

DIY TRAINING PLAN

IT'S ALMOST SUMMER, SO STOP WISHING FOR ABS AND START WORKING FOR THEM.

POWERED BY



AIM FOR 4-5 WORKOUTS PER WEEK

CHOOSE 2 FULL BODY WORKOUTS + 1 UPPER BODY + 1 LOWER BODY
BONUS: ADD 1 CORE FINISHER CIRCUIT AND A 'RAISE THE STEAKS' CHALLENGE POST-WORKOUT



PICK 2 FULL BODY WORKOUTS

BASIC BURNER
5 ROUNDS
20 SQUATS
15 PUSH UPS
10 BURPEES

HIIT IT
4 ROUNDS
10 DUMBBELL CLEANS
10 DUMBBELL PRESSES
10 WALL BALLS
10 SIT UPS
50 JUMP ROPE

DOUBLE DOWN
2 ROUNDS
10 PUSH UPS
20 HIGH KNEES
30 SQUATS
40 SECOND JUMPING JACKS
50 SECOND PLANK
40 MOUNTAIN CLIMBERS
30 SQUATS
20 PUSH UPS
10 BURPEES

BELLS AND BALLS
4 ROUNDS
10 KETTLEBELL DEADLIFT
HIGH PULLS
20 KETTLEBELL SWINGS
20 MEDICINE BALL TOE TOUCHES
10 SQUAT JACKS

PICK 1 LOWER BODY WORKOUT

TRAIN HARD
4 ROUNDS
10 GOBLET SQUATS
30 HIGH KNEES
12 DUMBBELL DEADLIFTS
50 JUMP ROPE

NO EXCUSES
4 ROUNDS
20 SQUATS
15 JUMPING LUNGES (EACH LEG)
20 SKATERS

LIVE FIT
4 ROUNDS
10 OVERHEAD LUNGES (EACH LEG)
10 DUMBBELL SQUATS
10 DUMBBELL STEP UPS
10 BURPEES

BREAK IT UP
1/2 MILE RUN
100 SQUATS
80 LUNGES
60 MOUNTAIN CLIMBERS
40 DUMBBELL STEP UPS
20 SQUAT JUMPS
10 BURPEES

PICK 1 UPPER BODY WORKOUT

LEVEL UP
4 ROUNDS
15 SANDBAG ROWS
10 OVERHEAD SANDBAG PRESSES
10 SANDBAG FRONT SQUATS
REST 1 MINUTE

15 MINUTE GRIND
15 KETTLEBELL SWINGS
10 KETTLEBELL SUMO DEADLIFT HIGH PULLS
5 PULL UPS
REST 30 SECONDS

NO REST
3 ROUNDS
15 PUSH UPS
15 DUMBBELL SHOULDER PRESSES
15 SINGLE ARM ROWS

SEVENS
7 ROUNDS
7 BICEP CURLS
7 HAMMER CURLS
7 LATERAL RAISES
7 SHOULDER TAPS

BONUS: CORE BURNERS

GUT BUSTER
3 ROUNDS
10 KNEE RAISES
10 DUMBBELL SIT UPS
10 KNEE TOUCHES

AB ATTACK
3 ROUNDS
20 RUSSIAN TWISTS
50 FLUTTER KICKS
1 MINUTE PLANK
30 SIT UPS

CORE CRUSHER
3 ROUNDS
30 TOE TAPS
10 DUMBBELL SIT UPS
30 BICYCLE CRUNCHES

BELLY BURNER
3 ROUNDS
30 SECONDS EACH MOUNTAIN CLIMBERS
HOLLOW HOLD
PLANK

FUEL UP WITH



KILL THE QUIT WITH



GEAR UP WITH



RAISE THE STEAKS WITH



RAISE THE STEAKS CHALLENGE



CREATE YOUR OWN INSANE WORKOUT MOVES

OR PICK ONE OF OURS

IN THE GYM

- MAX WEIGHT DEADLIFT
- MAX HEIGHT BOX JUMP
- MAX WEIGHTED PULL UPS
- PEG BOARDS
- BOULDERING
- HANDSTAND WALK THROUGH
OR AROUND AGILITY LADDERS
OR WEIGHTS
- WEIGHTED RING DIPS
- RING HANDSTAND PUSH UPS
- TURKISH GET-UPS WITH A HUMAN,
KETTLEBELL, OR BAR
- ONE ARM KETTLEBELL SNATCH
- BUTTERFLY PULL UPS
- BAR MUSCLE UP
- STRICT RING MUSCLE UP
- ROWING RACE WITH YOUR PARTNER
- SPRINTING RACE WITH YOUR PARTNER
- SKI-ERG RACE WITH YOUR PARTNER
- BATTLE ROPES

- SLED PUSH
- BENCH PRESS
- CLEANS
- DEADLIFTS

YOU GET THE IDEA...

GET OUTSIDE:

- BACKFLIP BURPEES
- ROCK CLIMBING
- LOG DEADLIFT
- LOG SQUATS
- TREE PULL UPS
- BACK SQUATS
- FRONT SQUATS
- ROCK SQUATS
- ROCK THRUSTERS
- OVERHEAD SQUATS WITH A HUMAN, TREE,
ODD OBJECT, OR BAR

SHARE ON INSTAGRAM:

1. IN THE MONTH OF JUNE, POST A VIDEO ON INSTAGRAM SHOWING HOW YOU **#RAISETHESTEAKS** WITH YOUR TRAINING
2. FOLLOW **@TOUGH_MUDDER**
3. TAG YOUR POST WITH **#RAISETHESTEAKS** & **#TOUGHERTOGETHER**

LOOK OUT, WE'LL RESHARE SOME OF OUR FAVORITE VIDEOS AND GIVE AWAY A LIMITED NUMBER OF JACK LINK'S NEW STEAK STRIP BARS, MADE WITH 100% BEEF AND 200% TASTE.

