

FMU
FITNESS

HIGH DEF

BLITZ



FMU High Def **BLITZ**

PROTOCOL = You will have :95 seconds to complete your complex---a combination of moves completed consecutively with no breaks. You will then have a :45 second break. You will complete each complex 3x before moving on to the next complex. (:45 second rest for transition to next complex)

Coaching Cues:

1. If you do not complete the complex at the :95 second mark, continue for a few seconds into your break until you finish it out. If you are way behind and left with very little rest, lighten your weight or your lower your reps and move faster through each move.
2. The weight should be challenging but doable. You should be asking yourself how am I going to make it through all of these moves, but you should not be struggling to maintain form or pace. After the first round, if it was too easy, you should increase your weight slightly. Don't forget, you still have two more rounds.
3. During your break you can fill it with core but not cardio. Your body needs rest to reap the full benefits of stimulating adequate fat burn and strength building from the complex. You can talk during your breaks, not when you're working!

1. Blitz Dumbbell Complex

a. See Saw Presses 20x

b. Front Squat Pulses 20x

c. Renegade Rows 24x

2. Blitz Resistance Bands Complex

a. Band Curls 12x

b. Band Chest Press Pulses 20x

c. Band Lunge Hops 16x

d. Band Kneeling Rows 20x

3. Blitz Straps Complex

a. Alternating Grip Rows 20x

b. Squat Criss-Crosses 20x

c. Row Pulses 20x

d. tricep Extensions 10x

4. Blitz Plate Complex

a. Upright Rows 6x

b. Swing Ups 6x

c. Bent Over Rows 12x

d. Reverse Lunge Twist (R) 6x

e. Reverse Lunge Twist (L) 6x

f. Floor Press 12x

g. Burnout Pushups 10x