

FLOW

S T A T E

Fit for a Zombie Apocalypse

6 weeks of training

What to find in the pages to follow...

- - - - X

6 weeks of bodyweight training to keep your fitness going whilst this whole thing blows over...you can even do these workouts in the Winchester!

We will offer scales along the way but feel free to swap movements and reps about depending on your goals, ability and daily mood. The only piece of equipment we have included is a skipping rope and the odd household object or ledge! Use an unnamed Maps app to calculate 100m, 200m, 400m and 800m markers from your house as there and back will give you your 200m, 400m, 800m and 1 Mile runs for your workouts. Figure out an easy to remember 5k route too.

During this time of uncertainty don't put too much pressure on yourself, it's just fitness and exercise. Sweat a little and have some fun whilst things are a little different.

You are more than welcome to reach out and ask any questions along the way and make sure to tag us in so we can see you getting after it!!

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W1 D1

- - - - X

50-40-30-20-10:

Push Up + Air Squat

*between each round perform 50x Double Unders

Core

5 RFQ:

25x V-Up

15x Glute Bridge

For the Push Up you can go on your toes, knees or even a bench or arm on the sofa.

Squat depth is hips below knees ONLY if you can do so safely, if not go to where you can and it'll get better over these 6 weeks.

V-Up can be subbed for sit ups if you want to instead.

Push Up <https://youtu.be/0pkj0k0EiAk>

Air Squat <https://youtu.be/rMvwVtlqjTE>

V-Up <https://youtu.be/7UVgs18Y1P4>

Glute Bridge <https://youtu.be/dY0bXKGU7Z0>



W1 D2

- - - - X

6 Rounds - Rest as needed between rounds

Run for 90 secs at a moderate pace (RPE 7)

Sprint Back

50x Jump Variation

*Jump Variation - jump onto or over something. Get creative! Garden wall, bench, tree trunk, stairs etc...

W1 D3

- - - - X

1 min of each x10:

Burpees

Handstand Hold

As many burpees as you can in 1 minute followed by a minute of Handstand Hold Practice - either freestanding or against a wall

Burpee <https://youtu.be/auBLPX08Fww>

W1 D4

- - - - X

Rest Day!



W1 D5

- - - - X

For Time:

Run 1 Mile
50x Air Squats
Run 1 Mile
40x Air Squats
Run 800m
30x Air Squats
Run 800m
20x Air Squats
Run 400m
10x Air Squats

Core

40 secs on 20 secs off x5

Plank

30 secs on 20 secs off x5

Russian Twists - grab something heavy

20 secs on 30 secs off x5

V-Ups or Sit Ups

Plank <https://youtu.be/Og6zTet9Mdg>

Sit Up <https://youtu.be/HDZOD0x7Zw>

Rus Twist <https://youtu.be/Uw0Fqc225C8>

W1 D6

- - - - X

3 RFT:

10x HSPU

20x Alt Lunge

30x Double Unders

200m Run

Rest 5 mins

Repeat

Hit Push Ups if you haven't got HSPU. If you want to do single unders sub it to 90x Singles

HSPU <https://youtu.be/qbRbM6d5ddM>

Lunge <https://youtu.be/L8fvypPrzss>

Double Under <https://youtu.be/82jNjDS19lg>

W1 D7

- - - - X

Have some fun with the family and friends - not too many though as that's how the virus gets about

W2 D1

- - - - X

Spend 20 mins Practising Handstand Walks

Spend 10 mins working on an L-Sit - Play with work to rest times.



Scales today could be Shoulder Taps from a handstand hold on the wall or a pike position on a box or bench.

You could practice wall walks too if you handstand walking isn't there yet.

L Sit <https://youtu.be/HbccxgnCg0>

Hill Sprints

Find a slope/hill near your house that is 50-150m long. Run up it as fast as you can! Walk down, get set and go again. Repeat until you can't. Don't bottle it! Keep pushing yourself until you are absolutely fatigued and you'll be super proud of yourself after and it's a brutal, effective and mentally challenging workout.

W2 D2

- - - - X

For Time:

200x Burpees

CAP 20 mins

I know, I know but trust me it is not as bad as you think, suck it up and keep moving.

W2 D3

- - - - X

EMOM 40 mins:

- i 20x Hand Release Push Ups
- ii 50x Double Unders
- iii 30 secs Bear Hug Carry
- iv 10x Inch Worm (hands only)

Hit those push ups on your knees or toes (try as many as you can on your toes and drop to the knees when needed). Singles for this workout will be 100 reps.

For the carry grab something heavy and hug it in front of your body - maybe load up a rucksack with some cans of beans and other objects.

Inch Worm <https://youtu.be/9XQu2eh0-xs>

W2 D4

- - - - X

Have a rest today or maybe play a sport, try something new, hit some Jiu Jitsu or go for a hike

W2 D5

- - - - X

5 mins on each station x4 - total 60 mins sweat

- i Shuttle Run
 - ii Single Skips
 - iii Step Ups - anything you can find - bench, stairs, stack of yellow pages!
-

W2 D6

- - - - X

2 mins Work - 1 min Rest x15

25x Down Ups + AMRAP Double Unders in remaining time

Down Up - Burpee without the jump...just stand up tall

W2 D7

- - - - X

Chill out, sometimes nothing is just what you and your body needs

The logo features the word "CrossFit" in a large, bold, yellow sans-serif font. A vertical yellow bar is positioned between the "s" and "F". Inside this bar, the word "Teukerbury" is written in a yellow, cursive script font, oriented vertically from bottom to top.

CrossFit
Teukerbury

W3 D1

- - - - X

3 RFT:

Run 1 mile + 50x Burpees

*Feeling good? Then go for 5 round for time

W3 D2

- - - - X

5 Sets:

25x V-Ups + Max *Unbroken* Double Unders

Rest as needed

5 Sets:

30 secs FLR + 30 Mountain Climbers

Rest 30 secs

FLR <https://youtu.be/Lzse300zD88>



W3 D3

- - - - X

For Time:

100x Jumping Squats

100x Jumping Lunges

100x Air Squats

100x Walking Lunges

Rest as needed

For Time:

50x Jumping Squats

400m Run

50x Jumping Lunges

400m Run

50x Air Squats

400m Run

50x Walking Lunges

400m Run

Jump Squat <https://youtu.be/hKtEbPkhwT0>

Jumping Lunge <https://youtu.be/Ful7jMeKUkM>

W3 D4

- - - - X

Rest, rest, rest - your legs will thank you

W3 D5

- - - - X

10 Rounds

200m Run + 25 Burpees - Rest 90 secs between rounds

These are sprints. Control your breathing in the 90 secs and then really push the pace on the work. Don't let those burpees get in your head you should be doing all 25 in around a min.

If you need to then scale the reps to 1 min - 1 min 30 secs worth of burpees

W3 D6

- - - - X

Grab a weight vest and do your best - no vest, no problem just go faster

For Time:

100x Push Ups

800m Run

50x Push Ups

400m Run

25x Push Ups

200m Run



Knees or Toes for the push ups - switch down to knees from your toes to keep the intensity high rather than resting too long!

W3 D7

- - - - X

Day off...relax

W4 D1

- - - - X

For Time:

100 Burpees

*if you fancy it wear a weight vest

W4 D2

- - - - X

Tabata 20 secs Work 10 secs Rest x8 each

i Sit Ups

ii Air Squats

iii Burpees

iv Jumping Jacks

v Alt Posterior Lunges

Posterior means backwards

Jumping Jacks <https://youtu.be/BkzTOA4t8ME>

W4 D3

- - - - X

For Time:

5k Run

Core

Accumulate 100x V-Ups, 100x Sit Ups, 100x Russian Twists

Left + Right = 1 Twist - hold something heavyish too

W4 D4

- - - - X

Rest Day

W4 D5

- - - - X

30 on 30 off x5:

i Jump Lunge

ii Air Squat

iii Walking Lunge

iv Vertical Jump -(jump as high as you can but don't tuck the legs up)

v Rest - that makes a full min rest there

Core

5 Sets:

20 secs Hollow Hold - Scale to tuck or pointed if needed

20 secs FLR

10/10 Single Leg Glute Bridge

Hollow Progressions <https://youtu.be/fPBj06f Trs>

SL Glute Bridge <https://youtu.be/R01-BIvL2s0>

W4 D6

- - - - X

Death by:

Burpees

Min 1 = 1x Burpee Min 2 = 2x Burpees Min 3 = 3x Burpees etc until you can not complete the required number of burpees in the minute. Your score is the round completed + how many reps you did in the final minute

W4 D7

- - - - X

Naaaaah, take this one off

W5 D1

- - - - X

3 RFT:

21x Push Ups

15x Broad Jumps (Jumping as far a possible)

9x Triple Unders

Not got triples then try hit doubles today. Got doubles then see how you get on trying to get triples

Sprint + Walk - 40 min Timer

Sprint for a slow 10 count in your head then walk for a 20 count

Really push that sprint...please please please send it!

W5 D2

- - - - X

Each For Time:

50x Burpees

Rest 90 secs

50x Burpees

Rest 60 secs

50x Burpees

Rest 30 secs

W5 D3

- - - - X

4 min Window x5

100x Double Unders

In remaining time

AMRAP:

2x Shuttle Run + 10x Air Squats

*for the run mark out 25 paces

W5 D4

- - - - X

Hit something fun!

Kick a ball about, take the kids to the park or something



W5 D5

- - - - X

“Blackjack”

For Time

20x Push Ups + 1x Sit Up
19x Push Ups + 2x Sit Ups
... continue down until
2x Push Ups + 19x Sit Ups
1x Push Up + 20x Sit Ups

Rest as needed

For Time:

12ft Handstand Walk

20-16-12-8-4

Alt Pistol Squats

Hit the HSW before each sets of Pistols - sub 1x Wall Walk for 4ft HSW



Pistol <https://youtu.be/qDcniqddTeE>

W5 D6

- - - - X

For Time:

1 Mile Run
100x Burpees
800m Run
200x Air Squats
400m Run
300x Double Unders

1000 Single Skips if you aren't doing double unders - try hitting this in a pair if it seems a little daunting

W5 D7

- - - - X

Chill time - I would say hit the cinema but not sure that is allowed any more

W6 D1

- - - - X

5 RFT:

400m Run (90s-2 mins)

20x Burpee over object

*pick something fun and challenging. Maybe a bench in the garden or some logs in the woods buy your house. A wall would be a great shout, especially if it involves a little climbing.



W6 D2

- - - - X

5k Run

*if you have a weighted vest then wear it!

W6 D3

- - - - X

“Loredo”

6 RFT

24x Air Squats

24x Push Ups

24x Walking Lunges

400m Run

W6 D4

- - - - X

Be active - maybe a bike ride or hike

W6 D5

- - - - X

For Time:

200x Burpees

Can you beat your time from **W2D2**?

W6 D6

- - - - X

For Time:

Round 1

50x Double Unders
200m Run
50x Double Unders
30x Air Squats
50x Double Unders
200m Run
50x Double Unders
30x Strict HSPU
50x Double Unders
200m Run
50x Double Unders
30x Burpees
50x Double Unders
200m Run
50x Double Unders
30x Jump Variation

Round 2

35x Double Unders
200m Run
35x Double Unders
20x Air Squats
35x Double Unders
200m Run
35x Double Unders
20x Strict HSPU
35x Double Unders
200m Run
35x Double Unders
20x Burpees
35x Double Unders
200m Run
35x Double Unders
20x Jump Variation

Round 3

20x Double Unders
200m Run
20x Double Unders
10x Air Squats
20x Double Unders
200m Run
20x Double Unders
10x Strict HSPU
20x Double Unders
200m Run
20x Double Unders
10x Burpees
20x Double Unders
200m Run
20x Double Unders
10x Jump Variation

CAP 45 mins

50x Double Unders = 150x Single Unders

Swap the HSPU for Push Ups

Jump variation can be onto something or over something

W6 D7

- - - - X

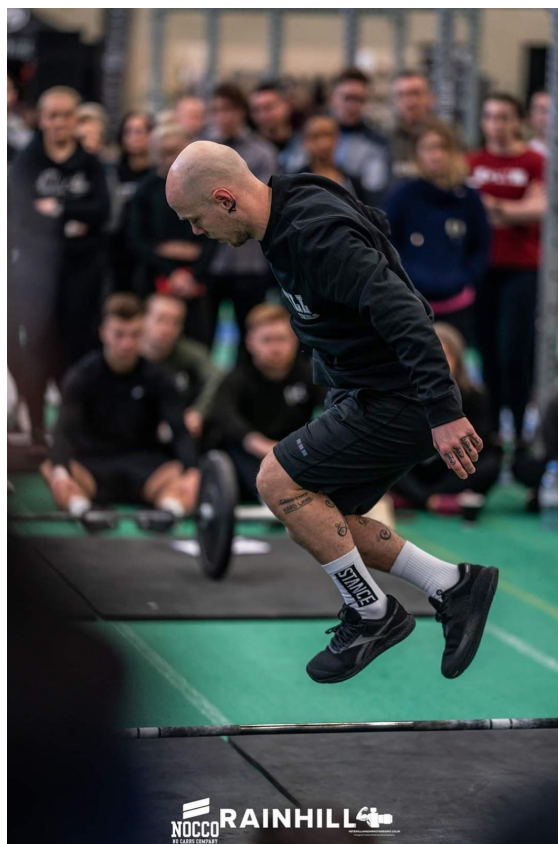
Well earned Rest Day!

That's 6 weeks of fun, done!

Thank you for getting involved and we hope you have enjoyed the sessions and more importantly are fitter, healthier and happier because of it.

Check out our other e-books and get some more graft in, especially if the gyms re-open or if you have a bit of kit at home. We have EMOM books, books using dumbbells/kettlebells and ones that incorporate a pull up bar.

You can work through this book again and maybe mix up the reps, shorten the rest times or add a vest to some of the WOD's.



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