

FALCON STRENGTH
BuiltToLast
No Equipment Training Manual

Training Session 1: Upper Body

Warm up: Small arm circles 2x20 forwards + 2x20 backwards, high plank 2x1min, side plank 2x30sec e

1. Push ups 3x10
2. I,Y,T 3x5e
3. Chair dips 3x10
4. Shoulder taps 3x10e

Training Session 2: Lower Body

Warm up: Fire Hydrants 2x10e, donkey kicks 2x10e

1. Bodyweight squat 3x15
2. Split jumps 3x5e
3. Step ups 3x10e (stairs are a good option to step up on)
4. Bulgarian split squat 3x10e

Core: Sit ups 3x25

Training Session 3: Set a timer to 20 minutes and complete as many rounds as possible (AMRAP) until the time is up.

1. Squat jumps x5
2. Push ups x10
3. Sit ups x15
4. Bodyweight squats x20

LUNGAPALOOZA CHALLENGE: Walk off 40 yards then perform walking lunges for the 40 yards. When you get done lunging, complete bodyweight squats for the same amount of reps that it took you to lunge the 40 yards (for example, if it took you 25 lunges to reach 40 yards, then complete 25 bodyweight squats). Repeat this 7 times as fast as possible and record your time at the end. Knee should tap the ground each lunge and squats should be at least parallel (straight line from knee to hip crease).

PUSH UP CHALLENGE: Total push ups is 210. Goal is to complete in under 10 minutes

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|----------------|-----------------|
| Set 1: 20 reps | Set 11: 15 reps |
| Set 2: 1 rep | Set 12: 6 reps |
| Set 3: 19 reps | Set 13: 14 reps |
| Set 4: 2 reps | Set 14: 7 reps |
| Set 5: 18 reps | Set 15: 13 reps |
| Set 6: 3 reps | Set 16: 8 reps |
| Set 7: 17 reps | Set 17: 12 reps |
| Set 8: 4 reps | Set 18: 9 reps |
| Set 9: 16 reps | Set 19: 11 reps |
| Set 10: 5 reps | Set 20: 10 reps |

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Linear Sprint Training Session:

1. 40 yard sprint-10 reps
2. 30 yard sprint-10 reps
3. 20 yard sprint-10 reps

Hill Sprints: 10 sprints up a hill

Agility Training Session: Use an object for yard markers

1. Side shuffle up 5 yards, side shuffle back 5 yards, sprint 20 yards-3 reps facing each way (6 total reps)
2. Sprint up 5 yards, back pedal 5 yards, sprint 20 yards-3 reps
3. Pro agility-4 reps (end markers should be 10 yards apart. Starting line should be directly in between the 2 end markers. This means the starting line is 5 yards apart from both end markers)

Mobility: Can be implemented as part of any training session

1. Spiderman lunge (knee stays behind toe) 3x10sec e
2. Cradle stretch 3x10sec e
3. Kneeling hip flexor strength 3x10sec e
4. Kneeling quad stretch 3x10sec e
5. Squat hold 3x10sec
6. Spiderman lunge ankle mobility (knee works past the toe) 3x10sec e