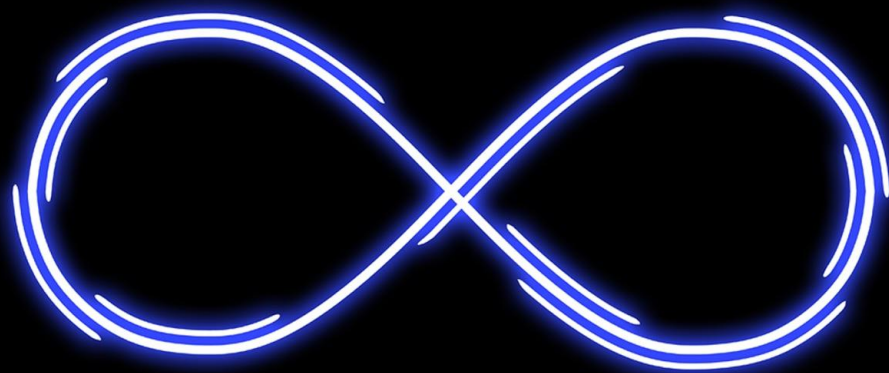


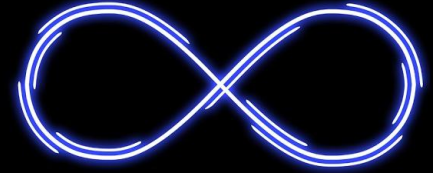
INFINITE

TRAINING PROGRAM



-31 DAYS-

Overview

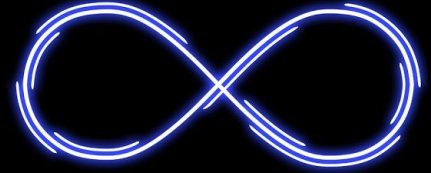


The INFINITE Training Program is a 31 day workout program that requires minimal equipment. These workouts are designed to be fast and very effective. The harder you work, the more results you will see. At the start of the program, you will be tested for an initial benchmark. At the end, you will complete this very same test to reveal your new level of fitness. Throughout the program, you are encouraged to record and share your results to show yourself and others your achievements. Especially, the benchmark workouts.

Prove to yourself that you are Subject to No Limitations...

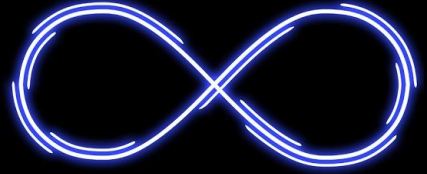
Prove to yourself that you are INFINITE.

Workout Styles



- ★ **For Time:** Complete the listed workout as fast as possible.
- ★ **AMRAP (As Many Rounds As Possible):** Complete as many rounds as possible in the listed time. The score is the amount of full rounds completed followed by reps completed in the round when the timer ends.
- ★ **EMOM (Every Minute on the Minute):** At the start of every minute, complete the listed exercises. Use the remaining time in that particular minute to rest.
- ★ **Get It Done:** Simply complete these workouts without time constraints.
- ★ **TABATA:** Work for 20 seconds and then rest for 10 seconds. Do this for 8 consecutive rounds. The round with the lowest rep count is your score.
- ★ **Buy In:** Complete exercises before daily workout.
- ★ **Buy Out:** Complete exercises after daily workout.

Day 1

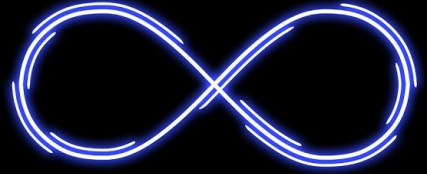


Benchmark Workout Test (Initial):

- 1 Mile Run (For Time)
- Maximum Sit-ups (2 Minutes-Unbroken)
- Maximum Push-ups (2 Minutes-Unbroken)
- Maximum Pull-ups (Unbroken)

Equipment Needed:
Pull-up Bar

Day 2



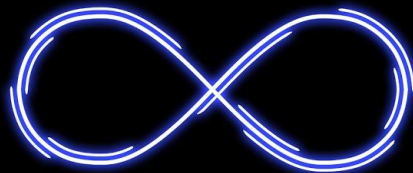
AMRAP:

20 Minutes:

- 5 Pull-ups
- 10 Push-ups
- 15 Dips
- 20 Lunges (10 each leg)

Equipment Needed:
Bench/Chair

Day 3



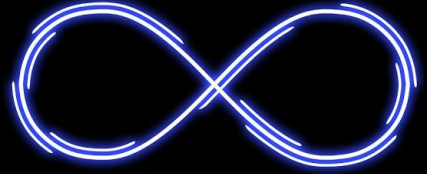
AMRAP:

15 Minutes:

- 5 Devil Presses
- 10 Goblet Squats

Equipment Needed:
Two 35lb Dumbbells

Day 4



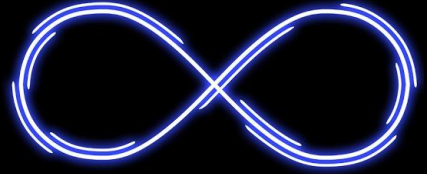
For Time:

5 Rounds:

- 12 Pull-ups
- 12 Push-ups
- 12 Burpees
- Run 400m

Equipment Needed:
Pull-up Bar

Day 5



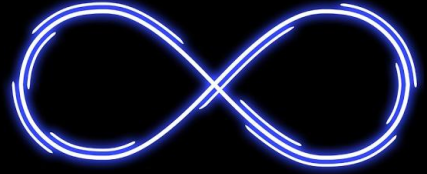
AMRAP:

15 Minutes:

- 7 Burpees
- 15 yard Bear Crawl Forward
- 15 yard Bear Crawl Backward

Equipment Needed:
None

Day 6



Buy In: 50 Air Squats

EMOM:

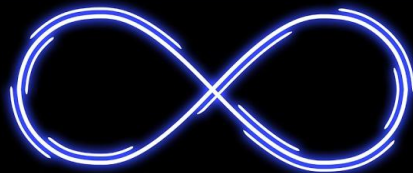
20 Minutes:

- 6 Renegade Rows (3 each arm)
- 10 Walking Lunges (5 each leg)
 - Front Rack Dumbbell Hold

Buy Out: 50 Air Squats

Equipment Needed:
Two 35lb Dumbbells

Day 7



For Time:

- 3 Mile Run
 - 1 Minute at 80-90% effort
 - 1 Minute at 50-60% effort

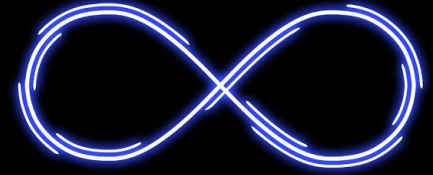
Equipment Needed:
None

Get It Done:

- 100 Push-ups
- 100 Sit-ups

Break up reps as needed

Day 8



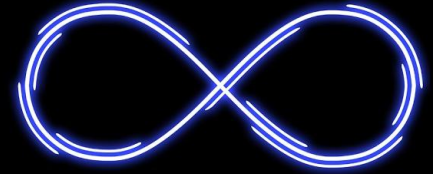
Get It Done:

Complete 10 Rounds:

- Maximum Pull-ups (Unbroken)
- 1 Minute Plank

Equipment Needed:
Pull-up Bar

Day 9



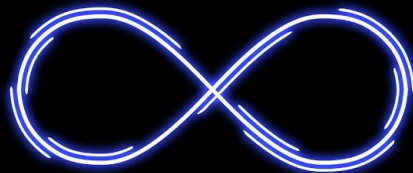
For Time:

7 Rounds:

- 10 Devil Presses
- 10 Burpees
- Run 100 Meters

Equipment Needed:
Two 35lb Dumbbells

Day 10



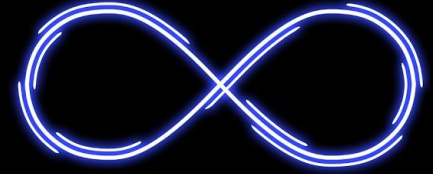
For Time:

4 Rounds:

- 25 Air Squats
- 20 Walking Lunges (10 Each Leg)
- 800 Meter Run

Equipment Needed:
None

Day 11

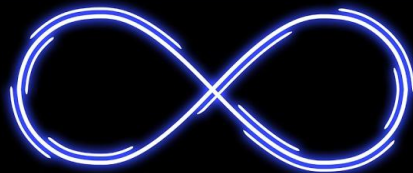


For Time:

- 50 Dips
- 50 Curls
- 100 Push-ups
- 100 Pull-ups

Equipment Needed:
Bench/Chair
Two 25lb Dumbbells
Pull-up Bar

Day 12



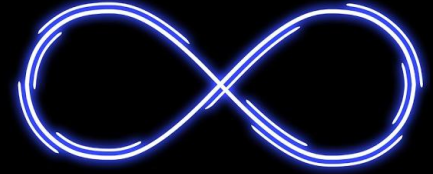
Get It Done:

Sprints:

- 4 x 200 Meters
- 2 x 400 Meters
- 1 x 800 Meters
- 800 Meter Cooldown Jog

Equipment Needed:
None

Day 13



AMRAP:

-THEN-

AMRAP:

12 Minutes:

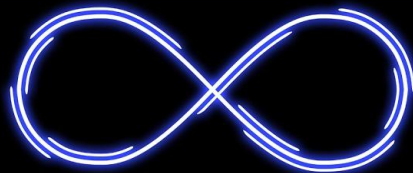
- 10 Pull-ups
- 10 Push-ups
- 10 Air Squats
- 5 Devil Presses

6 Minutes:

- 3 Burpees
- 6 Jump Squats

Equipment Needed:
Pull-up Bar
Two 35lb Dumbbells

Day 14



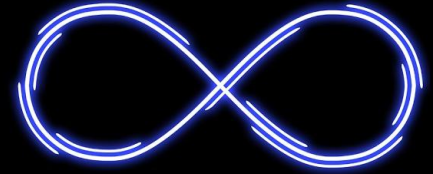
Get It Done:

3 Rounds:

- Shadow Box for 3 Minutes
- Plank for 1 Minute
- Mountain Climbers for 30 Seconds
- Crunches for 30 Seconds
- Hollow Rocks for 30 Seconds

Equipment Needed:
None

Day 15



For Time:

Murph:

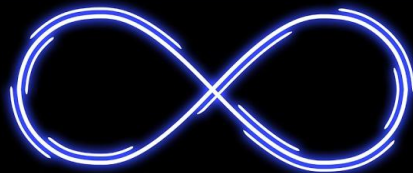
- 1 Mile Run
- 100 Pull-ups
- 200 Push-ups
- 300 Air Squats
- 1 Mile Run

Equipment Needed:
Pull-Up Bar

If you've got a twenty pound vest or body armor, wear it.

Partition Pull-ups, Push-ups, and Air Squats as desired

Day 16

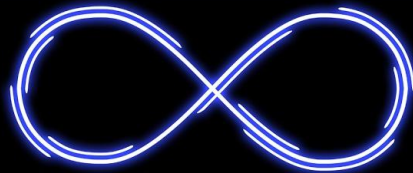


Get It Done:

- Casual 1 Mile Jog
- 40 Minutes of Stretching
 - 1-2 minute holds each stretch

Equipment Needed:
None

Day 17



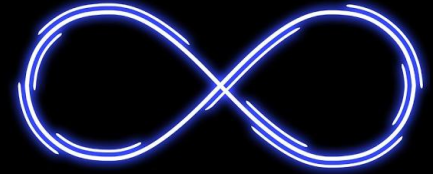
EMOM:

30 Minutes:

- 3 Burpees
- 6 Push-ups
- 9 Air Squats

Equipment Needed:
None

Day 18



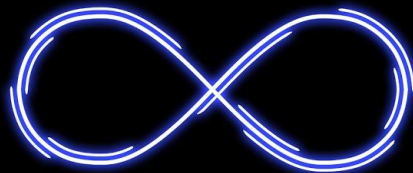
For Time:

2 Rounds:

- 200 Meter Run then 20 Push-ups
- 200 Meter Run then 20 Pull-ups
- 200 Meter Run then 20 Burpees
- 200 Meter Run then 20 Air Squats
- 200 Meter Run then 20 Devil Presses

Equipment Needed:
Pull-up Bar
Two 35lb Dumbbells

Day 19



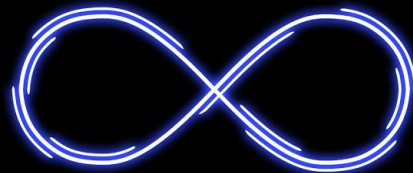
AMRAP:

20 Minutes:

- 200 Meter Run (Uphill/Inclined)
- 15 Burpees

Equipment Needed:
None

Day 20



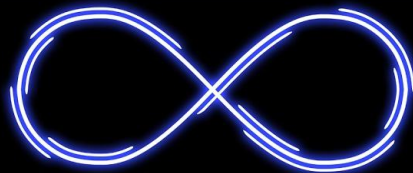
For Time:

10 Rounds:

- 15 Push-ups
- Forward Bear Crawl 30 Yards
- 15 Goblet Squats
- Sprint 30 Yards
- Rest 20 Seconds

Equipment Needed:
One 35lb Dumbbell

Day 21



For Time:

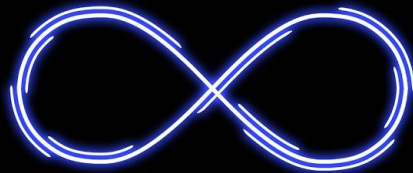
Rep Format:

1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 9, 8, 7, 6, 5, 4, 3, 2, 1

- Devil Presses
- Pull-ups

Equipment Needed:
Pull-up Bar
Two 35lb Dumbbells

Day 22

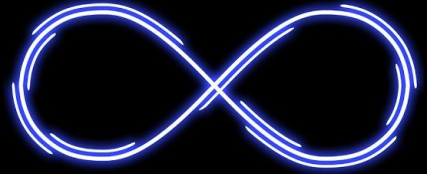


For Time:

- Run 5 Miles

Equipment Needed:
None

Day 23



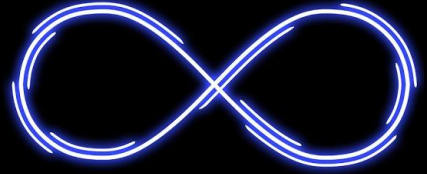
AMRAP:

15 Minutes:

- 5 Burpees
- 10 Push-ups
- 20 Mountain Climbers
- 40 Second Plank

Equipment Needed:
None

Day 24



AMRAP:

15 Minutes:

Rep Format (Increasing Ladder): 1, 2, 3, 4, 5...

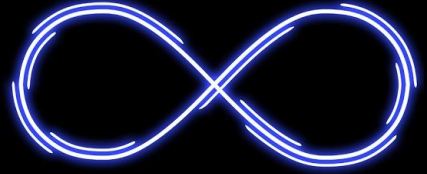
- Narrow Push-up
- Normal Push-up
- Wide Push-up

10 Jump Squats between each pushup round

Buy Out: 3 Rounds Max Wall Sit

Equipment Needed:
None

Day 25



EMOM:

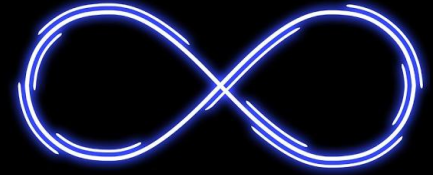
20 Minutes:

- 4 Renegade Rows (2 Each Arm)
- 4 Curls
- 4 Shoulder Press

Buy Out: Timed 1 Mile Run

Equipment Needed:
Two 35lb Dumbbells

Day 26



Buy In: 50 Push-ups, 50 Sit-ups

For Time:

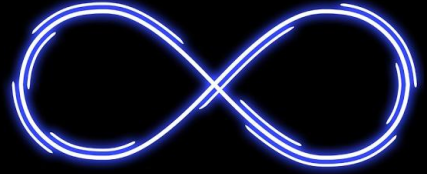
5 Rounds:

- Forward Bear Crawl 20 Yards
- Walking Lunges 20 Yards
- Backward Bear Crawl 20 Yards
- Broad Jump 20 Yards

Buy Out: 50 Push-ups, 50 Sit-ups

Equipment Needed:
None

Day 27



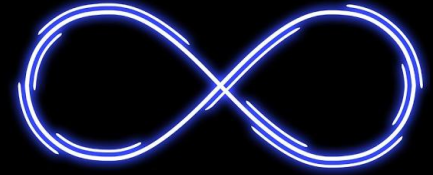
TABATA:

- Push-ups
- Air Squats
- Pull-ups
- Sit-ups

Equipment Needed:
Pull-up Bar

Complete one exercise completely before moving onto the next

Day 28

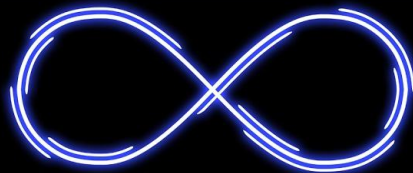


Get It Done:

- Trail Run ~ 3 Miles

Equipment Needed:
None

Day 29



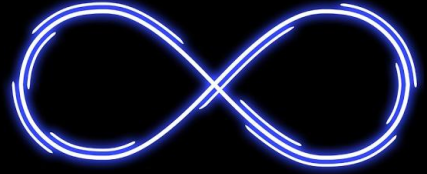
For Time:

Rep Format (Decreasing Ladder): 20, 18, 16, 14...6, 4, 2

- Burpees over Dumbbell
- Goblet Squats

Equipment Needed:
One 35lb Dumbbell

Day 30

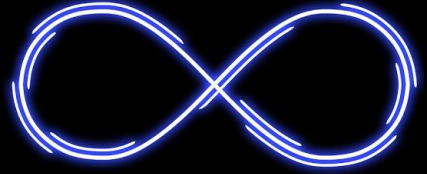


Get It Done:

- Casual 2 Mile Jog
- 40 Minutes of Stretching
 - 1-2 minute holds each stretch

Equipment Needed:
None

Day 31



Benchmark Workout (Final)

- 1 Mile Run (For Time)
- Maximum Sit-ups (2 Minutes-Unbroken)
- Maximum Push-ups (2 Minutes-Unbroken)
- Maximum Pull-ups (Unbroken)

Equipment Needed:
Pull-up Bar