



WORKOUT

OF THE DAY

FORCE Focus - “Hang on a Minute!” - Danielle Daviault

Equipment: Weighted backpack (or sandbag/ ~20-40 lbs.), clock/ timer, yoga mat (if needed).

Description: Today's workout is focusing on the movement patterns associated with the FORCE test. There are 3 parts to this training session; strength, conditioning and core. Each part has a different intensity so make sure to read through before performing that section. Set aside about an hour for today's training session, but if you are strapped for time, perform one EMOM from each section.

Warm up:

General

3 Rounds:

30 s each movement

Jumping Jacks

Fast Feet

Butt Kickers

Mobility

Spend 30-60s moving through each movement:

Squat Hold Noodle

Active Wide Stance Lunge

Active Spiderman + Hamstring

Inchworms

Arm Swings

https://youtu.be/e_Kuj4XPDz4

Workout Specific

3 Rounds of:

6 Bodyweight Squats

4 Lunges

2 Push Ups to Downdog

20s Plank Hold



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Part A

Strength FOCUS

Focus on movement pattern/ technique. These movements are not meant to be rushed through, rather consider taking the time to master the exercise (mind/muscle connection). You should have ample rest after completing the reps; if not decrease the reps rather than just going faster.

Set a 6 minute timer. At the top of each minute perform the designated rep scheme per exercise. Rest the remaining time.

(**Example:** 10-15 reps of Squats, if this takes 30s to complete, you rest the remainder of the 30s before performing the Deadbugs at the top of the next minute).

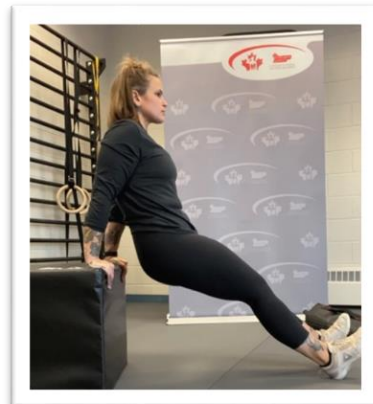
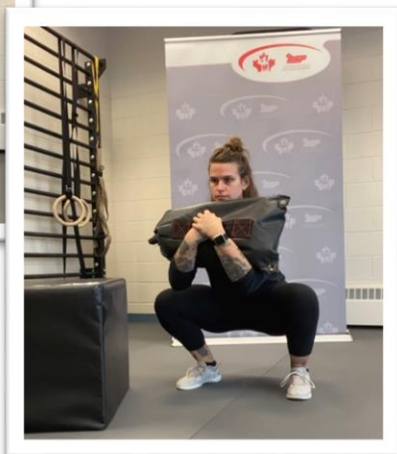
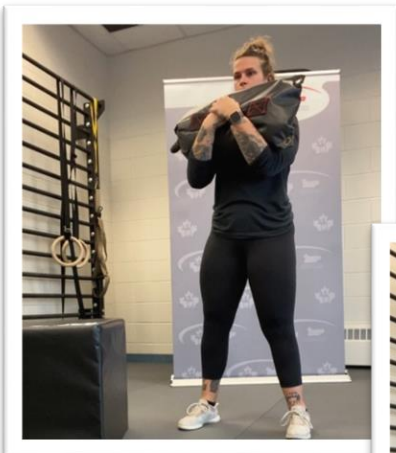
EMOM 6 minutes

Odd: 10-15 reps x *Front Rack Squat (2s pause at bottom)*

Even: 8-10 reps x Bodyweight Triceps Dips*

*Bring feet closer to torso/ bend knees to regress the movement

Rest 2-3 mins before moving on to the second Strength EMOM





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EMOM 6 minutes

Odd: 10-15 reps/ leg x *B Stance Deadlift*

Even: 10-15 reps x *Gorilla Row*

Rest 2-3 minutes before moving onto Conditioning section.





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Part B

Conditioning FOCUS

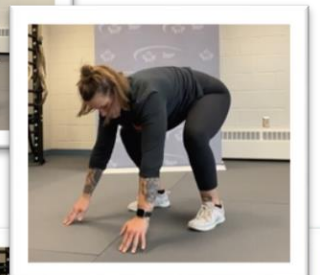
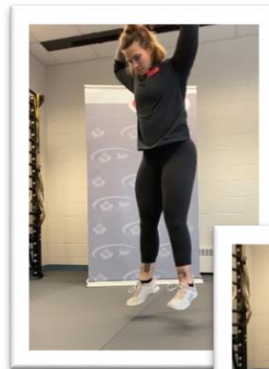
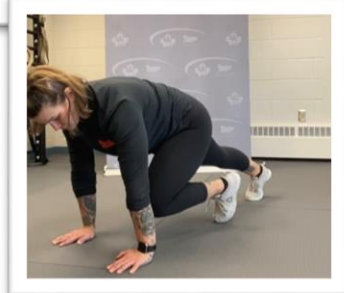
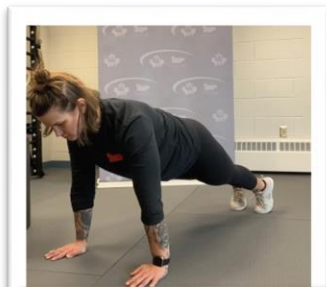
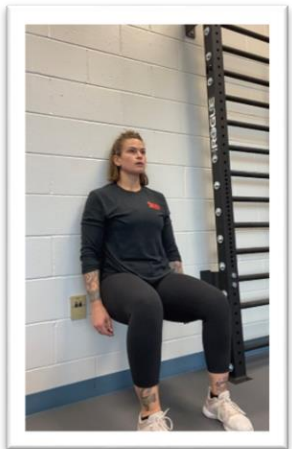
Set a 4 minute timer and at the top of each minute perform all 3 movements. In the remainder of that minute perform the designated movement. (**Example:** Timer starts, perform; 3 HR Push ups, 10 Mountain Climbers, 4 Burpees. If this takes you 30 seconds, then you would hold a WALL SIT for the remaining 30 seconds. At the 2 minute mark you start the movements again)

EMOM 4 minutes

- 3 x Hand Release Push Ups*
- 10 x Mountain Climbers**
- 4 x Burpees***

In remaining time, complete a WALL SIT (*weighted to spice it up)

Rest 2-3 minutes before moving on to the next EMOM



Modifications:

*Elevated Push Ups

**Elevated Mountain Climbers

***Up/ Downs



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Conditioning FOCUS

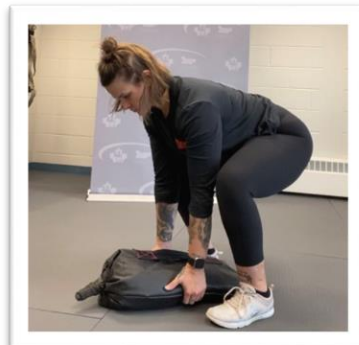
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EMOM 4 minutes

- 4 x Plank Shoulder Taps*
- 4 x Ground to Shoulder
- 6 x Reverse Lunge**

In remaining time LATERAL SHUFFLES

Rest 2-3 minutes before moving on to Core



Modifications:

*Plank hold or Elevated Plank Shoulder Taps

**Bodyweight Lunges



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Part C

Core FOCUS

3 Giant Rounds of:

- 5-10 reps/ leg x Weighted Deadbugs
- 10 reps x Bent Knee Side Plank with Leg Abduction (R)
- 10 reps x Bent Knee Side Plank with Leg Abduction (L)
- 3-6 reps x Half Turkish Get Up (R)*
- 3-6 reps x Half Turkish Get Up (L)*

Rest 60s between rounds

*Use a shoe. Keep eyes on your hands and use an open palm to make it a little trickier.





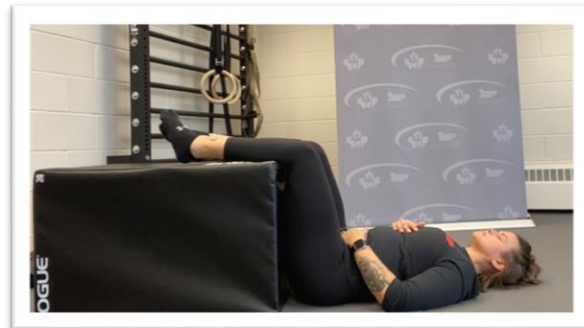
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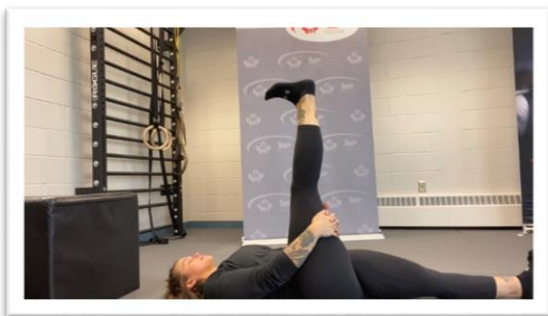
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Cool Down:

- a) 2-5 minutes of Parasympathetic Breathing
Focus on inhaling through your nose (4s)
and exhale through the mouth (4s).
Breathing into the belly rather than into
your chest.



- b) Hold each movement for 30+ seconds. Hang out in the stretches a little longer if needed.



Lying Hamstring Stretch

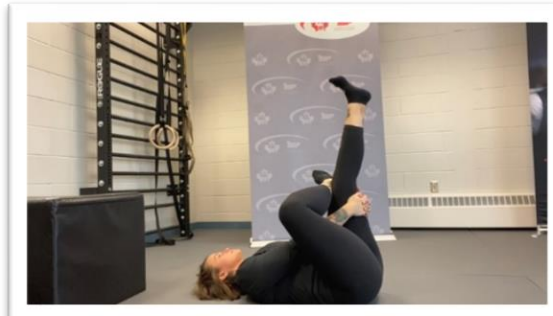
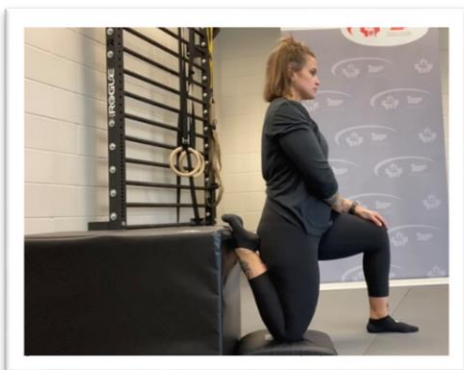
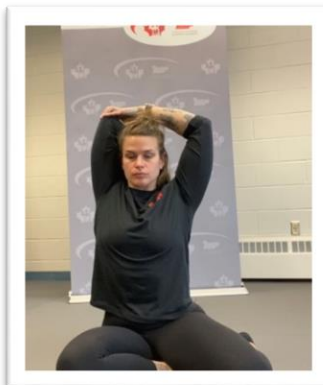


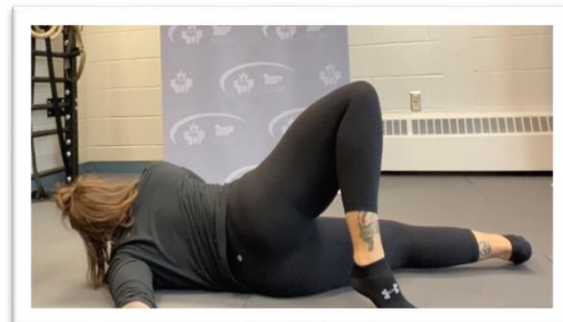
Figure 4 Stretch



Couch Stretch



Triceps Stretch



Scorpion Stretch