 50 x burpees
3. 50 x front squats

Progression

More rounds

Workout Sixty Two – Betrayal of Genghis

Style

Three rounds

Timing

One timed run through

Workout

1. 100 x press ups (split how you want, just get to 100)

2. 20 x bear crawls

Go down into classic press up and crawl forward with bum close to the floor.

3. 3 x 5 strict pull ups

Progression

5 rounds

Regression

2 rounds

Workout Sixty Three – Excalibur

Style

Four rounds

Timing

One timed run through

Workout

Using a 5kg+ sledgehammer –

1. 200 x battle swings (100 either side)

Do a lunge and swing sledgehammer over lunging leg as if swinging an axe, stand up and repeat opposite side.

2. 25 x battle swings

3. 25 x press ups

Progression

6 rounds

Regression

2 rounds

ROMULUS' LEGIONS

Workout Sixty Four – The Countdown

Style

One timed run through

Workout

1. 100 x star jumps
2. 20 x press ups
3. 90 x high knees
4. 20 x tricep dips
5. 80 seconds skipping rope
6. 20 x pull ups
7. 70 x jump squats
8. 20 x lunges
9. 60 x bicycle crunches
10. 20 x mountain climbers
11. 50 x frog leaps
12. 20 second plank
13. 40 x jump lunge
14. 20 second plank
15. 30 x burpees
16. 20 x press ups
17. 20 second plank
18. 10 x burpee star jumps
19. 20 second plank

Progression

Two rounds

Workout Sixty Five – Tsathoggua

Style

Two round circuit

Timing

One timed run through

Workout

1. 20 x tricep dips
2. 100 x jumping jacks
3. 40 x swings of a 10kg weight
4. 100 x frog leaps
5. 3 minute plank
6. 100 x bicycle punches
7. 20 x squatting burpees

Progression

5 rounds

Regression

1 round

Workout Sixty Six – Minute Man

Style

One timed run through

Timing

One minute of each exercise

Workout

One minute of the exercise with no rest between sets, rest when you're done -

1. 1 minute squats
2. 1 minute mountain climbers
3. 1 minute swings of a 5kg weight
4. 1 minute divebomb push ups (see previous workouts for description)
5. 1 minute jump lunges
6. 1 minute bicycle punches
7. 1 minute side lunges
8. 1 minute clap push ups
9. 1 minute pull ups

Progression

Two rounds

Regression

30 seconds of each exercise

Workout Sixty Seven – Hindu Kush

Style

Two round circuit

Timing

Record best time

Workout

1. 1 minute skipping
2. 20 x divebomb push ups
3. 1 minute box jumps
4. 5 x burpee pull ups
5. 30 x tricep dips
6. 1 minute jumping knee raises
7. 30 x squat to lunge jumps
8. 1 minute mountain climbers
9. 20 x press ups
10. 1 minute burpees
11. 1 minute plank

Progression

5 rounds

Regression

1 round

Workout Sixty Eight – The Evil Genius

Style

Three round circuit

Timing

Record best time

Workout

1. 3 minute plank
2. 20 x pull ups
3. 3 minute plank

Progression

5 rounds

Regression

2 rounds

Workout Sixty Nine – Twenty Minute Roast

Style

One timed run through

Timing

One minute of each exercise

Workout

1. Skipping
2. Press ups
3. Bear crawl push ups
4. Pulse crunches
5. Jump squats
6. V fold sit ups
7. Tricep dips
8. Burpees
9. Pull ups
10. Jumping lunges
11. Burpees
12. Swings with 5kg weight
13. Squat to lunge jumps
14. Plank
15. Jumping high knees
16. Divebomb push ups
17. Frog leaps
18. Jumping squats
19. Skipping
20. Press ups

Workout Seventy – Creep

Style

Five round circuit

Timing

One timed run through

Workout

1. 1 minute skipping
2. 10 x bear crawls
3. 15 x jump squats to star jump
4. 10 x burpees
5. 15 x burpee pull ups

Progression

10 rounds

Regression

2 rounds

Workout Seventy One – You and Yours

Style

One timed run through

Timing

One minute of each exercise (20 minutes work, no rest)

Workout

1. Burpees
2. Plank
3. Jump squats
4. Press ups
5. Skipping
6. Burpees
7. Leg raises
8. Jump squats
9. Press ups
10. Skipping
11. Burpees
12. Plank
13. Jump lunges
14. Press ups
15. Skipping
16. Burpees
17. Leg raises
18. Jump squats
19. Press ups
20. Skipping

Workout Seventy Two – Brutus

Style

Five round circuit

Timing

One timed run through

Workout

1. 2 minute skipping
2. 5 x pull ups
3. 15 x press ups
4. 30 x pulsing crunches
5. 15 x burpees

Progression

10 rounds

Regression

2 rounds

Workout Seventy Three – Hillmen

Style

One timed run through

Timing

One minute of each exercise

Workout

1. Press ups
2. Jump squats
3. Pull ups
4. Bear crawl
5. Burpees
6. Press ups
7. Box jumps
8. Plank
9. Bear crawl
10. Burpees
11. Press ups
12. Jump lunges
13. Leg raises
14. Bear crawl
15. Burpees
16. Skipping
17. Pull Ups
18. Plank
19. Jump Squats
20. Plank

Workout Seventy Four – The Screamer

Style

One timed run through

Timing

One minute of each exercise

Workout

1. Burpees
2. Plank
3. Jump squats
4. Press ups
5. Skipping
6. Burpees
7. Leg raises
8. Jump squats
9. Press ups
10. Skipping
11. Burpees
12. Plank
13. Jump lunges
14. Press ups
15. Skipping

THEN, 3 rounds of the following –

1. 10 x pull ups
2. 20 x swings of a 5kg weight
3. 30 x shoulder press of a 5kg weight

Workout Seventy Five – Funf Minuten

Style

10 round circuit

Timing

One timed run through

Workout

1. 10 x burpees
2. 10 x press ups
3. 20 x lunges
4. 1 minute plank

Progression

More rounds

Regression

Less rounds

Workout Seventy Six – Run! To Battle!

Style

5 round circuit

Timing

One timed run through

Workout

1. 1 minute sprint
2. 20 x burpees
3. 1 minute sprint
4. 20 x press ups
5. 1 minute sprint
6. 20 x lunge walk

Progression

10 rounds

Regression

3 rounds

Workout Seventy Seven – The Rack

Style

One timed run through

Timing

Record best time

Workout

1. Three mile run
2. 5 minute plank

Progression

2 rounds

Regression

Half the time and distance

Workout Seventy Eight – Nose in the Dirt

Style

One timed run through

Timing

One minute of each exercise

Workout

1. Plank
2. Bear crawl
3. Bunny hops
4. Mountain climbers
5. Press ups
6. Leg raises
7. Sit ups
8. Press ups
9. Shoulder row with 5kg dumbbell
10. Plank
11. Burpees
12. Squats

Progression

Two rounds

Workout Seventy Nine – Climb That Wall

Style

One timed run through

Workout

1. 2 minutes skipping rope
2. 1 minute press ups
3. 2 minutes skipping rope
4. 1 minute plank
5. 2 minutes skipping rope
6. 1 minute squats
7. 2 minutes skipping rope
8. 1 minute swings of 5kg weight
9. 2 minutes jump rope
10. 1 minute jump squats

Progression

2 rounds

Regression

1 minute of each exercise

Workout Eighty – Torture Chamber

Style

One timed run through

Timing

Record best time

Workout

1. 1000 metre sprint
2. 60 x weighted squats
3. 50 x press ups
4. 40 x weighted sit ups
Normal sit up but with dumbbell plate or rock on your chest
5. 30 x weighted squats
6. 20 x press ups
7. 10 x weighted sit ups
8. 1 minute plank

Progression

2 rounds

Regression

Half the amount of reps/times

Workout Eighty One – Fuel for the Fire

Style

One timed run through

Timing

Record best time

Workout

1. 4 mile run
2. 4 x 8 deadlifts of 30-50kg bar/log
3. 2 minutes of weighted lunge walk
Repeated lunges whilst holding/carrying weight
4. 1 minute simulated wall ball shots
Stand next to a wall and squat, jump and explosively thrust arms out as if throwing a ball
5. 1 minute of bicep curls with 5-10kg dumb/rock/kettle

Progression

2 rounds (without the 4 mile run)

Regression

Half the run distance (2 miles)

Workout Eighty Two – The Ogre Throne

Style

One timed run through (30 minutes total)

Workout

1. 10 minutes of sledgehammer swings
Stand with legs braced and swing sledgehammer down from one shoulder to the opposite hip as if chopping wood, swap sides and repeat.
2. 10 minutes of sledgehammer slams
Stand with legs braced and swing sledgehammer down overhead and slam into the floor, pull out of ground and repeat.
3. 10 minutes of sledgehammer controlled descents
Hold sledgehammer overhead and slowly and with maximum control allow it to descend, a slow motion swing, eccentric hold.

Progression

Double time, so one hour total

Regression

Half time, so 15 mins total

Workout Eighty Three – Crom’s Tower

Style

One timed run through (15 minutes total)

Workout

1. 5 x 1 minute of burpees
2. 5 x 1 minute of mountain climbers
3. 5 x 1 minute of burpees

Progression

Double time, so 30 mins total

Regression

Four sets

Workout Eighty Four – Heaven

Style

One timed run through (15 minutes total)

Workout

1. 5 x 1 minute of pull ups
2. 5 x 1 minute of burpees
3. 5 x 1 minute of pull ups

Progression

Double time, so 30 mins total

Regression

Four sets

Workout Eighty Five – On Your Feet Soldier

Style

One timed run through

Timing

Record best time

Workout

Whilst wearing a 5-10kg weight vest or backpack for the run, then take off for the exercise sets –

1. 1.5 mile run
2. 100 x burpees
3. 50 x press ups
4. 50 x jump squats
5. 1.5 mile run

Progression

Double press ups and jump squats

Regression

Half distance and reps

Workout Eighty Six – Concentration Camp

Style

One timed run through

Timing

Record best time

Workout

Using a backpack filled with rocks or plates, weighing over 10kg –

1. 1.5 mile run with backpack
2. 25 x power lifts
Put backpack on floor, squat over it, lift it up and stand, put back down onto floor and repeat
3. 50 x lunge walks with backpack over shoulder
4. 50 x bear crawls whilst pushing/pulling backpack along the floor

Progression

3 mile run and double power lifts

Regression

Half mile run and half reps

Workout Eighty Seven – Tossing the Caber

Style

One timed run through

Timing

Record best time

Workout

Using a 5-10kg rock or medicine ball –

1. 2 x 50 squat jump throws
With weight down by groin, squat down and jump up, throwing weight as high as you can into the air. Go and pick up and repeat.
2. 2 x 50 squats
3. 2 x 50 rock lifts
Place rock on floor, squat over, pick up and stand up
4. 2 x 50 squat jump throws

Progression

Two rounds

Regression

25 reps of each move

Workout Eighty Eight – Death from Above

Style

One timed run through

Timing

Record best time

Workout

1. 4 x 25 jump squats
2. 4 x 25 squats
3. 4 x 25 burpees
4. 4 x 25 frog leaps
5. 4 x 25 burpees
6. 4 x 25 jump squats
7. 4 x 25 burpees

Progression

Two rounds

Regression

2 sets of each 25

Workout Eighty Nine – Jotun

Style

One timed run through

Timing

Record best time

Workout

Using a partner or a VERY heavy backpack (20kg+) -

1. 50 x carrying weight up and down a flight of stairs
2. 50 x burpees
3. 50 x running up and down flight of stairs
4. 1km fireman carry

Put partner or backpack over one shoulder in classic firemans lift position and walk one kilometre.

Progression

Double reps and distances

Regression

Half reps and distances

Workout Ninety – Red Beard

Style

One timed run through

Timing

Record best time

Workout

Using a 5kg+ sledgehammer -

1. 200 x sledgehammer swings (100 either side)
2. 50 x nose touches

Hold the hammer out in front of you with straight arm and very carefully and slowly reach the weight back with bent elbow so hammer touches your nose, extend out and repeat.

3. 100 x overhead sledgehammer slams

Hold hammer in two hands, lift overhead and slam violently down into the ground in front of you, pull out and repeat.

4. 50 x burpees

Progression

2 rounds

Regression

Half reps

Workout Ninety One – Black Beard

Style

One timed run through

Timing

Record best time

Workout

Using a 5kg+ sledgehammer -

1. 100 x sledgehammer swings (50 either side)
2. 50 x nose touches
Hold the hammer out in front of you with straight arm and very carefully and slowly reach the weight back with bent elbow so hammer touches your nose, extend out and repeat.
3. 200 x overhead sledgehammer slams
Hold hammer in two hands, lift overhead and slam violently down into the ground in front of you, pull out and repeat.
4. 100 x burpees

Workout Ninety Two – The Drunk

Style

One timed run through

Timing

Record best time

Workout

1. 50 x jump squats
2. 100 x squats
3. 25 x jump squat to lunge
4. 100 x lunges (50 each side)
5. 50 x jump squats
6. 50 x burpees

Progression

2 rounds

Regression

Half reps

Workout Ninety Three – Do the Roar

Style

Five round circuit

Timing

One timed run through

Workout

Using a 20kg+ bar/log –

1. 25 x front squats
With weight over chest and arms folded, do classic squat, bend at knees, 90 degree angle, focus in buttocks.
2. 25 x thrusters
With weight over chest and hands underneath, squat and explosively stand up whilst pushing weight above head like a military press.
3. 25 x deadlifts

Progression

10 rounds

Regression

2 rounds

Workout Ninety Four – The Spearwife

Style

Ten rounds

Timing

One timed run through

Workout

1. 20 x high intensity sledgehammer slams (10 each side)
2. 20 x double swings
Swing one side violently, up and under, using momentum to swing weight behind your head and violently to other side as if the hammer was an axe, in battle...
3. 30 x burpees

Progression

15 rounds

Regression

5 rounds

Workout Ninety Five – Horn of the Gods

Style

One timed run through

Timing

Record best time

Workout

Using a 10kg weight vest or a backpack with weights in –

1. Run 3 miles
2. 50 x burpees
3. 2 minute plank
4. Run 3 miles

(best option is run three miles, do mini workout then run back)

Progression

Double distance

Regression

Half distance

Workout Ninety Six – Little Red Riding Hood

Style

3 rounds

Timing

One timed run through

Workout

1. 3 minute plank
2. 3 minute skipping rope
3. 2 minute plank
4. 2 minute skipping rope
5. 30 x burpees
6. 20 x press ups

Progression

5 rounds

Regression

2 rounds

Workout Ninety Seven – A Town Called Pussy

Style

Three rounds

Timing

Record best time

Workout

1. 30 x bicycle crunches
2. 1 minute plank
3. 30 x crunches
4. 2 minute plank
5. 30 x leg raises
6. 3 minute plank

Progression

More rounds

Regression

Half reps and time

Workout Ninety Eight – After Me the Deluge

Style

One timed run through

Timing

Record best time

Workout

1. 1 minute plank
2. 30 x squats
3. 1 minute plank
4. 30 x jump squats
5. 1 minute plank
6. 30 x burpees
7. 1 minute plank
8. 30 x burpees
9. 1 minute plank
10. 30 x burpees

Progression

2 rounds

Regression

30 second planks

Workout Ninety Nine – Belly Dancer

Style

4 rounds

Timing

One timed run through

Workout

1. 2 minute plank
2. 1 minute bear crawling
3. 2 minute plank
4. 30 x bear crawl push ups
5. 1 minute plank
6. 50 x burpees
7. 50 x press ups
8. 50 x pulse crunches

Progression

More rounds

Regression

Less rounds

Workout 100 – The Return of the King (Unique Workout)

Style

One timed run through

Timing

Record best time

Workout

Wearing a 10kg weight vest or backpack with weight inside –

1. 200 x press ups
2. 150 x burpees
3. 5 x 2 minute plank

Progression

2 rounds (but not until you can complete 100 reps without rest)

Regression

Half reps or without vest/backpack