

JUMP SHIP TRAINING SAMPLE 90 MINUTE PROGRAM

| DAY 1 | DAY 2 | DAY 3 |
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| <p>Warm Up Min 0-9 1000m Row 30 Weighted Box Step Ups 30 Air Squats</p> <p>Get Strong Min 20-32 Back Squat In 6:00 complete 3x5 In 4:00 complete 2x3 In 2:00 complete 1x1</p> <p>Get Fast Min 50-66 Every 4:00 for 16:00 30 Alt Pistols 20 Toes to Bar Max Rep DB Snatch 50/35 (Goal is 20+ Snatch per round)</p> <p>Finisher Min 83-90 AMRAP 7 800m Row 30 Front Squats 155/105 Max Distance Row</p> <p>DAILY FOCUS: - Keep rest to a minimum on Squats - Pass DB hand to hand in front of the face or higher - Go for big sets on the Squats, even if that slows down your Row pace on the back end</p> | <p>Warm Up Min 0-8 400m Run 20 S-Arm DB Snatch 400m Run 20 S-Arm OHS</p> <p>Get Powerful Min 21-36 Power Snatch 8:00 to establish a 1RM Rest 2:00 Every :20 for 5:00 Hit 1 Rep at 75%+</p> <p>Get Fit Min 50-65 AMRAP 15 15/9 Calorie Bike 5 Power Snatch 95/65 5 Overhead Squat 95/65 15/10/10, 15/15/15, 15/20/20, etc..</p> <p>Quality Time Min 82-90 Every 2:00 for 8:00 20 Box Jump Overs 24/20" 1 Max Set HSPU</p> <p>DAILY FOCUS: - You may find you re-establish your 1RM on the every :20 portion - Be tough on the barbell sets - Take a quick pause after the Box Jumps before starting the HSPU set</p> | <p>Warm Up Min 0-10 3:00 Bike 1:00 Squat Hold 1:00 w/ Jump Rope 1:00 Wallballs 1:00 w/ Jump Rope 3:00 Bike</p> <p>Get Powerful Min 22-37 Thruster Ladder EMOM until failure 20 Double Unders 1 Thruster 155/115 Increase by 10/5 each rep (Goal should be 10+ reps)</p> <p>Get Fit Min 53-64 AMRAP 11 33 Wallballs 20/14 11 Power Clean 135/95</p> <p>Quality Time Min 80-90 3 Rounds 20 GHD Sit Ups 60 Double Unders 20 Chest to Bar 10 Min Cap</p> <p>DAILY FOCUS: - If you're not going to hit 245/195+ start lighter - Sets of Wall Balls, Fast Singles on Cleans - It's okay not to finish the QT, try to move like a pro throughout</p> |

COMPETITOR'S EXTRA PIECES

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| <p>Hang Power Clean 12:00 to establish a 2RM</p> <p>Run 1600m Rest 3:00 1200m Rest 2:00 800m Rest 1:00 400m</p> | <p>Snatch Balance EMOM for 10:00 Complete 1 Rep Increase weight EMOM</p> <p>Ski 2000m Every 2:00 until completion (including 0:00) 50' HS Walk</p> | <p>Front Squat Complete the following sets in 12:00 7-5-3-1-1-1</p> <p>Row 500m x 8 Rest :90 Decrease finishing time by :01 each round For each second off +/- complete 2 Burpees</p> |
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JUMP SHIP 60

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| <p>Warm Up Min 0-6 4x 250m Row 12 Weighted Box Step Ups each</p> <p>Get Strong Min 13-25 Back Squat In 6:00 hit a heavy set of 5 In 4:00 hit a heavy set of 3 In 2:00 hit a heavy single</p> <p>Get Fast Min 33-49 Every 4:00 for 16:00 30 Pistols 20 Toes to Bar Max Rep DB Snatch 50/35 (Goal is 20+ Snatch per round)</p> <p>Finisher 54-60 AMRAP 6 750m Row 25 Front Squats 155/105 Max Distance Row</p> | <p>Warm Up Min 0-6 200m Run 20 S-Arm DB Snatch 200m Run 20 S-Arm OHS</p> <p>Get Powerful Min 14-27 Squat Snatch 8:00 to establish a 1RM Rest 2:00 AMRAP 3:00 Max reps at 70%</p> <p>Get Fit Min 33-45 AMRAP 12 12/7 Calorie Bike 5 Power Snatch 95/65 5 Overhead Squat 95/65 12/10/10, 12/15/15, 12/20/20, etc..</p> <p>Finisher 54-60 Every 1:30 for 6:00 15 Box Jump Overs 24/20 1 Max Set HSPU (deficit?!)</p> | <p>Warm Up Min 0-6 2x 1:00 Bike 1:00 Jump Rope 1:00 Air Squats</p> <p>Get Powerful Min 14-24 EMOM until failure 20 Double Unders 1 Thruster 155/105 (135/95 scaled) Increase weight each round 10 Minute Cap</p> <p>Get Fit Min 34-45 AMRAP 11 33 Wallballs 20/14 11 Power Clean 135/95</p> <p>Finisher Min 53-60 For time: 60 Double Unders 50 GHD Sit Ups 40 Chest to Bar 7 Min Cap</p> |
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