



# Brass Ring Fitness Basic Training Sample Week

Level: Intermediate



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# Brass Ring Basic Training

## Overview and Instructions

The purpose of Basic Training is to develop the competencies necessary for true fitness. This free week provides you with a sample of what a week might look like. Each workout is taken from a different week within the program to show the diversity in the training.

### The main objectives are:

- Develop the habit of consistency through simple but effective workouts.
- Learn proper technique by reviewing tutorials when new exercises are introduced.
- Create strength and balance in your body by using functional movements.

### Instructions for the Free Basic Training Week:

1. Make sure the program you've downloaded is right for you. If any of the workouts are too hard for you to finish, go back and download an easier version. If they are too easy, try a harder version.
2. Review all of the exercises by clicking on the link, even if you think you know how to do it. Remember that the purpose of using exercises in your training is to elicit a physical response. If you don't perform them correctly, the response will not be the desired one.
3. Modify the weight recommendations if they are too heavy to safely perform the number of repetitions called for.
4. Keep track of your times or number of rounds. Remember that the clock is a tool used to measure the progress of how effectively you are able to accurately perform the exercises.

There are five workouts within the week. Perform them in order, but not necessarily in a 5 day period. Take rest days as needed to ensure you are effectively recovering, or to allow for flexibility in balancing training with other work and family obligations.

**HAVE FUN!**

Order the full 12 week program TODAY!

<http://www.brassringfitness.com/training-programs/basic-training/>

# Brass Ring Fitness - Basic Training Sample Week - Intermediate

<http://www.brassringfitness.com/training-programs/basic-training/>

	Warm Up	Workout	Notes
Day 1		<b>5 Rounds</b>	Workout from Week 9 <b>Basic Training Program.</b>  See <b>Workout 1</b> for your personal instructions.  Time: _____
	Walk	Kettlebell Swings	
	Stretch	Squat	
	Walk / Jog	Push Ups	
		Box Jumps	
Day 2	<b>3 Rounds</b>	<b>5 Rounds</b>	Workout from Week 10 <b>Basic Training Program.</b>  See <b>Workout 2</b> for your personal instructions.  Time: _____
	Push Ups	Pull Ups	
	Sit Ups	Sumo Deadlift High Pull	
	Squats	Run / Jog	
Day 3	Stretch	Cardio	Workout from Week 1 <b>Basic Training Program.</b>  See <b>Workout 3</b> for your personal instructions.  Time: _____
Day 4	Stretch	<b>Max Rounds</b>	Workout from Week 3 <b>Basic Training Program.</b>  See <b>Workout 4</b> for your personal instructions.  Rounds: _____
	<b>3 Rounds</b>	Thrusters	
	Squats	Pull Ups	
	Push Ups	Sumo Deadlift High Pull	
Day 5		<b>5 Rounds of</b>	Workout from Week 5 <b>Basic Training Program.</b>  See <b>Workout 5</b> for your personal instructions.  Time: _____
	Walk	Sumo Deadlift	
	Stretch	Kettlebell Swings	
	Walk / Jog		

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**Workout #1** *"Victorious warriors win first and then go to war, while defeated warriors go to war first and then seek to win." -Sun Tzu*

		Light	Stretch	Active	
Warmup	5 min	Walk	Full Body Stretch	5 min	Walk / Jog

Workout	5 Rounds	10	Kettlebell Swings (20lbs)	<a href="http://www.brassringfitness.com/workout-techniques/kettlebell-swings/">http://www.brassringfitness.com/workout-techniques/kettlebell-swings/</a>
10		Squats	<a href="http://www.brassringfitness.com/workout-techniques/squat">http://www.brassringfitness.com/workout-techniques/squat</a>	
10		Push Ups	<a href="http://www.brassringfitness.com/workout-techniques/push-ups/">http://www.brassringfitness.com/workout-techniques/push-ups/</a>	
10		Box Jumps	<a href="http://www.brassringfitness.com/workout-techniques/box-jumps/">http://www.brassringfitness.com/workout-techniques/box-jumps/</a>	

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Coaches Comments		
Training Objectives	Warm Up	Prepare the body for exercise via escalating intensity through light warmup, stretch, and active warmup.
Training Objectives	Workout	Full Body Workout
Special Notes	This workout should not be easy. It is a full body workout that seems to keep on going. Push the pace, taking breaks only as absolutely necessary.	

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Workout #2 *"Action precedes progress; analysis precedes more analysis.  
Act first, analyze later." ~Charles Staley*

3 Rounds of:						
Warmup	5	Push Ups	10	Sit Ups	15	Squats
	<a href="http://www.brassringfitness.com/workout-techniques/push-ups/">http://www.brassringfitness.com/workout-techniques/push-ups/</a>		<a href="http://www.brassringfitness.com/workout-techniques/sit-ups/">http://www.brassringfitness.com/workout-techniques/sit-ups/</a>		<a href="http://www.brassringfitness.com/workout-techniques/squats/">http://www.brassringfitness.com/workout-techniques/squats/</a>	

Workout	5 Rounds	8	Pull Ups (scaling options on website)	<a href="http://www.brassringfitness.com/workout-techniques/pull-ups/">http://www.brassringfitness.com/workout-techniques/pull-ups/</a>
		12	Sumo Deadlift High Pull (10lb kettlebell)	<a href="http://www.brassringfitness.com/workout-techniques/sumo-deadlift-high-pull/">http://www.brassringfitness.com/workout-techniques/sumo-deadlift-high-pull/</a>
		400 meters	Run / Jog	<a href="http://www.brassringfitness.com/workout-techniques/running-technique/">http://www.brassringfitness.com/workout-techniques/running-technique/</a>

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Coaches Comments		
Training Objectives	Warm Up	Prepare the body for exercise via escalating intensity through light warmup, stretch, and active warmup.
	Workout	Full body functional workout with high metabolic demand.
Special Notes	This workout should get the heart rate up quickly. The demand of each of the exercises is pretty high, so there's not really anywhere to rest. Try to keep a consistent tempo on the first round and then beat the time each round after that.	

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Workout #3

*"Success is the sum of small things, done day in and day out."  
~Robert Collier*

Warmup

Full Body Stretch (10 Minutes)

Workout

20 Minutes

Low to Moderate Intensity Cardio

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## Coaches Comments

Training Objectives

Increase Aerobic Capacity

Special Notes

**Examples of Exercise include:**

Gym

Stationary Bike / Elliptical / Treadmill / Pool / Versa Climber / Rower

Home

Stationary March / Step Ups / Side to Side Step / Aerobics

Outdoor

Swim / Bike / Run / Walk / Surf / Sport

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Workout #4 *"Courage is resistance to fear, mastery of fear - not absence of fear"*  
~Mark Twain

Warmup	Stretch	3 Rounds of:			
		10	Squats	20	Push Ups
		<a href="http://www.brassringfitness.com/workout-techniques/squats/">http://www.brassringfitness.com/workout-techniques/squats/</a>		<a href="http://www.brassringfitness.com/workout-techniques/push-ups/">http://www.brassringfitness.com/workout-techniques/push-ups/</a>	

Workout	Max Rounds in 10 Minutes	8	Thruster (15lb dumbbells)	<a href="http://www.brassringfitness.com/workout-techniques/thruster/">http://www.brassringfitness.com/workout-techniques/thruster/</a>
		9	Pull Ups	<a href="http://www.brassringfitness.com/workout-techniques/pull-ups/">http://www.brassringfitness.com/workout-techniques/pull-ups/</a>
		10	Sumo Deadlift High Pull (25lb kettlebell)	<a href="http://www.brassringfitness.com/workout-techniques/sumo-deadlift-high-pull/">http://www.brassringfitness.com/workout-techniques/sumo-deadlift-high-pull/</a>

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### Coaches Comments

Training Objectives	Warm Up	Prepare the body for work.
	Workout	Strength / Stamina / Cardiorespiratory Endurance
Special Notes	Take as much time as you need to complete the warmup. Remember that in the warmup the two most important things are <b>1. Good Technique</b> and <b>2. Full Range of Motion.</b>	
	This workout is a smoker. Start off at a reasonable pace and try to hold it.	

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**Workout #5** *"The future depends on what we do in the present" ~Mahatma Ghandi*

Light Active		Stretch	Active		
<b>Warmup</b>	1 mile	Jog	Full Body Stretch	1 mile	Jog / Run

<b>Workout</b>	<b>5 Rounds</b>	15	Sumo Deadlift (20lb kettlebell)	<a href="http://www.brassringfitness.com/workout-techniques/sumo-deadlift/">http://www.brassringfitness.com/workout-techniques/sumo-deadlift/</a>
		10	Kettlebell Swings (20lb)	<a href="http://www.brassringfitness.com/workout-techniques/kettlebell-swings/">http://www.brassringfitness.com/workout-techniques/kettlebell-swings/</a>

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Coaches Comments	
<b>Training Objectives</b>	Full body functional strength and increase in anaerobic threshold.
<b>Special Notes</b>	This workout uses most of the biggest muscles of the body as the primary movers. Expect to feel the heartrate come up drastically as you move through the rounds.