



CRONUSFIT SQUAD FITNESS

CYCLE 2.0

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Baseline

Your Squad finished the first cycle of CronusFit and is getting used to the anaerobic endurance, designed for maximizing power output and oxygen consumption. Now, you turn your focus on developing the aerobic capacity to get to the fight. Cycle 2 increases the average distances you and your Squad will cover in the weeks to come and continues with basic gymnastics development. Coach Sommer says, "...there are stupid gymnasts, and there are old gymnasts, but there are no old, stupid gymnasts because they're all dead." The basic gymnastic work in Cycle 2.0 is designed to strengthen mobility: the ability to combine strength and flexibility.

Continue to manage your scores and times for basic military tests: 5-Mile Run, RPAT, 12-Mile Ruck, 2 min Push-ups, etc...Don't rush your workouts and manage the perceptions you have about exhaustion, chances are you're crossing a threshold and are much more capable of finishing the fight than you give yourself credit for.

#BESOMEBODY.
#CRONUSFIT



BECAUSE OTHERS SAY
IT BETTER THAN US...

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TIM FERRISS

Life, Me, My Life

WEEK 1

MONDAY

Run: 4x 800m Interval 2:1

Work/Rest Ratio

Goal - :180-200 800m Split

Accessory:

- 4x15 Scapular Pull-Ups
- 4x5 Seated Rope Climbs (From the seated position on the ground, using only your upper body, pull yourself to a standing position and slowly lower yourself)

WEEKLY GYMNASTIC MOVEMENT – PLANCHE

Work on the Planche with parralette bars + bands

The Planche is an excellent movement designed to measure your mobility in relation to your flexibility. The exercise challenges your core and hip muscles, as you stress the shoulders finding balance.

TUESDAY

Anaerobic Lactic Power (Glute/Posterior)

- 3x8 Squat
- 4x15 GHD Sit-Up

GM/DB Lunges

In TMs of 3 Complete 12x MAX EFFORT SLED PUSH (Sled+#135)

- Rest is taken while remaining TM completes movement
- Take the SQD to the Hot Tub after for TUB TIME

WEDNESDAY

Run: 10x 300m Hill Repeat (Walk Downhill)

Accessory:

- 4x50ft Buddy Wheelbarrow Walks

THURSDAY

Ruck: 8 Miles (#45) (Run ¼ Mile – Walk ¾ Mile)

Goal: 110min

FRIDAY

Anaerobic Lactic Endurance (Back)

- 4x 1min BW Deadlift (3min Rest Between Sets)

Squad Equipment Run

- Uniform: OCP, KEVLAR/OPSCOR, Boots, Plate Carrier, and Assigned WPN (If you are completing this exercise and do not have access to a weapon, complete 100 pushups prior to executing the run)
- 4-Mile Run; Every 10min Complete 30 OHS w/WPN + 30 4cnt Flutter Kicks w/WPN Extended

Complete MAX EFFORT Pull-Ups in KIT

WEEK 2

MONDAY

Run: 10x 400m Interval 2:1

Work/Rest Ratio

Goal - :90-105 400m Split

Accessory:

- 3min TOTAL: Handstand Hold (Against a Wall, or CONEX)

TUESDAY

Anaerobic Lactic Power (Hamstring)

- 3x4 HEX BAR DL
- 3x 50ft Single Arm Overhead Walking Lunge (#30)

HEX BAR DL

For Time: 50/25 – 40/20 – 30/15 – 20/10 – 10/5 Air Squats / Alt DB Power Clean + Press

Accessory:

- Jacobs Ladder (SQD Needs 2x Ladders): Each Ranger completes 4x 100ft Climb and rests in the upright position on Sit-Ups
- Alt Event: 5x30m Broad Jump + 40 Unassisted Sit-Ups

WEDNESDAY

Run: 3 Mile Tempo (7:10-7:45)

Accessory:

- 4x10 Good Mornings (Use a 5-oz Water Can filled ½ and hold the Can in the upright row position ((Scale as Needed)

THURSDAY

Ruck: 6 Miles (#45)

Goal: 90min

FRIDAY

Anaerobic Lactic Endurance (Shoulders)

- 4x8 Single Arm DB Strict Press (2min Rest Between Sets)
- 4x5 Hang Power Cleans

Fire Team Competition –

4 RFT: Each Individual Completes 75 Air Squats + 50 Push Ups + 25 Unassisted Sit Ups + 2x Rope Climb (Complete Rope Climbs during any period per Rnd)

WEEKLY GYMNASTIC MOVEMENT – BACK LEG SWING

Stand with one leg straight under your hip, hold onto the wall
2) kick one leg back behind you, keeping your legs straight and butt squeezed
3) drive your heel as high as you can

Note: You should hinge only at the hip, no swinging.

WEEK 3

WEEKLY GYMNASTIC MOVEMENT – HINGE ROWS

Hinge Rows focus on your rotator cuff and traps. The movement starts sitting on the floor with rings above your head 2) grab the rings, keep your heels to the floor, lie back to a straight position 3) Sit up until your head is between the rings (Bend at your waist and elbows should be 90 degrees)

MONDAY

Run: 6x 800m Interval 1:1
Work/Rest Ratio
Goal - :170-190 800m Split

TUESDAY

Anaerobic Lactic Power (Quad)

- 5x3 Front Squat (3min Rest Between Sets)

2 RFT: 2 Mile Run (15:10) + 20x :20/:10 Work/Rest MAX AIR SQUATS

- Goal for the cumulative squats is 150 per round, or greater. Your second 2-Mile run must be faster than 15:00 or the entire Team incurs a 50 Burpee penalty

Accessory:

- 4x10 KB Lateral Step Ups (20") ((With your lateral step ups – keep the KB in the front rack position in the hand above your suspended foot, control your movement down, AND do not use your suspended leg to step off the ground. You want to feel a burn on your hip flexer and hamstring)

WEDNESDAY

Run: 5-Mile Ranger Standard

Accessory:

- 5x20 CAG Push Ups (Grader places hand on chest and elbow to confirm individual testing goes all the way to the ground and locks out completely)
- 4x20 Cleary Sit-Ups (On a bench, keeping your feet flat on the ground, use your hip abductors to sit up and control your movement back down)

THURSDAY

Ruck: 8 Miles (#45) (Run 1/2 Mile – Walk 1 1/2 Mile)

Goal: 120min

FRIDAY

Anaerobic Lactic Endurance (Shoulders)

- 4x6 KB Push Press

150x WB for Time

Rowing: 6x 500m Sprint w/3min Rest (Between Rest min 1-2, complete 4x Reverse Wall Walk)

Accessory: (1min Rest between Exercises)

- Max Broad Jump
- Max Dips
- Max Ankles over the Bar

WEEK 4

MONDAY

Run: 12x 400m Interval 1:1
Work/Rest Ratio
Goal - :90 Split

WEEKLY GYMNASTIC MOVEMENT – PIKE PULSES

Sit in the pike position in the middle of the floor 2) walk your hands out on the floor, as far forward as you can 3) try and lift your heels 1-4' for 1x repetition 4) ratchet back and put your hands midway between your hip and knee and move your hands forward enough to only do 15-20 reps.

TUESDAY

Anaerobic Lactic Power (HIPS)

- 4x2 Leg Press
- 3x6 Single Arm DB Overhead Squat (It's ok if you feel a little twist in your lower body as you position yourself in the overhead squat, keep a high back and locked elbow to keep your weight distribution even on the movement)

30 EMOM (Every minute on the minute) (Start your Rangers at different positions in the workout)

- 10x Pull Ups
- 10x DB Thruster #45
- 15x CAL Row (Or 40 Air Squats)
- 10x DB RDL
- :50 MAX CAL ASLT BIKE or Shuttle Sprint

WEDNESDAY

Run: 8x 300m Hill Repeat w/Tow Bar

Accessory:

- 400m Buddy Carry (TMs of 2)

THURSDAY

Ruck: 10 Miles (#55)
For Time

FRIDAY

Anaerobic Lactic Endurance (Back)

- 3x8 Weighted Pull Ups
- 3x2 Rope Climb (Each set is comprised of 2x Rope Climbs in a row)

Fire Team Competition

- 60x Pull Ups (Rangers in hang position)
- 50x Toes-to-bar (Rangers in Plank Position)
- 40x Tow Bar Press (Rangers "picking cherries")
- 300m Shuttle Sprint (25m Intervals)