

## BASIX TRAINING - STRENGTH 2

### Introduction

How to Perform Your Basix Training Strength Workouts - As the name implies, it's back to basics, and one of the most tried and true methods of building strength regardless of your experience or how long you've been "in the trenches"! In Special Tactix, we're going to test your "metal" with two total body workouts a week...each one unleashing a primary point of attack (upper or lower body) with heavy classic strength training exercises and a secondary reinforcement of body control and muscle endurance with calisthenic exercises. You're mental toughness will also be assessed, as you'll be asked to get through a daily gut check-in with penalties riding on your performance. Good luck.

### Main Instruxions

Gut Check Note: If you fail to perform today's gut check in the required time...calculate the number of reps shy of the goal you were, and determine the number of "punishment" reps you will need to perform in "Grinder" style at the end of today's workout. See video for today's workout for detailed explanation of the "Grinder" position. (1/4 squat with hands behind back)

If you missed the goal by 30 or more reps, punishment is 1X the number of reps you DID perform...done in grinder style (i.e. got 48 reps in gut check-in...perform 48 reps as a grinder at the end)

If you missed the goal by 16-29 reps, punishment is 1.5X the number of reps you DID perform...done in grinder style (i.e. got 65 reps in gut check-in...perform 98 reps as a grinder at the end)

If you missed the goal by 15 or less reps, punishment is 2X the number of reps you DID perform...done in grinder style (i.e. got 72 reps in gut check-in...perform 144 reps as a grinder at the end)

If you reached your gut check goal in the beginning no penalty is assessed.