Pain Lab 1.2 – Cinderblock Chest & Legs – Rule of 3 (Lou Holtz)

--Warm-Up:

Boxing & Circle stuff for 5 minutes – lunge, high kick, high knee, backwards, all while rotating arms, air lifts, etc.

--Muscle Work Group (20 Max) (the right thing)

 - Merkins Max-Out – French Curls – Squats x 2 sets; 1 minute rest inbetween

 -Decline Merkins – KickBacks – Lunges x 2 sets; 1 minute rest inbetween

* Pull-Overs – Diamond Merkins – Romanian Dead Lift x 2 sets; 1 minute rest inbetween

Partner Work – 3 minutes – (the best you can)

ROUND 1 - Rotational Push Up (20) – SWAP – Half Moons

ROUND 2 – Diverbombers – SWAP – High Shelfs

ROUND 3 – Bridge French Curls – SWAP – Mountain Climbers

Group Game (treat others…) (10 minutes)

Circle up – think of a number from 1-10, if wrong call out exercise between chest, triceps & legs and do 10 if wrong; must say high or low

3 rounds/players

Stretch for 5 minutes at least before Mary

Backblast – Rule of 3

Colder than what we’ve had, mostly due to that wind. I wondered how cold our circle would be for the 2018 relaunch of Painlab, but whatever. We ain’t scared. Started out the morning seeing regular Oompa Loompa, Madoff running his son Messi, an FNG, and a Kotter in Hot for Teacher. That’s a healthy mix!

We warmed up with the Bootcampers, then HFT, Oompa, Flush and I grabbed our cinderblocks & kettlebells and headed for the circle. Part of getting Painlab back going is that we need to couple a Q lesson back in, so today is Rule of 3. Things break down really easily into 3’s, and one of my favorite is

CHEST EXERCISES

Decline Pushup

Pushup

Divebomber

Incline Pushup

Rotational Pushup

Single leg decline

Wide Grip

Supermans

Pull Overs

Weighted Push UP

TRICEPS

Bench Dip

Diamond Merkin

Kickbacks

French Curls (double or single variations)

Bridge French Curls

LEG EXERCISES

Bulgarian Split Squat

Dirty Dog

Glute Kickback

Lunges

Lying Hip Extensions

Side Jumps

Wall Sits

Prisoner Squat

Weighted Seated Calf Raises

Romanian Dead Lift

Dumbell Single Deadlift

Side Lunge

WEIGHTED / CARDIO

Half-Moons

Shelfers

Mountain Climbers

Burpees