



S T O I C 3 0

The Stoics (a school of philosophers, originating in Ancient Greece and concerned with the development of self-control and fortitude as a means of overcoming destructive emotions) told us to not only practice detachment from our possessions and comforts in the meandering philosophical sense, but also a literal sense.

Literally practice living without the 'advantages' you've accrued, in rehearsal for the days you may be forced to go without.

In my opinion, even if you do have assured access to a well equipped gym, around the clock, a period of detachment from that luxury can not only be extremely informative, equip you with the tools, techniques and routines necessary should you ever find yourself unwillingly without and teach you to appreciate the comforts of your usual surroundings but also, give you an insight into what is truly necessary for your training to thrive.

The minimum effective dose.

Asides from the aforementioned benefits, for a lot of people, reverting to a more basic, 'low tech, dog work' style regime may provide a much needed boost in intensity which has gradually trickled away in an environment filled with ergonomic machines designed to make the training experience a more comfortable one.

There are of course, upsides to executing such a regime. More likely than not, you'll perform this challenge from your own home, or at least close. This provides you with something absolutely invaluable, something that (no matter how much you pay in monthly dues) you cannot purchase, time.

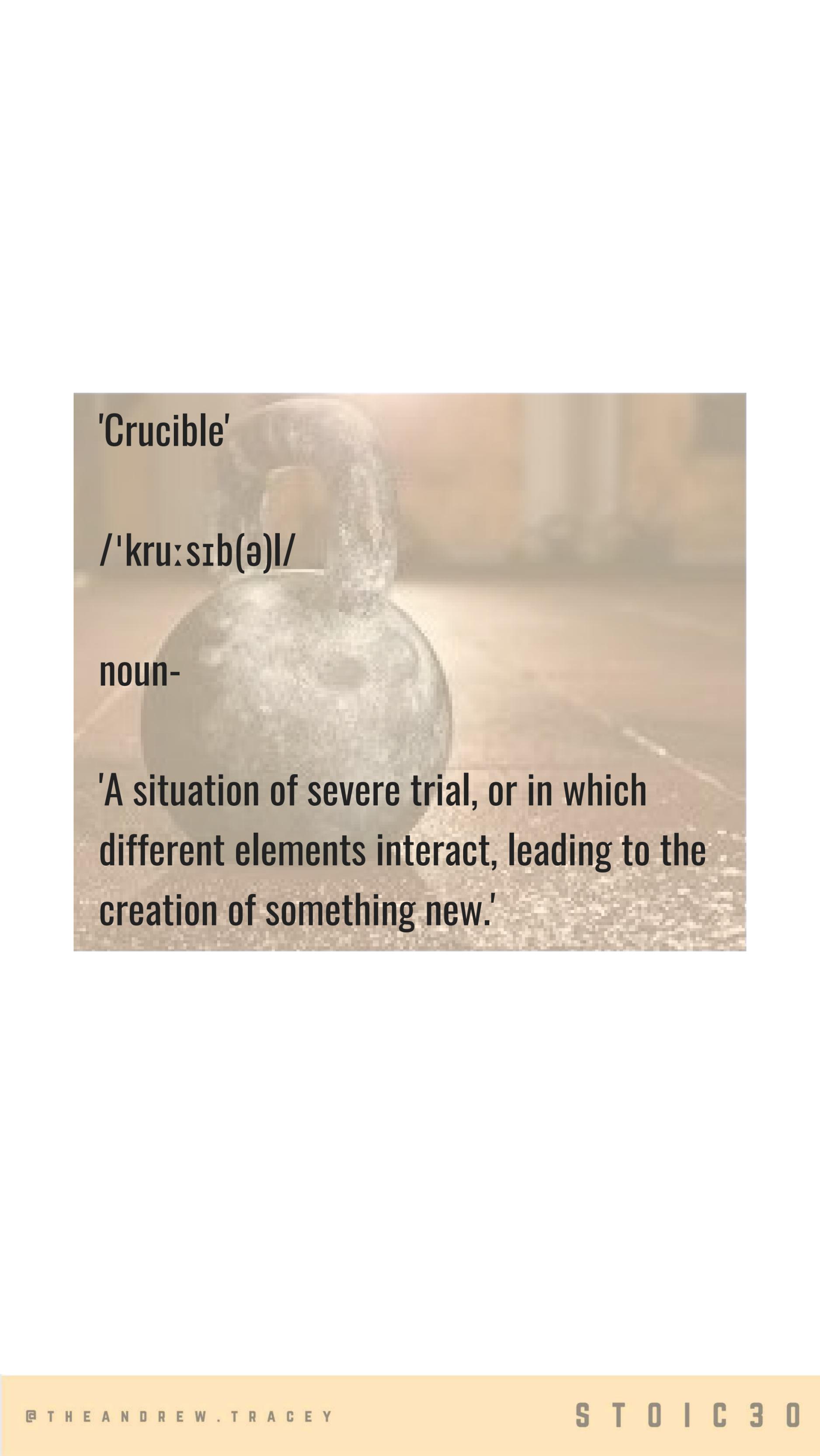
Time with your children, time with your spouse, time to be more productive, more time in bed, more time in front of Netflix.

You are in essence, trading one comfort for others, some offering much loftier spiritual 'gains' than even the most expensive leg press or plushest changing rooms could ever hope to provide.

So here we are.

A thirty day 'challenge'.

A trial in dispensing with comforts, stripping away equipment access to the absolute bare minimum for optimal progress whilst increasing intensity, focus, frequency and hoping to achieve an understanding of what is 'necessary' and an appreciation of what is available to us in contrast.



'Crucible'

/'kruːsɪb(ə)l/

noun-

'A situation of severe trial, or in which different elements interact, leading to the creation of something new.'

Necessities

Bodyweight

This includes somewhere to do pull-ups or regressions thereof (this may necessitate an additional band).

This does not have to be a purpose built pull-up bar.

Think parks, goal posts, door frames.

Although I'm confident in saying to a degree of around 90% certainty that SOMEONE you know has a pull-up bar that they've purchased at some point with the best intentions in the world, that is now gathering dust in their home somewhere.

Ask on facebook, trust me.

Resistance

This challenge will account for the following options, in order of preference-

2 x kettlebells

2 x dumbbells

1 x barbell and sufficient weights

1 x kettlebell

1 x dumbbell

1 x Odd object

(sandbag, weight plate, atlas stone, D-ball etc)

You only need access to ONE of these options.

Even if you have access to more than one option (ie you have a barbell and bumpers as well as kettlebells of multiple weights), you will still only be using ONE of these for the next thirty days.

In this case, work from the order of preference above.

Resistance

In an ideal world (or if you're specifically picking implements for this challenge), you'll use a weight that you can (push) press overhead for no more than 10-12 reps unbroken, ie if you can push press two 20kg dumbbells overhead for just about 12 ball busting reps, this is the correct load for you.

Generally speaking, your overhead strength will be your limiting factor when compared to over movements like squats, swings or deadlifts, when dealing with a fixed load/ lack of options, we can manipulate rep/ set schemes so that you're still achieving stimulus with a lighter load for those exercises, but if you go too heavy and can't get even 3-5 reps overhead, you've entirely eliminated that movement pattern.

Resistance

If you already have an implement/ implements that you intend on using that falls either above or below this criteria (for instance you've acquired two kettlebells but they're lighter than you expected), this is absolutely fine, so long as you understand the stimulus may be slightly different to what is intended OR there may be some adaptation necessary at your end (I am always available for conversation and discourse, via the comments section of instagram).

In fact, the entire ethos of this program is learning to accept what you cannot effect and control what you can, this adaptability or resourcefulness will serve you far better than a membership to the best equipped gym in the world.

Jump Rope

There is zero necessity for this to be anything flashy or purpose built.

My favourite jump rope is a piece of 20mm hemp rope which I cut to length and taped the ends of.

This is heavy, cumbersome and will set your shoulders on fire. It was also more or less free.

There are no 'double-unders' in this program as these may be considered a skill and possible barrier to entry, but if you have a 'speed rope' or anything of that ilk already, this is absolutely fine.

On the converse of this, if you can perform double-unders and choose to do them, this is absolutely your prerogative.

Push yourself.

Jump Rope



Space

I have designed this challenge with the intention that it is to be performed outside.

A large aim of this program is to become accustomed to a degree of discomfort or at very least, lack of comfort in order that you return to your regular style of training with an altered mindset and perceptions of what you truly 'need'.

That being said, if you choose to execute the challenge indoors, be aware that you will need to have a fairly efficient exit in order to perform runs, carries and other dynamic movements that require a degree of space.

Space

If you're able to perform the workouts in the same location each time (ie your garden/garage) it's a good idea to get to know a few generic distances to save time during workouts.

Establish a working area (or a spot from which you'll be able to start a run or carry), and measure/ pace out 25 metres, 50 metres, 100 metres, 200 metres and where possible, consult a map/app to find landmarks that you can efficiently get to at 0.5 miles and 1 mile.

Make a mental or literal note of something memorable at these distances ie '100m to the end of the street' or 'half a mile to the roundabout', this will enable you to focus on the work instead of figuring out distances every workout.

Not e b o o k

By working with more or less one single variable, a fixed weight(s), it will become infinitely easier to measure and indeed aim for, progress.

Most training days will have some trackable metric (usually time or total reps achieved) that you can measure, and use as a target in subsequent attempts.

Interestingly, in almost all studies conducted on the subject, when participants are given a target to work towards, they work significantly harder than when left to gauge their own effort.

Whether you record your efforts in a physical notebook, on a whiteboard/ chalk board or on your phone is not entirely important, just so long as you have access to these notes on subsequent attempts.

Not e b o o k

Most people are keen to see progress, but for the most part, leave it up to fate- what you can measure, you can manage (and improve upon).

A resolute attitude

More often than not, we engineer our own obstacles. We 'seek' motivation as if it were a tangible concept that we can simply find and utilise, but in contrast, we will actively create our own excuses when we're looking for a reason not to do something.

This is a baffling habit when we consider that usually, we're finding ways to excuse ourselves from performing a task or activity that will directly benefit us, or push us closer to some sort of goal we're aiming to achieve.

The 'why not's' always tend to roll off of the tongue quicker and in far more prolific quantities than the 'whys'.

A resolute attitude

This challenge seeks to eliminate many, if not all, of the usual objections you may have projected in the past-

- The workouts are time savvy (most are in set time frames so you know from the offset how much time you require).

- You can perform them virtually anywhere, which not only reduces time constraints further by eliminating travel time but allows you to perform them at home, meaning other responsibilities have less of a bearing (eg. you can workout once you put the kids to bed).

- Once you have the necessary equipment (which I maintain you can more likely than not acquire for free if not at an incredible value), you will incur no further costs.

A r e s o l u t e a t t i t u d e

Once all of your objections are addressed (save for some genuinely pressing issues that occur in all of our lives occasionally), you're left with a fairly sobering realisation that maybe you 'just don't want to'.

This is absolutely fine.

You show me one person who can say they have never once in their life encountered this feeling and I will show you a liar.

The ability to differentiate between obstacles and simple feelings of objection to the task at hand is a useful skill that will allow you to replace the perpetual search for motivation, with simple, autonomous habits.

DAY ZERO

There will be a prescription for training and activity, every day for the next thirty.

The vast majority of the exercises are extremely 'basic', fairly prolific and should be familiar to anybody who has spent even the shortest time immersed in physical culture.

If there are any you are unfamiliar with, or perhaps just want some reassurance, I highly recommend www.exrx.net

The site itself may seem spartan in comparison to flashier offerings, but it is extremely comprehensive and a very reliable resource.

Any more 'specific' drills, I have attempted to breakdown within the book, however if further clarification is necessary, drop a comment on instagram and if I still can't explain thoroughly enough, I will endeavour to make a video.

There is also a 'glossary of terms' at the back of this guide, if you are unfamiliar with any acronyms or wording.

DAY 001

20 min rep block-

A1. Push-ups

A2. Pull-ups

Work sub-maximally, try to maintain sets at around 50-60% of your rep maxes. (ie if you can do 10 pull-ups, work in sets of 5 for as long as possible, drop to lower reps when necessary to maintain form and keep rest consistent. Ideally perform push-up to pull-up reps on a 2:1 ratio)

Rest as necessary, but aim to stay consistent and keep moving.

Rest 5 minutes.

Then...

15 min AMRAP-

5 x double KB clean

10 x double KB squat

15 x double KB swing

20 x double KB deadlift

100m run between each round

DAY 001

ALTERNATES-

2 x dumbbells-

5 x hang snatch

10 x hang cleans

15 x front squats

20 x conventional deadlift

1 x barbell and sufficient weights

Perform-

10 x hang cleans

15 x front squats

20 x conventional deadlift

1 x kettlebell

Perform cleans, squats and deadlifts with one arm, alternate arms each round.

Perform swings 2 handed.

1 x dumbbell

See '2 x dumbbell', perform single armed, alternate arm each round.

1 x Odd object-

10 x hip to shoulder

15 x squat

20 x deadlift

*100m run between each round of all variations

DAY 002

E2MOM x 16 mins

10 x Double Kettlebell front squat

10 x Jump squat

No rest between squats and jump squats, drop KB's and start set immediately.

Aim for a slow eccentric into a MAX height jump with every rep.

Rest 4 minutes.

Then...

200m front rack walking lunge

200m farmers hold walking lunge

200m bodyweight walking lunge

Every time you stop, perform-

5 x burpee.

Track total time and total burpees.

DAY 002

ALTERNATES-

Double dumbbells, perform verbatim.

Barbell perform-

Double KB squats= Front squat

200m front rack lunge

200m back rack lunge

200m bodyweight

(If this is too taxing, remove a weight plate and perform 200m holding plate across chest, 400m bodyweight lunge)

Single kettlebell-

Single sided KB front rack squat, change sides each round.

200m 'goblet' hold lunge

200m 'suitcase' grip lunge (alternate arm at every drop)

200m bodyweight lunge

Single dumbbell-

See 'single kettlebell'

Odd object-

Zercher/ front rack squat

200m zercher/ front hold lunge

200m shouldered/ on back lunge

200m bodyweight lunge

DAY 003

20 minute alternating EMOM-

Even minutes- Jump rope @ medium intensity

Odd minutes- Straight arm plank

Jump rope at an intensity that feels comfortable for first few rounds but gets progressively more difficult to maintain, by around the 7th round you should be struggling to complete the minute.

Attempt to maintain the plank for the entirety of each 60second effort, if you drop out of the plank, get back up as soon as possible.

Make a note of which sets you began to encounter difficulty for future reference.

DAY 004

20min rep block-

A1. Double KB push press

A2. Double KB bent over row

Work sub-maximally, try to maintain sets at around 50-60% of your rep maxes. (ie if you can do 10 push press, work in sets of 5 for as long as possible, drop to lower reps when necessary to maintain form and keep rest consistent. Ideally you will perform twice as many reps of the rows versus the presses)

Rest as necessary, but aim to stay consistent and keep moving.

Rest 5 mins.

Then...

Alternating EMOM x 21 min

Min 1- 5 x burpee, spend remainder of minute in handstand hold

Min 2- 10 x burpee, spend remainder of minute in front rack hold

Min 3- 15 x push-up, rest remainder of minute

DAY 005

20 min rep block-

10 x Split squat left leg (front rack)

10 x Split squat right leg (front rack)

15 x Romanian deadlift

Drop to lower reps when necessary to maintain form and keep rest consistent. Record total rounds/ reps for each movement

Rest as necessary, but aim to stay consistent and keep moving.

Rest 5 minutes then-

For as long as possible, EMOM perform-

1 x Kettlebell goblet squat

1 x Kettlebell swing (single)

1 x jump squat

Jump rope at a moderate pace for the remainder of each minute.

Each subsequent minute, add one rep to EVERY movement.

Workout ends when you can no longer perform prescribed number of reps in 60 seconds.

See previously established alternatives for exercises.

For single implements, alternate sides between rounds.

DAY 006

20 minute alternating EMOM-

Even minutes- Jump rope @ medium intensity

Odd minutes- 3 x pull-up + 6 x push-up + 9 x air squat

Jump rope at an intensity that feels comfortable for first few rounds but gets progressively more difficult to maintain, by around the 7th round you should be struggling to complete the minute.

Walk at a brisk pace for 25 minutes.

No music.

(Set a countdown timer for 12 mins and walk as far as you can in that time, then turn around and head back).

DO NOT SKIP OR DISMISS THIS PART.

DAY 007

20min rep block-

A1. 5 x Double Kettlebell floor press with glute bridge

A2. 10 x Single arm kettlebell row (10 each side)

(Drop to lower reps when necessary to maintain form and keep rest consistent. Record total rounds/ reps for each movement)

Rest as necessary, but aim to stay consistent and keep moving.

Rest 5 mins.

Then...

2 mile run

EMOM until run is complete, perform-

1 x burpee

Add an additional burpee each minute until run is complete.

DAY 008

E2MOM x 16 mins

10 x Double Kettlebell front squat

10 x Jump squat

No rest between squats and jump squats, drop KB's and start set immediately.
Aim for a slow eccentric into a max height jump with every rep.

Rest 4 minutes.

Then...

200m front rack walking lunge

200m farmers hold walking lunge

200m bodyweight walking lunge

**Every time you stop, perform-
5 x burpee.**

Track total time and total burpees.

COMPARE TO 'DAY 002'

Aim to beat total time for lunges

DAY 009

30 min alternating EMOM-

Min 1- 5 x pull- up

Min 2- 10 x push-up

Min 3- 15 x air squat

Jump rope at a moderate intensity for the remainder of each minute.

DAY 010

20 min rep block-

A1. Push-ups

A2. Pull-ups

Rest 5 minutes.

Then...

15 min AMRAP-

5 x double KB clean

10 x double KB squat

15 x double KB swing

20 x double KB deadlift

100m run between each round

COMPARE TO DAY 001

Attempt to beat total reps/ rounds for BOTH sections.

DAY 011

20 min rep block-

10 x Split squat left leg (front rack)

10 x Split squat right leg (front rack)

15 x Romanian deadlift.

Rest 5 minutes then-

For as long as possible, EMOM perform-

1 x Kettlebell goblet squat

1 x Kettlebell swing (single)

1 x jump squat

Jump rope at a moderate pace for the remainder of each minute.

Each subsequent minute, add one rep to each movement.

Workout ends when you can no longer perform prescribed number of reps in 60 seconds.

COMPARE TO DAY 005

Attempt to beat previous reps/rounds for both sections.

DAY 012

4 rounds-

100m overhead carry

100m front rack carry

100m farmers carry

200m run

Try to rest minimally between each movement (ie. as soon as you've completed 100m overhead carry, drop immediately into front rack and continue) rest as necessary between rounds, but stay consistent and track total time taken.

If you only have one implement, alternate between left/right each round.

If using an odd object, substitute back rack carry for farmers carry, unless you can grip object (ie handles on a sandbag) in which case, perform a farmers carry and alternate between left/right each round.

This workout works perfectly on a rugby/ football pitch, simply move from one end of pitch to the other, switching movements each length, after the farmers carry- sprint to the opposite end of the pitch and back.

RECORD TOTAL TIME TAKEN

DAY 013

20min rep block-

A1. Double KB push press

A2. Double KB bent over row

Rest 5 mins.

Then...

Alternating EMOM x 21 min

Min 1- 6 x burpee, spend remainder of minute in handstand hold

Min 2- 12 x burpee, spend remainder of minute in front rack hold

Min 3- 18 x push-up

COMPARE TO DAY 004-

Attempt to beat total reps on rep block.

Note, reps on alternating EMOM have increased versus day 004.

DAY 014

20 min rep block-

A1- 10 x Double KB front rack squat

A2- 15 x Double KB romanian deadlift

Keep rest minimal, complete all reps before moving onto next exercise (even if this means a brief pause/ breaking sets up)

Rest 5 mins.

Then...

50-40-30-20-10 of-

Alternating reverse goblet lunges (left+right= 2 reps)

Jump squats (max height on each rep)

Single unders

100m sprint between each round

Record total time taken.

See previous substitutions for exercises.

Goblet= Front rack for single/ odd objects.

Alternate sides between rounds where necessary for single implements.

DAY 015

30 min alternating EMOM-

Even mins- Max handstand hold

Odd mins- 100m run

If you cannot perform a handstand hold against a wall, or cannot hold for longer than 30 secs, use an overhead hold (KB/ DB/ Odd object)

If using a single load, alternate sides every round.

Get as close to the minute on each round as possible, pay attention to and record your longest holds/ how many rounds you manage to maintain the full 60s for.

DAY 016

6 rounds-

60s max push press (left arm only)

60s max push press (right arm only)

60s max pull-ups

60s max push-ups

Rest 2 mins between rounds.

Keep working for the full 60s each round, breaking sets up and resting as necessary.

Goal is to achieve as many reps as possible in each 60s window.

Record total reps for each movement, each round.

Rest 5 minutes.

Then..

EMOM-

1 x burpee

50m run

Add an additional burpee each minute until you can no longer complete prescribed reps within 60s

If using a barbell, perform a barbell 'javelin' press (remove all weight if necessary), grip the barbell centrally with one hand and clean to your shoulder, the barbell should be running front to back (ie. one end is directly in front of you, the middle of the barbell is on your shoulder and the opposite end of the barbell is behind you). From this position simply push press as if the bar were a dumbbell. This is slightly more difficult than pressing a KB/DB, however the benefits and carryover to other movements are expansive.

If using an implement that is impossible to press single armed, perform-

60s max push press

60s max pull-ups

60s max push press

60s max push-ups

DAY 017

6 rounds-

60s max double KB front rack squat

60s max situps

60s max KB swing

Rest 2 mins between rounds.

Keep working for the full 60s each round, breaking sets up and resting as necessary.

Goal is to achieve as many reps as possible in each 60s window.

Record total reps for each movement, each round.

Record total reps for each movement, each round.

Rest 5 minutes.

Then...

4 rounds of-

20 seconds MAX EFFORT jump rope

10 seconds rest

20 seconds MAX EFFORT air squats

10 seconds rest

Rest 2 mins and repeat.

See previous substitutions for exercises.

Alternate sides between rounds or use a goblet/zercher hold where necessary for single implements.

DAY 018

60min brisk walk.

**DO NOT IGNORE THIS OR MISTAKE FOR
'REST'.**

Get outside, walk, think, decompress.

DAY 019

20min rep block-

A1. 5 x Double Kettlebell floor press with glute bridge

A2. 10 x Single arm kettlebell row (10 each side)

Rest 5 mins.

Then...

‘Death by Burpee Pull-up’

EMOM perform-

1 x burpee pull-up

Add an additional burpee pull-up every subsequent minute until you can no longer perform the prescribed reps within 60 seconds (break sets up if necessary, within the minute)

Record reps/ rounds reached for both sections.

COMPARE TO DAY 007

ATTEMPT TO BEAT TOTAL REPS/ ROUNDS FROM REP BLOCK

Either increase reps per round (ie start at 6 x floor press/ 12 x row per round) OR attempt to increase total rounds performed (by reducing rest)

DAY 020

E2MOM x 16 mins

12 x Double Kettlebell front squat

12 x Jump squat

No rest between squats and jump squats, drop KB's and start set immediately.
Aim for a slow eccentric into a max height jump with every rep.

Rest 4 minutes.

Then...

200m front rack walking lunge

200m farmers hold walking lunge

200m bodyweight walking lunge

**Every time you stop, perform-
5 x burpee.**

Track total time and total burpees.

COMPARE TO 'DAY 008'

Aim to beat total time for lunges

NOTE- reps for EMOM have increased

DAY 021

Alternating EMOM x 30mins

Even mins perform-

3 x pull-up

6 x push-up

9 x air squat

Odd mins- Jump rope at a moderate pace

Then...

1.5 mile hard run

(Aim for 12 minutes or below)

DAY 022

20min rep block-

A1. Double KB hang clean and press

A2. Pull-up

Work sub-maximally, try to maintain sets at around 50-60% of your rep maxes. (ie if you can do 10 hang clean and presses, work in sets of 5 for as long as possible, drop to lower reps when necessary to maintain form and keep rest consistent.)

Rest 5 minutes

Then...

100 x renegade row (Left+Right = 1 rep)

BUT..

**EMOM (starting at 0.00) until completion, perform-
5 x burpee**

See previous substitutions for exercises.

Alternate sides between rounds where necessary for single implements.

For single implement renegade rows, perform in sets of 5 on each side before switching, remain in plank position for switch.

For odd objects, perform 100 x pendlay/ bent over rows with same burpee scheme.

DAY 023

10 ROUNDS-

10 x Double KB front rack squat

100m max effort sprint

Rest 60s between rounds

Rest 5 minutes.

Then...

2 rounds-

100m single legged deadlift march*

Rest 2 mins between rounds

*Perform a single legged deadlift, holding load in opposite hand (single KB or DB OR barbell/ sandbag across back), at the top of the rep, switch hands and take one step forward with the non working leg, perform another rep on this leg. Continue this, alternating legs and taking a step forward on each rep, until you have completed 100m.

DAY 024

30 min alternating EMOM-

Even mins- Max handstand hold

Odd mins- Jump rope at a moderate pace

If you cannot perform a handstand hold against a wall, or cannot hold for longer than 30 secs, use an overhead hold (KB/ DB/ Odd object)

If using a single load, alternate sides every round.

Get as close to the minute on each round as possible, pay attention to and record your longest holds/ how many rounds you manage to maintain the full 60s for.

COMPARE HANDSTAND HOLDS TO DAY 015

Attempt to improve your max hold times/ number of rounds you can maintain max holds for

DAY 025

6 rounds-

60s max push press (left arm only)

60s max push press (right arm only)

60s max pull-ups

60s max push-ups

Rest 2 mins between rounds.

Keep working for the full 60s each round, breaking sets up and resting as necessary.

Goal is to achieve as many reps as possible in each 60s window.

Record total reps for each movement, each round.

Rest 5 minutes.

Then..

EMOM-

1 x burpee

50m run

Add an additional burpee each minute until you can no longer complete prescribed reps within 60s

COMPARE TO DAY 016

ATTEMPT TO BEAT REPS/ROUNDS FOR BOTH SECTIONS

DAY 026

6 rounds-

60s max double KB front rack squat

60s max situps

60s max KB swing

Rest 2 mins between rounds.

Record total reps for each movement, each round.

Rest 5 minutes.

Then...

4 rounds of-

20 seconds MAX EFFORT jump rope

10 seconds rest

20 seconds MAX EFFORT air squats

10 seconds rest

Rest 2 mins and repeat.

See previous substitutions for exercises.

Alternate sides between rounds or use a goblet/zercher hold where necessary for single implements.

COMPARE TO DAY 017

Attempt to beat total reps for section 1

DAY 027

4 rounds-

100m overhead carry

100m front rack carry

100m farmers carry

200m run

Try to rest minimally between each movement (ie. as soon as you've completed 100m overhead carry, drop immediately into front rack and continue) rest as necessary between rounds, but stay consistent and track total time taken.

If you only have one implement, alternate between left/right each round.

If using an odd object, substitute back rack carry for farmers carry, unless you can grip object (ie handles on a sandbag) in which case, perform a farmers carry and alternate between left/right each round.

This workout works perfectly on a rugby/ football pitch, simply move from one end of pitch to the other, switching movements each length, after the farmers carry- sprint to the opposite end of the pitch and back.

COMPARE TO DAY 012
ATTEMPT TO BEAT TIME

DAY 028

2 rounds-

50 x pull-up

75 x Double KB clean and push press

100 x Double KB bent over row

125 x Push-ups

150 x Single unders

REST 3 MINS BETWEEN ROUNDS

RECORD TOTAL TIME TAKEN

Break up reps as necessary, but move quickly and stay consistent.

These 1000 reps mark the last 'upper body' focussed workout of the month.

Make it count.

See previous adaptations/ substitutions.

For single implements, alternate sides between rounds.

DAY 029

2 rounds-

50 x Double KB front rack squat

75 x Double KB deadlift

100 x Alternating goblet lunge

125 x KB swings

150 x Air squats

REST 3 MINS BETWEEN ROUNDS

RECORD TOTAL TIME TAKEN

Break up reps as necessary, but move quickly and stay consistent.

These 1000 reps mark the last 'lower body' focussed workout of the month.

Make it count.

See previous adaptations/ substitutions.

For single implements, alternate sides between rounds.

DAY 030

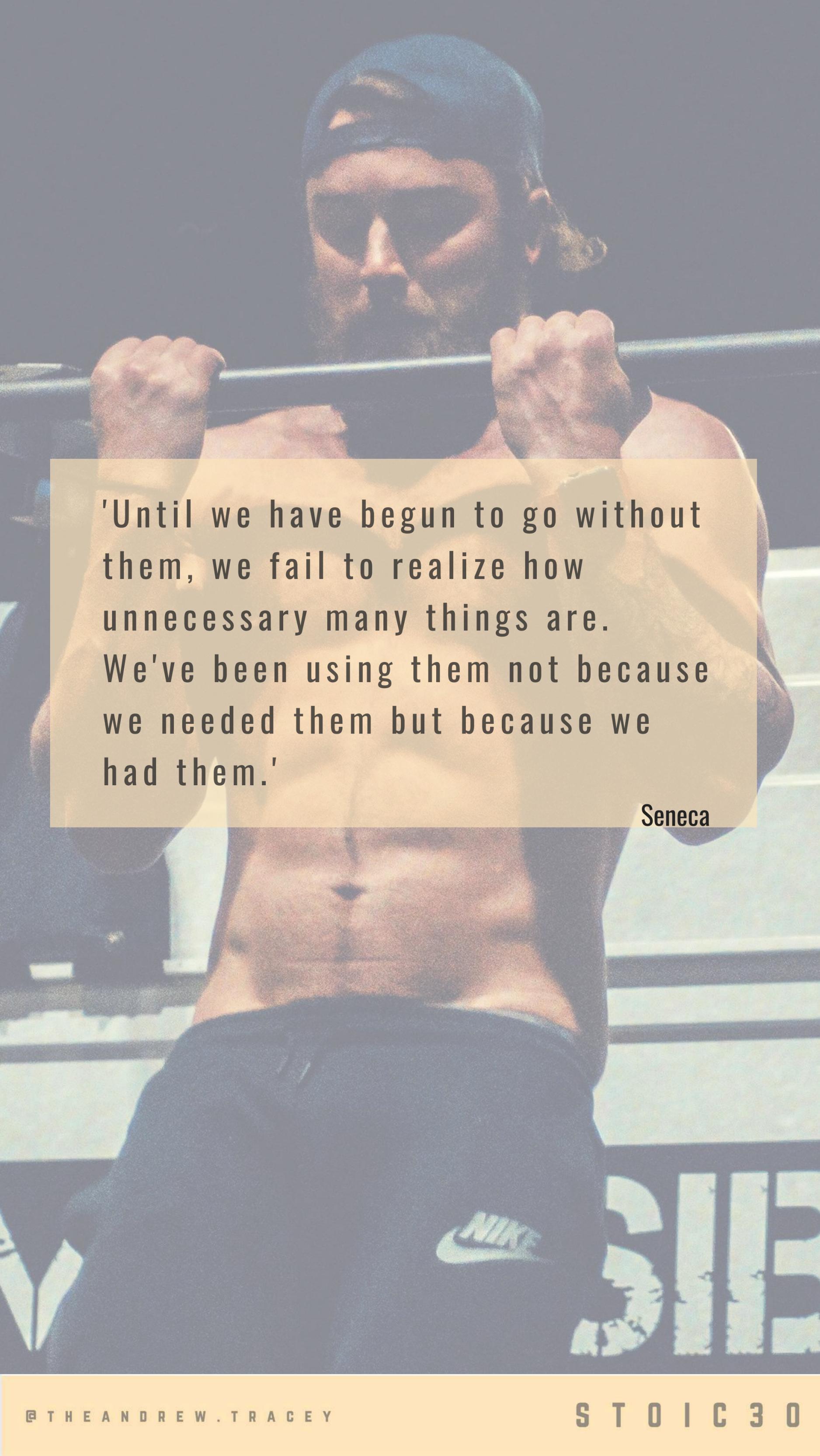
1 mile farmers carry

Every drop, perform 5 x burpee

A simple but true test of grit and perseverance to bookend 30 days of hopefully, sharpening these tools.

For single implements, alternate sides between drops.

For odd objects, perform front rack/ zercher carry (do not shoulder).



'Until we have begun to go without them, we fail to realize how unnecessary many things are. We've been using them not because we needed them but because we had them.'

Seneca

Next...

If you have reached this page, after immersing yourself and completing all 30 days as intended, then I truly thank you for investing your trust in this manual and myself.

My hope is that you will have reached this point with not only noticeable physical changes, but also a shift of mindset; lessons and tools that you can move forward with, influencing your training from this point forward, wherever you choose to apply them.

So what now?

You can of course, repeat this manual as many times as you wish, referring back to your notes and striving for constant improvements.

You can also cherry pick protocols and sessions, for those days when life has conspired to keep you from your usual routine, or indeed, when you just 'feel' like it.

All and any feedback you may have, will be gratefully received.

I hope, that moving forward, in any direction- you will continue to reap the benefits of the previous 30 days.

AT

Glossary of terms

EMOM

Perform prescribed reps / sets / exercises at the beginning of each and every minute, resting for remainder of the minute (unless otherwise stated).

Alternating minute EMOM

You will still work 'emom' using this protocol, but you will cycle through different exercises/reps each minute as prescribed.

E2MOM

Similar to an EMOM, but working every second minute, starting at 0.00, then 2.00, then 4.00 etc.

AMRAP

As many reps/rounds as possible, with this protocol you attempt to get the maximum number of repetitions / sets of the prescribed exercises within a given timeframe, whilst maintaining the same standards.

Glossary of terms

LADDER

Work down (or up if stated) in reps, usually alternating between two or more exercises. looks like- 10 reps of exercise a, 10 reps of exercise b, 9 reps of exercise a, 9 reps of exercise b etc until you reach one rep of each (or target reps if working upwards).

AFAP

As fast as possible-perform the prescribed reps / set / workout as fast as possible whilst maintaining good form and tempo. Shave time off by resting less, not by performing the movements faster.

REP BLOCK

Similar to an AMRAP. Endeavour to complete and record as many reps as possible within a set time frame. Record reps for each exercise and where possible, record reps for each set, so that you can gauge your 'pace' on subsequent attempts.

Resources

Bulldog Gear

If you plan on purchasing your weapon of choice (or any equipment moving forward) brand new, I cannot recommend anyone more highly.

www.bulldoggear.eu

Hench Fuel

You will require sustenance. You can't get much more utilitarian than a pot of oats, pre mixed with additional protein. There are some areas of my life however, where I very rarely sacrifice comforts, taste is one them. Luckily Hench pots taste as good as they are convenient and nutritious

www.henchfuel.co.uk

Gymboss Interval Timer

Perform a search on the app store or equivalent, I've experimented with various apps and find 'Gymboss' to be the most ergonomic. The timer will continue to countdown and alert you over the top of any music. Presets for EMOMs and a simple configuration for saving new timers.



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