



98 GYM

98 TRAINING

RESET: 4 WEEK POST ISO TRAINING PROGRAM

PROGRAM OVERVIEW

This 4 week strength and conditioning block is designed to overhaul your body and reset you so you're set for a solid training year. Building your strength, conditioning, speed and power up week after week ensuring you not only get back to the place you were before the lockdown, but move past it.

Click [here](#) to view the program overview.

This 4 week program is the first block in the training cycle, to access the next block hit the link <https://www.98gym.com/online/sign-up/>

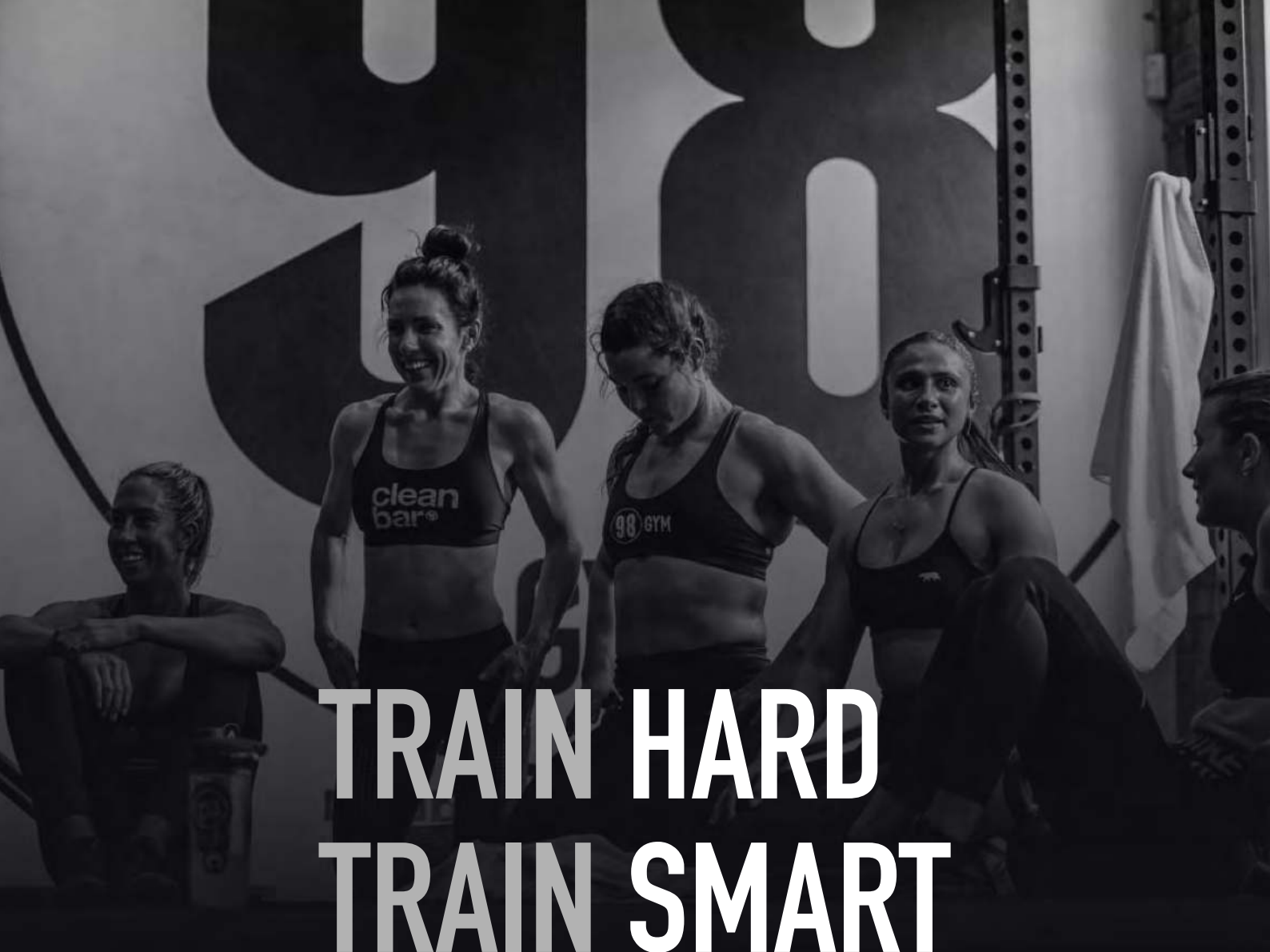
Keep me updated with how you are going and email me with any questions, kev@98gym.com.

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	IWT	STR	ESD	STR	STR	FYF	REST
	Warm Up	Warm Up	Warm Up	Warm Up	Warm Up	Warm Up	
	Then	Then	Then	Then	Then	Team/Individual	
	3 Rounds 10 x Barbell / DB Curl (each arm) plus 10 x Push Up 1 min MAX EFFORT Bike/Row/Ski/Run (100m out 100m back) 1 minute rest	5 x 8 Kettlebell Swing (Heavy) 60 seconds rest between sets	Ski/Row/Bike/Run 30 seconds MAX EFFORT 30 seconds REST x 6 3 mins rest x 4 sets *Record distance/calories and post.	5 x 20 DB/KB/BB Floor Press (light weight)	6 x 20m Flying Starts (jogging into the sprint)	Air Squat 80 / 64 / 48 / 32 / 24 / 12 KB Swing 40 / 32 / 24 / 16 / 12 / 6 Push Up 40 / 32 / 24 / 16 / 12 / 6 *Every 3 minutes on the minute 10 x Burpee First round looks like 80 x Air Squats, 40 x KB Swings and 40 x Push Up, from there you can the point until you hit 12, 6, 6 reps. *Do full range squats, full range push ups and the KB weight should be 24kg/32kg	
	Then	Then	Notes	Then	Then		
	3 min rest	5 x 5 Back Squat plus 5 x Standing Long Jump	RPE LEVEL 9 Very Hard Activity Very difficult to maintain exercise intensity. Can barely breath and speak only a few words.	5 x 5 Bench Press (DB/Barbell/) plus 10 x Kettlebell Swing 2 mins rest between sets.	6 x 3 Deadlift (70 - 75%) plus 5 x Standing Long Jump (banded if possible) 2 mins rest between sets		
	Then	Then		Then	Then		
	3 Rounds 8 x Cossack Squat (each side) 1 min MAX EFFORT Bike/Row/Ski/Run (100m out 100m back) 1 min Rest	5 x 20 (each leg) Single Leg Elevated Calf Raise 60 seconds rest between sets.		3 x 20 Banded Pull Apart plus 4 x Turkish Get Up (each side) 60 - 90 seconds rest between sets	4 x 100m Body Weight Lunge Walk 60 second rest between sets		
	Then	Finisher		Finisher	Finisher		
	3 Rounds 10 x Push Up plus 20 x Air Squat plus 10 x Kettlebell Swing 30 second MAX EFFORT Bike/Row/Ski/Run 1 minute rest	5 sets (60-90 seconds rest between sets) 10 x Goblet Squat 5 x Glute Walk Out		5 Sets (90 seconds rest each set) 15 x DB Hammer Curl (each arm) 15 x Lying Pull Up 15 x Push Up	50m Sprint...FAST AS YOU CAN (walk back) 10 x Kettlebell Swing (explosive)		
	Recovery	Recovery	Recovery	Recovery	Recovery	Recovery	

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
2	IWT	STR	ESD	STR	STR	FYF	REST
	Warm Up	Warm Up	Warm Up	Warm Up	Warm Up	Warm Up	
	Then	Then	Then	Then	Then	Team	
	3 Rounds 5 x KB Jump Squat plus 10 x Push Up 30 second MAX EFFORT Bike/Row/Ski/Run (50m out, 50m back) 1 minute rest	5 x 5 Heavy Kettlebell Swing 45-60 seconds rest between sets.	Ski/Row/Bike/Run 4 min @ 90-95% MHR 3 min @ 70% MHR x 4 70% MHR = DON'T STOP MOVING *Record distance/calories and post	5 x 3 Bench Press plus 5 x Pull Up 2-3 mins rest between sets	5 x 5 KB/DB Jump Squat (8 -12kg each arm use light weight) 60 seconds rest between sets	Teams of 2 15km Bike Erg / 7km Ski/Row *Every 2 mins 10 x Burpee, Bike/Ski/Row cant start until Burpees are done.	
	Then	Then	Notes	Then	Then	Individual	
	3 min rest	5 x 3 Back Squat (focus on your stance / set up)	RPE LEVEL 9 Very Hard Activity Very difficult to maintain exercise intensity. Can barely breath and speak only a few words.	5 x 8 Pendlay Row plus 15 x Banded Pull Apart	6 x 3 Deadlift plus 5 x Ball Slam 2 mins rest between sets	8km Bike / 5km Ski or Row *Every 3 mins 10 x Burpee	
	Then	Then		Finisher	Then		
	3 Rounds 10 x KB/DB Bulgarian Split Squat (10 each side) 30 second MAX EFFORT Bike/Row/Ski/Run (50m out, 50m back) 1 min rest (only 1 min rest between this round of 3 and the next)	3 x 100 Bodyweight Lunge (static & returning to top after each lunge) 60 seconds rest between sets.		15 min AMRAP 10 x Barbell Curl (if DB 10 x both arms) 15 x Push Up 50m Overhead Carry	4 x 10 KB/Barbell RDL 60 second rest between sets		
	Then	Finisher			Finisher		
	3 Rounds 20 x Goblet Squat 1 min MAX EFFORT Bike/Row/Ski/Run (100m out 100m back) 1 minute rest	5 x Sets (60-90 seconds rest between sets) 20 x Single Leg Calf Raise (each leg) 10 x KB/DB Bulgarian Split Squat			5 x Sets (90 seconds rest each set) 30m Weighted Lunge Walk 50 x Bodyweight Static Lunge		
	Recovery	Recovery	Recovery	Recovery	Recovery	Recovery	

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
3	IWT	STR	ESD	STR	STR	FYF	REST
	Warm Up	Warm Up	Warm Up	Warm Up	Warm Up	Warm Up	
	Then	Then	Then	Then	Then	Team	
	3 Rounds 10 x Barbell/DB Floor Press 2 min MAX EFFORT Bike/Row/Ski/Run 1 minute rest	5 x 60m 80% speed efforts 60 seconds rest between sets	Ski/Row/Bike/Run 6 mins @ 90-95% MHR 4 mins @ 65-70% MHR x 3 *Record distance/ calories and post.	5 x 5 Bench Press 2 mins rest between sets.	6 x 60m 80% Speed Run	Teams of 3 12km Ski / Row *2 x GTS after every effort *GTS weight 50-70% Bodyweight	
	Then	Then	Notes	Then	Then	Individual	
	3 min rest	5 x 5 Back Squat plus 5 x Standing Long Jump	RPE LEVEL 9 Very Hard Activity Very difficult to maintain exercise intensity. Can barely breath and speak only a few words.	6 - 1 Pull Up Ladder x 2 *Reps look like 6, 5, 4, etc until 1 then start again at 6	5 x 3 Sandbag/ Deadball Ground To Shoulder 2 mins rest between sets	6km Ski/Row *2 x GTS every 2 mins *GTS weight 50-70% Bodyweight	
	Then	Then		Finisher	Then		
	3 Rounds 10 x Barbell Push Press 1 min MAX EFFORT Bike/Row/Ski/Run 1 min Rest	5 x 20 (each leg) Single Leg Elevated Calf Raise 60 seconds rest between sets.		5 Sets 10 x Barbell Curl 15 x Push Up 50m Farmers Carry (Heavy as you can)	5 x 3 Standing Long Jump 60 seconds between each set of 3		
	Then	Finisher			Finisher		
	3 min rest	5 sets (60-90 seconds rest between sets) 10 x Goblet Squat 5 x Glute Walk Out			5 x Sets (60-90 seconds rest between sets) 5 x Medball Slams 10 x Push Up 5 x Single Arm KB Heavy Clean (each arm)		
	Then						
	3 Rounds 15 x Lying Pull Up 30 second MAX EFFORT Bike/Row/Ski/Run 1 minute rest						
	Recovery	Recovery	Recovery	Recovery	Recovery	Recovery	

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4	IWT	STR	ESD	STR	STR	FYF	REST
	Warm Up	Warm Up	Warm Up	Warm Up	Warm Up	Warm Up	
	Then	Then	Then	Then	Then	Team	
	3 Rounds 5 x Pull Up plus 15 x Push Up 30 second MAX EFFORT Bike/Row/Ski/Run 1 minute rest	5 x 40m Speed Intervals @ 90% 60 seconds rest between sets.	Ski/Row/Bike/Run 2 min @ 90-95% MHR 2 min @ 65-70% MHR x 8 70% MHR = DON'T STOP MOVING *Record distance/ calories and post	5 x 5 Close Grip Bench Press 2 mins rest between sets.	6 x 40m 90% Speed Run	Teams of 4 25km Bike Erg / 12km Ski/Row *After every effort do; 5 x Box Jump 10 x Push Up	
	Then	Then	Notes	Then	Then	Individual	
	3 min rest	5 x 5 Back Squat (focus on your stance / set up) add 5kg from two weeks ago. Plus 3 x Seated Box Jump	RPE LEVEL 9 Very Hard Activity Very difficult to maintain exercise intensity. Can barely breath and speak only a few words.	8 - 1 Pull Up Ladder x 2 *Reps look like 8, 7, 6, etc until 1 then start again at 8	5 x 3 Deadlift (fast on the way up, control on the way down) 2 mins rest between sets	12km Bike / 5km Ski or Row *Every 2 mins 5 x Box Jump, 5 x Push Up	
	Then	Then		Finisher	Then		
	3 Rounds 10 x Barbell/Floor Press 2 mins MAX EFFORT Bike/Row/Ski/Run 1 min Rest (only 1 min rest between this round of 3 and the next)	5 x 50m Weighted Walking Lunge - keep it light 8-12kgs is about right. 60 seconds rest between sets.		5 Sets 10 x Barbell Curl 15 x Push Up 10 x Kneeling Shoulder Press (each arm)	5 x 50m Overhead Carry (single arm) 60 seconds between each set		
	Then	Finisher			Finisher		
	3 Rounds 20 x Push Up 1 min MAX EFFORT Bike/Row/Ski/Run 1 minute rest	4 x Sets (60-90 seconds rest between sets) 5 x Pull Up 15 x KB/DB Bulgarian Split Squat *Use lighter weight for the Split Squats.			5 x Sets (60-90 seconds rest between sets) 100m Sandbag/Deadball Carry (heavy) 10 x Barbell/DB Floor Press		
	Recovery	Recovery	Recovery	Recovery	Recovery	Recovery	



TRAIN HARD TRAIN SMART

