### WORKOUT DESCRIPTIONS

Remember to warm up before any workout. Please reference workout description PDF.

#### ALPHA Workout (3 rounds)
- 12 Atomic Push-up
- 12 Hip Press
- 12 Burpee

#### BRAVO Workout 2 (3 rounds)
- 12 Spiderman Push-up
- 12 Single Leg Squat
- 12 Hamstring Curl w/ Hip Press

#### CHARLIE Workout 3 (3 rounds)
- 12 Overhead Squat
- 12 Lunge
- 12 Inverted Row

#### DELTA Workout 4 (3 rounds)
- 12 Overhead Squat
- 12 Lunge
- 12 Hamstring Curl

### RUN / JUMP / CLIMB TRAINING PLAN

#### CLASSIC COURSE

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#### SPRINT COURSE

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### KEY
- **WO**: Workout
- **CD**: Cool Down
- **ER**: Easy Run
- **S**: Sprints
- **TR**: Tempo Run
- **W**: Walk
- **TR**: Track Run

### Distances
- m = Miles
- min = Minutes
- s = Seconds
- x = How many repeats
- @ = At a certain rate

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Remember to warm up before any workout. Please reference workout description PDF.
For the non-TRX bodyweight versions of each exercise, please refer to the workout videos stored in your TRX My Locker.
Spiderman Push-up

Single Arm Low Row

Single Leg Squat

Atomic Pike

Hamstring Curl w/ Hip Press

Side Plank w/ Knee Tuck

For the non-TRX bodyweight versions of each exercise, please refer to the workout videos stored in your TRX My Locker.
Overhead Squat

Power Pull

Y+T Fly

Pike

Burpee

Single Leg Squat

For the non-TRX bodyweight versions of each exercise, please refer to the workout videos stored in your TRX My Locker.
DELTA WORKOUT DESCRIPTIONS

**Body Saw**

1. 
2. 
3. 

**Inverted Row**

1. 
2. 

**Overhead Squat**

1. 
2. 
3. 

**Spiderman Push-up**

1. 
2. 
3. 

**Hamstring Curl w/ Hip Press**

1. 
2. 
3. 

**Lunge**

1. 
2. 
3. 

For the non-TRX bodyweight versions of each exercise, please refer to the workout videos stored in your TRX My Locker.