



STRENGTH N HONOR TRAINING

"FEATS OF STRENGTH"

+

"CHALLENGES"

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****WARNING** THESE ARE NOT FOR BEGINNERS! THESE CHALLENGES ARE DESIGNED FOR EXPERIENCED ATHLETES THAT ALL READY HAVE A STRONG FOUNDATION AND GOOD FORM IN ALL ASPECTS OF THE EXERCISES. ALWAYS BE WARMED UP PROPERLY AND HAVE EXPERIENCE WITH THE EXERCISE THAT IS BEING USED IN THE CHALLENGE! PROCEDE AT YOUR OWN RISK!!**

Over the last decade or so we have compiled some awesome ways to test and challenge our athletes and clients. Some we have borrowed from other great trainers around the world and some we have conjured up ourselves in search of ways to push our savages to their limits!

During normal training sessions we typical use a challenge as a finisher or to light some competitive fires and get the weight room atmosphere through the roof.

Use them sparingly and be properly warmed up. We recommend 1 to 2 challenges a week. For most, giving yourself 3 weeks before you go back and try to beat the challenge again is good. Some more elite athletes can handle 2-4 challenges a week but only in the off season. For athletes these can be big stressors on the CNS and tax the body so be sure not to let these interfere with your recovery process of your main training goals.

BENCH PRESS CHALLENGE

100 REPS @ 60% OF BODYWEIGHT FOR TIME

EXAMPLE:

BODY WEIGHT 200 LBS X 60 % = 120LBS

PROPER WARM UP
THEN ONTO THE BENCH!

1 SET OF 12 JUST THE BAR

1 SET OF 10 WITH YOUR NORMAL WEIGHT YOU USE FOR 10 REPS

1 SET OF 6 WITH YOUR NORMAL WEIGHT YOU USE FOR 6 REPS

1 SET OF 3-5 FAIRLY HEAVY YOU DONT WANT TO GO TO FAILURE
HERE BUT YOU WANT ENOUGH WEIGHT ON THE BAR TO
CHALLENGE YOU A BIT.

REST 3 MINUTES THEN GET AFTER IT!

***YOU MUST HAVE A SPOTTER WHO WILL KEEP A CLOSE EYE ON
YOU!***

HAVE PARTNER START THE CLOCK AFTER THE FIRST REP TOUCHES
YOUR CHEST!

ALL REPS MUST TOUCH YOUR CHEST

ALL REPS MUST REACH LOCKOUT

DON'T BOUNCE THE BAR OFF YOUR CHEST

ANY REP SPOTTER TOUCHES THE BAR DO NOT COUNT!

ONCE YOU FATIGUE AND CANNOT GET A CLEAN REP RACK THE BAR

SPOTTER CAN GIVE YOU A LIFT OFF THE RACK AFTER EVERY
RESTART

SPOTTER COUNTS YOUR REPS YOU FOCUS ON FORM

SPOTTER CALLS OUT EVERY 10 REPS

GOOD LUCK!

VIDEO & TAG @STRENGTHNHONORTRAINING #100REPCHALLENGE

FARMERS WALK FOR DISTANCE

A DUMBBELL 40-50% OF BODY WEIGHT IN EACH HAND

FARMERS WALKS ARE A VERY SIMPLE BUT EXTREMELY AFFECT EXERCISE TO BUILD FUNCTIONAL STRENGTH AND PUSH THE MIND AND BODY WITH.

EXAMPLE:

BODY WEIGHT 200 X 40 % = 80LBS DUMBBELL EACH HAND

BEST PLACE TO DO THIS IS ON A FOOTBALL FIELD

IF YOU CANNOT GET ON A FIELD MAP OUT YOUR ROUTE AND MEASURE THE DISTANCE FIRST OUR GYM ROUTE EACH LAP IS ROUGHLY 33 FEET.

AFTER WARM UP PROPERLY

GRAB YOUR SET OF DUMBBELLS SHOULDER BLADES BACK CORE TIGHT AND START WALKING

NO RUNNING! NORMAL WALKING AS IF YOU WERE IN A LIBRARY IS A GOOD PACE.

WALK UNTIL YOU HAVE TO PUT THEM DOWN

BEND AT THE KNEES, DROP YOUR HIPS AND LOWER THE DUMBBELLS TO THE GROUND WITH YOUR CHEST UP

DO NOT DROP DUMBBELLS ON YOUR FEET!!!

FARMERS WALKS FOR TIME

A 30-50 LB DUMBBELL IN EACH HAND

EXAMPLE:

35 LB DUMBBELL IN EACH HAND

MAP OUT A ROUTE WHERE YOU WILL NOT GET INTERRUPTED

AFTER WARM UP PROPERLY

GRAB YOUR SET OF DUMBBELLS SHOULDER BLADES BACK CORE
TIGHT AND START WALKING

CLOCK STARTS ONCE BOTH DUMBBELLS ARE LIFTED IN HANDS

NO RUNNING! NORMAL WALKING AS IF YOU WERE IN A LIBRARY IS
A GOOD PACE.

WALK UNTIL YOU HAVE TO PUT THEM DOWN

BEND AT THE KNEES, DROP YOUR HIPS AND LOWER THE
DUMBBELLS TO THE GROUND WITH YOUR CHEST UP

DO NOT DROP DUMBBELLS ON YOUR FEET!!!

VIDEO & TAG @STRENGTHNHONORTRAINING #FARMERSWALKS

DEAD HANG

IN A OVERHAND GRIP HANG FROM A PULL UP BAR OR RACK

THIS IS ANOTHER SIMPLE BUT KILLER CHALLENGE IT REALLY PUSHES THE MIND TO SEE WHAT THE BODY CAN ENDURE.

WITH A OVERHAND GRIP A LITTLE BIT WIDER THAN SHOULDER WIDTH GRAB THE PULL UP BAR LIKE YOU WERE ABOUT TO DO A PULL UP.

YOU MUST BE ABLE TO HANG WITHOUT TOUCHING THE GROUND

START THE CLOCK AND HANG UNTIL YOU CAN'T HANG ON ANY LONGER!

OVER 2 MINUTES YOUR DOING GOOD HIT 3 MINUTES AND YOUR A BEAST!

VIDEO & TAG @STRENGTHNHONORTRAINING #HANGCHALLENGE

90/90 HANG CHALLENGE

ON A PULL UP BAR PULL YOURSELF UP TIL YOUR ARMS AT A 90 DEGREE ANGLE THEN PULL YOUR KNEES UP TO A 90 DEGREE ANGLE HOLD POSITION FOR TIME

THIS TEST REALLY PUTS YOUR CORE TO THE TEST ALONG WITH GRIP AND UPPER BODY STRENGTH

CLOCK STARTS WHEN YOUR ARMS AND KNEES ARE AT 90 DEGREES.

WE ALWAYS LIKE USING A 2.5 LB PLATE RESTING ON KNEES TO KNOW WHEN YOU DROP PAST 90 DEGREES OR HAVE YOUR PARTNER KEEP A CLOSE EYE.

YOU GET 1 WARNING TO STAY AT 90 OR ABOVE SECOND WARNING YOUR DONE!

VIDEO & TAG @STRENGTHNHONORTRAINING #HANGCHALLENGE

AIRDYNE "THE DEVIL'S TRICYCLE"

AIRDYNE BIKE FOR TIME OR CALORIES

THE AIRDYNE IS CALLED "THE DEVIL'S TRICYCLE" FOR A REASON.
IF YOU PUSH THE PACE AND COMPETE AGAINST TO THE CLOCK IT
IS

A FULL BODY , LUNG BURNING , WILL TESTING MACHINE!

VERY SIMPLE PEDAL AND PEDAL HARD

TEST 1

GOAL- 300 CALORIES IN 10 MINUTES

10 MINUTE RIDE FOR MOST CALORIES YOU CAN BURN!

TEST 2

INTERVALS

12 SECONDS ALL OUT

20 SECONDS COAST

6 ROUNDS

TOTAL CALORIES BURNED

115 CALORIES YOUR A BEAST!

VIDEO & TAG @STRENGTHNHONORTRAINING #AIRDYNE

CONCEPT 2 ROWER OR SKI ERG

ROW ROW YOUR BOAT 2000M FOR TIME

OR

SKI SKI YOUR WAY TO 2000M FOR TIME

USING THE CONCEPT 2 ROWER OR THE CONCEPT SKI ERG YOU ARE GOING AT YOUR BEST PACE TO TO COMPLETE 2000 METERS AS QUICK AS POSSIBLE.

UNDER 8 MINUTES IS PRETTY DARN GOOD

UNDER 7 MINUTES YOUR A BEAST

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#2000METERCHALLENGE

PUSH LADDER CHALLENGE

USING GOOD PUSH UP FORM YOU ARE DOING REPS FOLLOWED BY A 5 SECOND NEGATIVE.

HERE IS WHAT THE LADDER LOOKS LIKE

1 REP THEN A 5 SECOND NEGATIVE
2 REPS THEN A 5 SECOND NEGATIVE
3 REPS THEN A 5 SECOND NEGATIVE
4 REPS THEN A 5 SECOND NEGATIVE
5 REPS THEN A 5 SECOND NEGATIVE
6 REPS THEN A 5 SECOND NEGATIVE
7 REPS THEN A 5 SECOND NEGATIVE
8 REPS THEN A 5 SECOND NEGATIVE
9 REPS THEN A 5 SECOND NEGATIVE
10 REPS THEN A 5 SECOND NEGATIVE

REPS MUST BE A FULL LOCK OUT AND CHEST DOWN TO 1 INCH OFF THE FLOOR

ELBOWS MUST BEND TO START THE 5 SECOND NEGATIVE

THIS IS BRUTAL I HAVE SEEN PLENTY ACCOMPLISH IT WITH GARBAGE FORM!!!! YOU FINISH THIS LADDER WITH GOOD FORM YOU ARE A #BAMF PLAIN AND SIMPLE AND WE WILL POST YOUR VIDEO! GETTING CLOSE TO COMPLETING THIS POST IT AND TAG!

VIDEO & TAG @STRENGTHNHONORTRAINING #PUSHUPCHALLENGE

PUSH UP REP CHALLENGE

DO AS MANY FULL PUSH UPS IN 4 MINUTES

VERY SIMPLE CHALLENGE PUSH UP TIL YOU CAN'T MOVE! REST
REPEAT FOR 4 MINUTES STRAIGHT

SOME BENCHMARKS FOR YOU

100 REPS BEGINNER

150 BETTER

200 ATHLETE

250 SAVAGE

VIDEO & TAG @STRENGTHNHONORTRAINING #PUSHUPCHALLENGE

DEAD HANG PULL UPS

FULL DEAD HANG PULL UPS AS MANY AS YOU CAN NO TIME LIMIT

ON A PULL UP BAR START IN A COMPLETE DEAD HANG WITH AN UNDERHAND GRIP PULL YOURSELF UP TIL YOUR CHIN IS AT THE BAR HEIGHT OR ABOVE ONCE YOU LET GO OF THE BAR OR TOUCH THE GROUND THE CHALLENGE IS OVER!

SOME BENCHMARKS

5-10 AVERAGE

11-15 GOOD

16-20 ATHLETE

20-25 HAMMER

26 + SAVAGE