

# WEEK OFF PROTOCOL

My true recommendation for this week is to take it easy and give your body a rest. We have worked extremely hard this past 6 weeks and it has probably taken a toll on many of you. The goal is to come back to Phase #2 feeling refreshed and ready to hit it again. Use this guide to help you if you feel like still getting in some workout days. There are 2 days of resistance training and a cardio option listed. They can be repeated if necessary. Take a day off between resistance days to let your body rest. Cardio can be done between resistance days. Enjoy! -Shawn

## Resistance Training

### Day #1: Fat Loss/Metabolic Workout-Bodyweight Drills

Do each exercise for repetitions (with no rest between exercises) and rest for 1 minute at the end of the round. Complete 4-6 rounds for a full fat burning workout.

1. Prisoner or Hindu Squats (prisoner=hands behind head)-20 reps
2. Inchworm Pushups (stand on 1 or 2 feet...walk out on hands, do pushup and walk back to feet on hands)-8-10 reps
3. Prisoner Front Lunges 8-10 reps
4. Pull-ups or Bodyweight Rows on the Door Frame (straddle the door frame and hold on tight...pull your chest towards it)-8-10 reps
5. Frog Hops-10 reps

---

### Day #2: Strength Building Workout-Bodyweight Drills

Do each exercise for repetitions with 30 seconds of rest between each exercise and a 1-2 minute rest at the end of the round. Complete 5 rounds for a full strength-building workout.

1. Pistol (1-Legged Squat)-5-8 Reps
2. Super Slow Pushups (5 seconds to lower, 5 seconds to rise)-5-8 reps
3. Super Slow Pullups (5 seconds to lower, 5 seconds to rise)-5-8 reps
4. Plank-Hold for at least 1 minute

Finish with 1 round (4 minutes total) of Tabata Protocol (20 sec. work/10 sec. rest) of:

1. Jumping Jacks
2. Mountain Climbers or Burpees or Kettlebell Swings

Alternate each work session between each exercise.

If you have a kettlebell handy: Feel Free to do swings in place of any higher heart rate drill.

---

## Cardio Days

All days: I don't recommend this very often but skip the intervals this week and go out and take a long walk, run or bike ride. Get outside and enjoy your time off. Remember, rest is just as important as the workout.

If you must do intervals to feel productive and have a kettlebell, follow the 10-12 minute RKC Program Minimum for Swings. Do them until you feel you need to stop, jog in place, pick it up again and start swinging. Repeat until 10-12 minutes is up.