



GYM CLASS STRENGTH

ALL CAGED UP

This program requires almost no equipment and very little prior knowledge of training principles. It is programmed to be performed on a “rollover” schedule for people whose schedules are unpredictable enough that assigning workouts to specific days of the week is difficult. Move from one workout to the next, taking rest or off days as needed. Exercises should be completed to near-failure: you could do one or two more reps, but they would be difficult. Complete through four full cycles, adding reps each time you repeat a workout.



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CIRCUIT A

- Cave Explorer warmup, then:
- Perform 3 circuits of the following:
- Bodyweight squat
- Australian pull-up
- Lunge matrix
- Handcuff drill

CIRCUIT B

- Cave Dweller warmup, then:
- Perform 3 circuits of the following:
- Single leg Romanian Deadlift
- Pushup
- Star jumps
- Mountain Climbers
- Clamshells

CIRCUIT C

- Hanging Around warmup, then:
- Perform 3 circuits of the following:
- Bulgarian split squat
- Pull-up (or negatives if you cannot perform pull-ups yet)
- Hip shimmy
- Split jump

CIRCUIT D

- Ground Down warmup, then:
- Perform 3 circuits of the following:
- Single leg glute bridge
- Burpees
- Side plank lateral leg raise
- Strict bear crawls