



## **FFR BURN PROGRAM**

### **BLOCK II**

### **Week 5-8**

#### **TRAINING SPLIT:**

There are 3 Burn Workouts. You will perform each workout with a day of active recovery in between each. Burn Upper, Burn Lower, Burn Full Body. For Example you will perform Burn Upper on Monday, Burn Lower on Wednesday, and Burn Full Body on Friday. On this split Tuesday, Thursday and Saturday are your active recovery days. You can break up your split how ever you choose just make sure to have a day of active recovery in between each Burn workout.

#### **HOW TO PERFORM:**

Perform each exercise for 15 reps, rest :15 sec and then perform a drop set(drop the weight by 10-15#) of 15 reps followed by :30 of conditioning. Rest 1 minute and repeat for designated amount of rounds. You will perform 2-6 sets for each individual block.

#### **WEEKLY PROGRESSION:**

Week 5: Perform 2 sets of each block(A, B, C) for 8 reps with drop set of 8 reps

Week 6: Perform 2 sets of each block for 10 reps with a drop set of 10 reps

Week 7: Perform 3 sets of each block for 15 reps with a drop set of 15 reps

Week 8: Perform 3 sets of each block for 20 reps with a drop set of 20 reps

#### **COACHING TIPS:**

\*When your reps decrease your weight should increase.

\* On your conditioning you may select any form of conditioning (bike, row, walk, jog, run, jump rope, etc...)

\* On your exercises, when selecting weight, you want to fail at the designated amount of reps

\*IF and ONLY IF you are advanced you can then substitute the Body Weight movements for Weighted movements. Make sure to substitute an equivalent exercise for that body part. Ex. A substitute option for Push up would be Bench Press or DB Bench Press

## **What You'll Need:**

Two pairs of DB's 10-15lbs difference in weight. (Ex. 20lbs and 15 lbs.)

## **Upper Body BURN**

### **A1) DB BENCH PRESS**

### **A2) DB BENCH PRESS**

(Drop Set - 10-15 lbs from last set)

### **A3) ROW or BIKE :30 MAX Effort**

\*Perform designated sets from weekly progression above

### **B1) DB BENT OVER ROW**

### **B2) DB BENT OVER ROW**

(Drop Set 10-15 lbs from last set)

### **B3) ROW or BIKE :30 MAX Effort**

\*Perform designated sets from weekly progression above

### **C2) DB SHOULDER PRESS**

### **C3) DB SHOULDER PRESS**

(Drop Set 10-15 lbs from last set)

### **C1) ROW or BIKE :30 MAX Effort**

\*Perform designated sets from weekly progression above

## **REST or Active Recovery Day**

### **A) Intervals x 5-10 Sets (:30 on MAX effort /:30 rest)**

(During the rest time you are still moving at constant pace)

(Walk, Jog, Bike, Row, Run, Swim, Jump Rope, etc...)

### **B) Walk x 2 minutes as a mini cool down**

### **C) Focused Breathing x 5 minutes**

(Lie on back rest completely focused on your breathing. :3 sec inhale, :3 hold, :5 exhale)

### **D) Conditioning 15-30 min**

(Steady state of Cardio of choice for 15 to 30 minutes)

## **Lower Body BURN**

**A1) KB SQUAT**

**A2) KB SQUAT**

(Drop Set 10-15 lbs from last set)

**A3) ROW or BIKE :30 MAX Effort**

\*Perform designated sets from weekly progression above

**B1) KB DEADLIFT**

**B2) KB DEADLIFT**

(Drop Set 10-15 lbs from last set)

**B3) ROW or BIKE :30 MAX Effort**

\*Perform designated sets from weekly progression above

**C1) WALKING LUNGE**

**C2) WALKING LUNGE**

(Drop Set 10-15 lbs from last set)

**C3) ROW or BIKE :30 MAX Effort**

\*Perform designated sets from weekly progression above

## **REST or Active Recovery Day**

**A) Intervals x 5-10 Sets (:30 on MAX effort /:30 rest)**

(During the rest time you are still moving at constant pace)

(Walk, Jog, Bike, Row, Run, Swim, Jump Rope, etc...)

**B) Walk x 2 minutes as a mini cool down**

**C) Focused Breathing x 5 minutes**

(Lie on back rest completely focused on your breathing. :3 sec inhale, :3 hold, :5 exhale)

**D) Conditioning 15-30 min**

(Steady state of Cardio of choice for 15 to 30 minutes)

## **FULL BODY BURN**

**A1) JUMPING JACKS :30 MAX Effort**

**A2) SPEED BURPEE**

**A3) SQUAT JUMPS**

(Drop Set 10-15 lbs from last set)

\*Perform designated sets from weekly progression above

**B1) STAR JUMPS :30 MAX Effort**

**B2) PIKE**

**B3) CROSS BODY MOUNTAIN CLIMBERS**

(Drop Set 10-15 lbs from last set)

\*Perform designated sets from weekly progression above

**C1) BURPEE :30 MAX Effort**

**C2) WIDE OUTS**

**C3) HIGH KNEES**

(Drop Set 10-15 lbs from last set)

\*Perform designated sets from weekly progression above

## **Rest or Active Recovery Day**

A) Conditioning x 15-30 min

(Conditioning of choice: Run, Bike, Swim, Row, etc...)