

FOF

FIXED ON FITNESS

Fixed on Fitness
The Safe House Project 5K and Half Marathon
Strength Workouts

[Strength Workout #1 - Superset Pyramid](#)

10 Burpees + 10 Push ups x 5
10 Sit ups + 10 Reverse Crunches x 5
10 Squat Jumps + 10 Pike Push ups x 5
10 Floor Hops (2 count) + 10 High Knees (2 count) x 5
10 Jump Lunges + 10 V ups x 5

****Weighted Option****

10 Burpees + 10 Thrusters x 5
10 Rows / arm + 10 Overhead Split Squats / leg x 5
10 Chest Presses / arm + 10 Leg Lifts x 5
10 Swings + 10 Squat and Pulls x 5
10 Flutter Kicks (2 count) + 10 Sit ups

[Strength Workout #2 - The Dirty 30](#)

.30 Mile Run
30 Chest to Floor Burpees
30 Jumping Jacks
30 Supermans
30 Bicycles (2 count)
30 Mountain Climbers (2 count)
30 Split Squats (15 / leg)
30 Plank with Tap (2 count)
30 Squat Jacks
x3

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[Strength Workout #3 - Big 21](#)

REPS = 21.19.17.15.13.11.9.7.5.3.1

Chest to Floor Burpees

V ups

Squat Jumps

Supermans

****Weighted Option****

Chest to Floor Burpees

Swings

Thrusters

V ups

[Strength Workout #4 - FOF At Home Pyramid](#)

5 OMG Lunges

10 Dive Bombers or Pike Push ups

15 Squat Jack Burpees

20 Hip Bucks / leg

25 Supermans

30 Tuck ups

35 Mountain Climbers (2 count)

40 Chest to Floor Push ups

45 Rockers

50 High Knees (2 count)

45 Rockers

40 Chest to Floor Push ups

35 Mountain Climbers (2 count)

30 Tuck ups

25 Supermans

20 Hip Bucks / leg

15 Squat Jack Burpees

10 Dive Bombers or Pike Push ups

5 OMG Lunges