

## BASIX TRAINING - STRENGTH 4

### 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. (Hip Buck with Feet on Floor)

If you missed the goal by 40 or more reps, punishment is 1X the number of reps you DID perform...done in grinder style (i.e. got 75 reps in gut check-in...perform 75 reps as a grinder at the end)

If you missed the goal by 16-39 reps, punishment is 1.5X the number of reps you DID perform...done in grinder style (i.e. got 90 reps in gut check-in...perform 135 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 110 reps in gut check-in...perform 220 reps as a grinder at the end)

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