

ESCAPE OCTAGON LOAD TRAINING.

WORKOUT SIX – CONDITIONING.

OVERVIEW: This session employs the circuit format to provide a simple workout using the LOAD range. With low rest periods this session becomes a good metabolic conditioning session. Move from one LOAD station to the next in sequence to work all body parts and allow muscle groups to recover before returning to similar muscle groups.

SET PROTOCOL: Circuit.

ROUND ONE.

STATION.	EXERCISE NAME.	REPS.	TEMPO.	GRIP POSITIONING.	STANCE.	EXAMPLE LOAD/ BANDS.
Row	Alternating Row	12	1 - 1 - 1	Neutral	Neutral	20kg/44lb + 3 bands
Drive	Alternating Drive	12	1 - 1 - 1	Neutral	Neutral	20kg/44lb + 3 bands
Squat	Squat	12	1 - 1 - 1		Neutral	40kg/88lb + 3 bands
Press	Alternating Press	12	1 - 1 - 1	Overhand	Split	20kg/44lb + 3 band
Lift	Bulgarian Split Squat - Two Hand	12	1 - 1 - 1	Neutral	Split	40kg/88lb + 3 bands
STACK	Rotation	12	1 - 1 - 1	Overhand	Neutral	20kg/44lb

REST: 2 minutes

ROUND TWO.

STATION.	EXERCISE NAME.	REPS.	TEMPO.	GRIP POSITIONING.	STANCE.	EXAMPLE LOAD/ BANDS.
Row	1 Arm Row with Iso Hold in Flexion	12	1 - 1 - 1	Neutral	Neutral	10kg/22lb + 3 bands
Drive	1 Arm Drive with Iso Hold in Flexion	12	1 - 1 - 1	Neutral	Neutral	10kg/22lb + 3 bands
Squat	Sumo Squat	12	1 - 1 - 1		Neutral	40kg/88lb + 3 bands
Press	1 Arm Press with Iso Hold in Flexion	12	1 - 1 - 1	Overhand	Split	10kg/22lb + 3 band
Lift	Reverse Lunge - 2 Hand	12	1 - 1 - 1	Neutral	Split	20kg/44lb + 3 bands
STACK	Woodchop - Low to High	12	1 - 1 - 1	Overhand	Neutral	20kg/44lb

REST: 2 minutes

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ROUND THREE.

STATION.	EXERCISE NAME.	REPS.	TEMPO.	GRIP POSITIONING.	STANCE.	EXAMPLE LOAD/ BANDS.
Row	2 Arm Row	12	1 - 1 - 1	Underhand	Split	20kg/44lb + 3 bands
Drive	2 Arm Drive	12	1 - 1 - 1	Neutral	Single Leg	20kg/44lb + 1 band
Squat	Narrow Squat	12	1 - 1 - 1		Neutral	40kg/88lb + 1 band
Press	2 Arm Press	12	1 - 1 - 1	Underhand	Neutral	20kg/44lb + 1 band
Lift	Deadlift - 2 Hand	12	1 - 1 - 1	Neutral	Neutral	40kg/88lb + 3 bands
STACK	Woodchop - High to Low	12	1 - 1 - 1	Overhand	Neutral	20kg/44lb

REST: 2 minutes