

THE BOX
AT MASS UNDERGROUND

WHENEVER, WHEREVER

STRENGTH AND CARDIO

GUIDED WORKOUT

WWW.THEBOXBOSTON.COM

THE PROGRAM

This program is catered to all levels. Whether you're just starting out, jumping back in or like having a solid routine, this workout can be used time and time again. These workouts can also be used whenever, wherever. Use this program as guidance and take the thinking out of working out.

Every two weeks you are going to build your reps and up your weight by staying consistent and committed. You'll be amazed how fast your stamina and endurance builds with the progression system that has worked for hundreds of clients over the last decade.

RECOMMENDED SCHEDULE

MONDAY

LIFT: UPPER BODY

TUESDAY

CARDIO

WEDNESDAY

LIFT: LOWER BODY

THURSDAY

REST OR SOMETHING LIGHT (WALK, YOGA)

FRIDAY

LIFT: FULL BODY

SATURDAY

CARDIO

SUNDAY

REST OR SOMETHING LIGHT (WALK, YOGA)

LIFT

PROGRAM BREAKDOWN

WEEKS 1 & 2

- 8 rep max for every exercise
- Manageable weights for every exercise. If your medium weights are 5 pounds and your heavy weights are 10, that's OK! Strength is not built from picking up the weights you're "supposed" to be using.
- The goal is to hit 3 rounds of each circuit. BUT if 2 rounds is where you feel comfortable and challenged, that is OK! The workout is about progress, not maxing out to our point of failure right away.

WEEKS 3 & 4

- 10 rep max for every exercise
- Moderately challenging weights for every exercise. Your goal is to go 2-5 pounds heavier than what you had on Week 1 and 2. I.e.; if your medium weights were 8, try 10. If your heavy weights were 10, try 15.
- Again, the goal is to hit 3 rounds. But if you up your weight and you feel good with 2 rounds per circuit you are still making progress!

WEEKS 5 & 6

- 12 rep max for every exercise
- Challenging weights - again try to go up 2 to 3 pounds from Weeks 3 and 4.
- 2 - 3 rounds. Again, if upping your weight doesn't get you to 3 rounds I want you to stick with the more challenging weights. You're almost there!

WEEKS 7 & 8

- 12 -15 reps for every exercise
- Challenging/point of failure weights
- 3 ROUNDS- YOU CAN DO IT!

MONDAY: UPPER BODY

SET OF MEDIUMS
(8, 10, 12, 15, OR 20)

3 ROUNDS/CIRCUIT

CIRCUIT ONE

- 8 BICEP CURLS
- 8 HAMMER CURLS
- 8 SHOULDER PRESS
- 8 WALKING PLANKS (BODYWEIGHT)
- 8 LEG LOWERS (BODYWEIGHT)

CIRCUIT TWO

- 8 REAR DELTS
- 8 UPRIGHT ROWS
- 8 BENT OVER ROWS
- 8 SUPERMANS (BODYWEIGHT)
- 8 JACKKNIVES (BODYWEIGHT)

CIRCUIT THREE

- 8 CURL TO PRESS
- 8 TRICEP KICKBACKS
- 8 OVERHEAD EXT
- 8 PUSH-UPS
- 8 SIT UPS



WEDNESDAY: LOWER BODY

1 HEAVY WEIGHT
(15, 20, 25, 30 OR HIGHER)
3 ROUNDS/CIRCUIT

CIRCUIT ONE

- 8 FRONT SQUATS
- 8 REVERSE LUNGES (TOTAL OR EACH LEG)
- 8 DEADLIFTS
- 8 POPCORN SQUATS (BODYWEIGHT)

CIRCUIT TWO

- 8 SUMO SQUATS
- 8 LATERAL LUNGES (TOTAL OR EACH LEG)
- 8 SWINGS
- 8 QUICK STEP UPS (EACH LEG, ON FLOOR OR MAT) (BODYWEIGHT)

CIRCUIT THREE

- 8 GOBLET SQUATS
- 8 GLUTE BRIDGES
- 8 SINGLE LEG GLUTE BRIDGES (EACH SIDE, WEIGHT OPTIONAL)
- 8 BEAR CRAWL SHOULDER TAPS (8 EACH SHOULDER)



FRIDAY: FULL BODY

1 SET MEDIUMS

1 SET HEAVY

3 ROUNDS/CIRCUIT

CIRCUIT ONE

- 8 REVERSE LUNGE/BICEP CURL
- 8 SUMO SQUAT HIGH PULLS
- 8 RENEGADE ROWS
- 8 MOUNTAIN CLIMBERS (BODYWEIGHT)

CIRCUIT TWO

- 8 BENT OVER ROWS
- 8 CHEST PRESS
- 8 HAMMER PRESS
- 8 ANCHORED SIT UPS (BODYWEIGHT)

CIRCUIT THREE

- 8 SQUAT TO PRESS
- 8 JUMPING SQUATS (BODYWEIGHT)
- 8 PUSHUPS



CARDIO

Cardio can be anywhere from 15-30 minutes. Don't feel like you need to go for the full 30 minutes if you're not ready. Do the best you can add a couple minutes every week.

- 0-2 min walk
- 2-4 min jog
- 4-8 min incline walk at 8%
- 8-10 min run flat
- 10-14 min incline walk at 10%
- 14-15 min run flat
- 15-16 min push flat
- 16-20 min walk at 12%
- 20-21 min jog at 6%
- 21-22 min run at 3%
- 22-24 min walk flat
- 24-24.5 jog
- 24.5-25 run
- 25-25.5 push
- 25.5 - 26.5 walk
- 26.5 - 27 jog
- 27-27.5 push
- 27.5-28.5 walk/jog
- 28.5-29 sprint
- 29-29.5 walk
- 29.5 -30 sprint

TEMPOS

Walk: 3-4mph

Jog: 5-7mph

Run: 6-8mph

Push: 7mph and higher

(think a full point higher than your run pace)

Sprint: Anything higher than a push

NOT INTO THE TREADMILL TODAY? TRY THIS INSTEAD:

BODYWEIGHT CARDIO BLAST 5 ROUNDS!!

20 Jumping Jacks

10 Squats

10 Alternating Reverse lunges
(each leg or in total)

20 Mountain climbers (each
leg or in total)

30 sec low plank