



Brass Ring Fitness Brass Ring Cycle Sample Week

Level: Intermediate



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Brass Ring Cycle

Overview and Instructions

The Brass Ring Cycle utilizes athletic training principles of programming functional exercises in specific combinations to achieve optimal results. This Free Schedule is a preview of the kinds of workouts found in the Cycle.

The main objectives are:

- Development of strength and stamina.
- Refinement of strength to develop power. Refinement of stamina to develop speed.
- Push the body and mind to new levels with multi-modal extreme workouts.

Instructions for the Free Brass Ring Cycle Sample 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/brass-ring-cycle/>

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	Elements	Equipment	Objective
Day 1	Sumo Deadlift High Pull	Pull Up Bar	Strength Workout from Strength & Stamina Cycle of Brass Ring Cycle Training. Max Weight: _____
	Pull Up	Heavy Dumbbells	
	Kettlebell Swing		
	Front Squat		
Day 2	Run	Track (1 mi distance)	Stamina Workout from Strength & Stamina Cycle of Brass Ring Cycle Training. Time: _____
	Push ups	Pull Up Bar	
	Pull Ups		
	Sit Ups		
	Squats		
Day 3	Push Ups (& clapping)	Barbell (or Kettlebell)	Power Workout from Power & Speed Cycle of Brass Ring Cycle Training. Time: _____
	Sit Ups	Pull Up Bar	
	Squats		
	Hang Squat Cleans		
	Knees to Elbows		
Day 4	Run	Track (1 mi distance)	Speed Workout from Power & Speed Cycle of Brass Ring Cycle Training. Time: _____
	Squat	Light Kettlebell	
	Kettlebell Snatch		
Day 5	Run	Med. Dumbbells	Extreme Training Workout from Extreme Fitness Cycle of Brass Ring Cycle Training. Time: _____
	Burpees	Medium Kettlebell	
	Pull Ups	Pull Up Bar	
	Thrusters		
	Kettlebell Swings		

Brass Ring Fitness - Brass Ring Cycle Sample Week - Intermediate

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

Strength - From Strength & Stamina

5 Rounds of:			
1	5	Sumo Deadlift High Pull (35lbs)	http://www.brassringfitness.com/workout-techniques/sumo-deadlift-high-pull/
	10	Pull Ups (jumping)	http://www.brassringfitness.com/workout-techniques/pull-ups/
	15	Kettlebell Swing (35lbs)	http://www.brassringfitness.com/workout-techniques/kettlebell-swings/
Stretch			
5 Rounds of:			
2	5	Front Squats (30lbs each hand)	http://www.brassringfitness.com/workout-techniques/front-squat/
	5	Pull Ups	http://media.crossfit.com/cf-video/CrossFit_WeightedPullups.wmv

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Coaches Comments

Coaches Notes	<p>Go nice and slow on first element to ensure proper warmup. This workout is not a race. Take your time and perform each rep of each exercise with perfect technique. The weight should be heavy, so avoiding injury will require plenty of recovery between sets.</p> <p>Add up the weight of your heaviest RDL set completed and the weight of the pull up (not your body weight) to come up with "Max Weight".</p>
Personal Notes	

Brass Ring Fitness - Brass Ring Cycle Sample Week - Intermediate

Workout #2

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

Stamina - From Strength & Stamina

1 Mile	Run	http://www.brassringfitness.com/workout-techniques/running-technique/
40	Pull Ups	http://www.brassringfitness.com/workout-techniques/pull-ups/
1 Mile	Run	http://www.brassringfitness.com/workout-techniques/running-technique/
60	Push Ups	http://www.brassringfitness.com/workout-techniques/push-ups/
1 Mile	Run	http://www.brassringfitness.com/workout-techniques/running-technique/
80	Sit Ups	http://www.brassringfitness.com/workout-techniques/sit-ups/
1 Mile	Run	http://www.brassringfitness.com/workout-techniques/running-technique/
100	Squats	http://www.brassringfitness.com/workout-techniques/squats/

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Coaches Comments

Coaches Notes	Push the pace as much as you can. Try to find the fine line on the run and dig into the bodyweight exercises right away.
	Try to perform the exercise sets in as few sets as possible.
Personal Notes	

Brass Ring Fitness - Brass Ring Cycle Sample Week - Intermediate

Workout #3

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

Power - From Power & Speed

1	40 - 30 - 20 - 10		
	Push Ups		http://www.brassringfitness.com/workout-techniques/push-ups/
	Sit Ups		http://www.brassringfitness.com/workout-techniques/sit-ups/
	Squats		http://www.brassringfitness.com/workout-techniques/squats/
Stretch			
2	5 Rounds of:		
	5	Hang Squat Cleans (65lbs)	http://media.crossfit.com/cf-video/cfj-nov-05/hang-clean.wmv
	10	Box Jumps	http://www.brassringfitness.com/workout-techniques/box-jumps/
	15	Knees to Elbows	http://media.crossfit.com/cf-video/CrossFit_Knees2Elbows.wmv

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Coaches Comments

Mission Window	<p>Try to burn through the first element in single sets. Stretch out before starting the second element.</p> <p>If you use a Kettlebell for the Cleans - go heavy and do 5 on each side.</p>
Personal Notes	

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Workout #4

"Courage is resistance to fear, mastery of fear - not absence of fear" -Mark Twain

Speed - From Power & Speed

2 Rounds of:

400 Meter	Run	http://www.brassringfitness.com/workout-techniques/running-technique/
50	Squats	http://www.brassringfitness.com/workout-techniques/squats/

Stretch

On 4 Min	4 x 400 meter Run	http://www.brassringfitness.com/workout-techniques/running-technique/
10	Dumbbell Snatch on each arm (25lbs -switch as necessary)	http://media.crossfit.com/cf-video/CrossFit_DBSnatch.wmv
On 2 Min	4 x 200 meter Run	http://www.brassringfitness.com/workout-techniques/running-technique/

Stretch

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Coaches Comments

Coaches Notes	Take the first two rounds of run and squat nice and easy.
	Stretch out before sprints.
	Use a medium kettlebell (20lbs) for the snatches.
	Sprint all out on 400s and 200s.
Personal Notes	

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Workout #5

"The future depends on what we do in the present"
 ~Mahatma Ghandi

Full Mission Profile - From Extreme Training

Workout

Insert	1 Mile	Run	http://www.brassringfitness.com/workout-techniques/running-technique/
Contact	3 Rounds of:		
	10	Burpees	http://www.brassringfitness.com/workout-techniques/burpee/
	10	Pull Ups	http://www.brassringfitness.com/workout-techniques/pull-ups/
Actions at the Objective	21 - 15 - 9 of:		
	Dumbbell Thrusters (25lbs)		http://www.brassringfitness.com/workout-techniques/thruster/
	Pull Ups		http://www.brassringfitness.com/workout-techniques/pull-ups/
	Kettlebell Swings (35lbs)		http://www.brassringfitness.com/workout-techniques/kettlebell-swings/
Extract	1 Miles	Run	http://www.brassringfitness.com/workout-techniques/running-technique/

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Coaches Comments

Mission Window	1 Hour	Mission completion from insert to extract.
	Escape and Evasion Plan (if you go over time limit)	50 Burpees / 50 Squats / 50 Push Ups / 50 Sit Ups / 50 Pull Ups
Coaches Comments	FOR THE ENTIRE BRIEFING FOR THIS MISSION: http://www.brassringfitness.com/2008/10/11/saturday-10112008-full-mission-profile/	