

THE DEN DXB ON DEMAND

7 DAY TRIAL

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DAY 1 - UPPER BODY



WARM UP

2 ROUNDS

20 HIGH KICKS
10 CRUCIFIXES
10 ROLL OUTS
10 SCORPIONS

A1. 4 SETS OF MAX PUSH UPS

REST 90 SECONDS BETWEEN ATTEMPTS

(FIRST 2 SETS LEAVE 2 REPS IN THE TANK. 3RD AND 4TH SET GO TO COMPLETE FAILURE. RECORD SCORE!)

AFTER LAST SET REST 2-3 MINUTES

B1. 4 SETS OF BENT OVER ROW MAX REPS

REST 90 SECONDS BETWEEN ATTEMPTS

(FIRST 2 SETS LEAVE 2 REPS IN THE TANK. 3RD AND 4TH SET GO TO COMPLETE FAILURE. RECORD SCORE!)

REST 5 MINUTES

CI. 3 ROUNDS FOR QUALITY

10-12 DIPS
10-12 L-SIT LIFT OVERS (TOTAL)
10-12 SIDE PLANK WITH A TWIST (EACH SIDE)

REST 5 MINUTES

EVERY 2 MINUTES X 6

ALTERNATE BETWEEN A & B

A) 200M RUN / 80 MOUNTAIN CLIMBERS / 100 SKIPS / 12/10 CALORIES
+20 SINGLE ARM THRUSTERS

B) 10 WEIGHTED SIT UPS
0 NO JUMP BURPEE HANG CLEAN AND PRESS

DAY 2 - POWER



WARM UP

EMOM X 9

- 1) 20 JUMP SQUATS + HIGH KNEES FOR THE REMAINDER OF THE MINUTE
- 2) 6 FEED THE CHICKENS + BUM FLICKS FOR THE REMAINDER OF THE MINUTE
- 3) 10 FORWARD CIRCLE INTO REVERSE CIRCLE INTO ACROSS THE BODY SLAPS

“50 IS THE MAGIC NUMBER”

CHOOSE 1 EXERCISE FROM THE BELOW:

- JUMP SQUAT + JUMP LUNGE
- DOWN UP + AIR SQUAT
- HANG SQUAT CLEAN + THRUSTER
- SHOOTER BURPEE

AI. EMOM X 12

- 1) MAX REPS OF ABOVE
- 2) 8 NO PUSH UP BURPEE + 12 BUTTERFLY SIT UPS

AIM IS TO COMPLETE 50 REPS OF YOUR CHOSEN EXERCISE WITHIN THE “MAX REPS” WINDOW. FOR EXAMPLE ROUND 1 YOU MAY COMPLETE 10 REPS, THEREFORE YOU HAVE ANOTHER 5 ATTEMPTS TO COMPLETE THE REST OF THE 40.

STOP AT 50 REPS IF YOU REACH IT - YOU WILL THEN ONLY COMPLETE THE WORK IN MINUTE 2 FOR THE REMAINING TIME.

REST 5 MINUTES

CHOOSE A DIFFERENT EXERCISE FROM THE BELOW:

- JUMP SQUAT + JUMP LUNGE
- DOWN UP + AIR SQUAT
- HANG SQUAT CLEAN + THRUSTER
- SHOOTER BURPEE

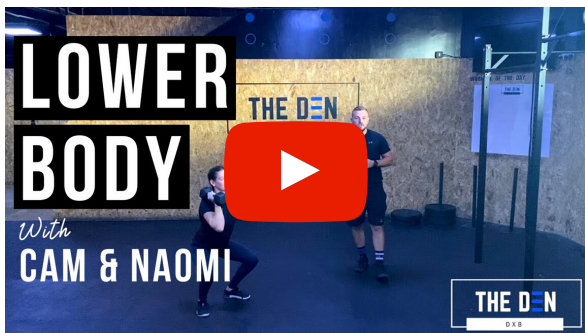
BI. EMOM X 12

- 1) MAX REPS OF ABOVE
- 2) 15-20 JUMP OVERS / STEP OVERS

AIM IS TO COMPLETE 50 REPS OF YOUR CHOSEN EXERCISE WITHIN THE “MAX REPS” WINDOW. FOR EXAMPLE ROUND 1 YOU MAY COMPLETE 10 REPS, THEREFORE YOU HAVE ANOTHER 5 ATTEMPTS TO COMPLETE THE REST OF THE 40.

STOP AT 50 REPS IF YOU REACH IT - YOU WILL THEN ONLY COMPLETE THE WORK IN MINUTE 2 FOR THE REMAINING TIME.

DAY 3 - LOWER BODY



WARM UP

30 SECONDS ON : 15 SECONDS OFF X 9

- A) JUMP MOUNTAIN CLIMBERS
- B) SQUATS WITH A LEAN
- C) ALTERNATING ROLL OUTS

EMOM X 16

- 1) 16-20 ALTERNATING CURTSY LUNGES
- 2) *TEMPO WEIGHTED SQUATS (3 SECONDS DOWN)
- 3) 15 SUPPORTED GLUTE BRIDGES
- 4) REST

*TO BE DONE CONTINUOUS FOR THE FULL MINUTE. MUST MAINTAIN TEMPO.

REST 5 MINUTES

3 ROUNDS FOR QUALITY

- 12-15 LYING KNEE TUCKS
- 16-20 FLUTTER KICKS
- 12-15 LYING KNEE TUCKS

NO REST BETWEEN EXERCISES, REST 60 SECONDS BETWEEN ROUNDS.

REST 5 MINUTES

FOR TIME

- 50 JUMP LUNGES
- 50 AIR SQUATS
- 40 ALTERNATING OVERHEAD LUNGES (FORWARD)
- 40 WEIGHTED 1 AND 1/4 SQUATS
- 30 JUMP LUNGES
- 30 AIR SQUATS
- 20 ALTERNATING OVERHEAD LUNGES (FORWARD)
- 20 WEIGHTED 1 AND 1/4 SQUATS

DAY 4 - FULL BODY



WARM UP

2 ROUNDS

- 12 X 90/90 HIPS
- 12 X ALTERNATING LYING HIP OPENERS
- 12 X DOWNWARD DOG TO COBRA
- 12 X ACROSS THE BODY SLAPS

4 ROUNDS FOR QUALITY

- 10-12 RDL (3 SECOND ECCENTRIC)
- 4-6 WALL WALKS / FEET ELEVATED PIKE WALK-INS
- 30 SECONDS PLANK HOLD

REST 15 SECONDS BETWEEN EXERCISES AND 60 SECONDS BETWEEN ROUNDS

REST 5 MINUTES

10-8-6-4-2

PIKE PUSH UPS

10 SECONDS ISOMETRIC DEADLIFT HOLD AFTER EACH

REST 5 MINUTES

3 ROUNDS FOR TIME

15-12-9

SHOULDERS TO OVERHEAD BURPEES

REST 2 MINUTES BETWEEN ROUNDS

AIM IS TO MAINTAIN SAME TIME EACH ROUND. 1 ROUND IS 15, 12 AND 9 OF BOTH MOVEMENTS.

DAY 5 - FULL BODY



WARM UP

2 ROUNDS

- 10 FLOOR TOUCH WITH A FULL REACH OVERHEAD
- 10 HAND RELEASE PUSH UP + SNOW ANGEL
- 10 PIGEON STRETCH ROCKS EACH SIDE

EMOM X 8

- 1) 10-16 COSSACK SQUAT
- 2) MAX L-SIT HOLD

REST 5 MINUTES

EMOM X 8

- 1) 4-8 BURPEE OBJECT JUMP OVERS
- 2) 16-20 ALTERNATING V-UPS

REST 5 MINUTES

EVERY 90 SECONDS X 8

- A) 20-30 PILLOW SLAMS 5 DEVIL PRESS
- B) 15-20 WEIGHTED SQUATS 16-20 WEIGHTED STEP UPS

DAY 6 - THROWDOWN



WARM UP

3 ROUNDS

10 ALTERNATING LIZARD STRETCHES
10 AIR SQUATS
10 REVERSE LUNGES WITH A TWIST

3 MINUTES ON : 2 MINUTES OFF X 6

GO THROUGH A,B, & C TWICE

A)
20 THRUSTERS
20 PUSH UPS
AS MANY STEP UPS FOR THE REMAINING TIME

B)
15 BURPEES
20 JUMP LUNGES
AS MANY SKIPS/HOPS FOR THE REMAINING TIME

C)
20 GROUND TO OVERHEAD
15 STRAIGHT LEG SIT UPS
RUN FOR DISTANCE / MOUNTAIN CLIMBERS FOR REPS / MACHINE FOR CALORIES

THE GOAL IS CONSISTENCY. YOU WANT TO MATCH YOUR DISTANCE / REPS COMPLETED FOR THE "AS MANY AS POSSIBLE" EXERCISE THE SECOND TIME YOU COME AROUND TO DOING IT.

DAY 7 - ENGINE WORK



30 MINUTES OF CONTINUOUS MOVEMENT OF YOUR CHOICE:

**RUN
SKIP
MACHINE
BIKE RIDE**

EVERY 3 MINUTES

(INCLUDING MINUTE 0 - AS SOON AS YOU START THE TIMER)

ALTERNATE BETWEEN:

**A)
10 NO PUSH UP BURPEES
10 ALTERNATING TOE TOUCH**

**B)
10 REVERSE LUNGES
10 AIR SQUATS**

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