

GAIN10

by EduFIT

LEVEL 1

		WOMEN'S WEIGHTS	MEN'S WEIGHTS
1	200m Walk/Jog/Run Dumbbell Around the Worlds – 20 reps	2 * 2kg DB	2 * 3kg DB
2	200m Walk/Jog/Run Air Squat – 40 reps	BODY WEIGHT	
3	200m Walk/Jog/Run Pallof Press – 40 reps	1 * 4kg DB	1 * 6kg DB
4	200m Walk/Jog/Run Kettlebell Side Lunge – 40 alternate reps	1 * 6kg KB	1 * 10kg KB
5	200m Walk/Jog/Run Crane + Shoulder Press – 20 reps per side	1 * 2kg DB	1 * 4kg DB
6	200m Walk/Jog/Run Standing Plate March – 40 reps	1 * 5kg Plate	1 * 10kg Plate
7	200m Walk/Jog/Run Burpees Off Medicine Ball – 40 reps	BODY WEIGHT	
8	200m Walk/Jog/Run Dumbbell Y-Raise to T-Raise – 20 raises	2 * 1kg DB	2 * 3kg DB
9	200m Walk/Jog/Run Shoulder Shrugs – 20 reps	2 * 5kg DB	2 * 7.5kg DB
10	200m Walk/Jog/Run Goblet Squats – 40 reps	1 * 10kg KB	1 * 16kg KB
	20m Sprint Finish		

LEVEL 2

		WOMEN'S WEIGHTS	MEN'S WEIGHTS
1	400m Run Plate Clean + Press – 25 reps	1 * 10kg Plate	1 * 15kg Plate
2	400m Run Goblet Squat – 25 reps	1 * 16kg KB	1 * 24kg KB
3	400m Run Modified Push-Up – 40 reps	BODY WEIGHT	
4	400m Run Walking Lunges – 80m	BODY WEIGHT	
5	400m Run The Crane + Arnold Press – 15 reps per side	1 * 4kg DB	1 * 6kg DB
6	400m Run Plank Jacks – 25 reps	BODY WEIGHT	
7	400m Run Up Down Broad Jumps – 80m	BODY WEIGHT	
8	400m Run Dumbbell Snatches – 20 reps in total	1 * 7.5kg DB	1 * 10kg DB
9	400m Run Farmer's Carry – 100m	2 * 16kg KB	2 * 24kg KB
10	400m Run Bear Crawl – 80m	BODY WEIGHT	
	20m Sprint Finish		

LEVEL 3

		WOMEN'S WEIGHTS	MEN'S WEIGHTS
1	800m Run Plate Clean + Press – 40 reps	1 * 10kg Plate	1 * 15kg Plate
2	800m Run Goblet Squat – 40 reps	1 * 16kg KB	1 * 24kg KB
3	800m Run Tricep Push Up (Modified Position) – 40 reps	BODY WEIGHT	
4	800m Run Walking Lunges – 80m	2 * 5kg DB	2 * 8kg DB
5	800m Run The Crane + Arnold Press – 30 reps per side	1 * 4kg DB	1 * 6kg DB
6	800m Run Plank Jacks – 40 reps	BODY WEIGHT	
7	800m Run Burpee Broad Jumps – 80m	BODY WEIGHT	
8	800m Run Dumbbell Snatches – 40 reps in total	1 * 7.5kg DB	1 * 10kg DB
9	800m Run Farmer's Carry – 200m	2 * 16kg KB	2 * 24kg KB
10	800m Run Bear Crawl – 80m	BODY WEIGHT	
	20m Sprint Finish		