

BASIX TRAINING - STRENGTH 3

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 seconds shy of the goal you were, and determine the amount of "punishment" time 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. (Anything but straight arm)

If you missed the goal by 25 or more seconds, punishment is 1X the amount of time you DID hang...done as a dead arm hang (i.e. got 40 seconds in gut check-in...perform 40 seconds of a dead arm hang at the end)

If you missed the goal by 11-24 seconds, punishment is 1.25X the amount of time you DID hang...done as a dead arm hang (i.e. got 55 seconds in gut check-in...perform 1 minute 9 seconds of a dead arm hang at the end)

If you missed the goal by 10 seconds or less, punishment is 1.5X the amount of time you DID hang...done as a dead arm hang (i.e. got 62 seconds in gut check-in...perform 1 minutes 33 seconds of a dead arm hang at the end)

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