



H2F – Up the hill challenge

Attribute	Exercise	Sets	Reps	RIR	Load
EP	A.1 Hill Sprints	5	1		
	rest 60 seconds for every 10m travelled uphill				
MS	B.1 Water Can Overhead Walking lunges	4	*ascending scheme*		
	Fill cans as desired		*8 steps each *10 steps each* *12 steps each*		
ME	B.2 Scapular push ups	4	*ascending scheme*		
	*Execute in-between sets of the lunges *	*15 reps – 20 reps – 25 reps*			
MS	C.1 Negative Chin Up's	4	*ascending scheme*		
	* 3 count on descent*	*6 Reps – 8 reps – 10 reps*			
ME	C.2 Water Can Calf Raises	4	*ascending scheme*		
			20 reps- 25 reps – 30 reps		
ME	D.1 Core Circle				
	* In circle prescribe reps with the rule it can only increase in number*				
AnC	E. Breezeway Suicides	2			
	* Begin at B Co Wall, use the Gym in the boxes (GIB's) as your distance markers*				
	rest 3x as long as it took to complete the bout. Work: rest 1:3				
	F.1 Foam Roll/ Stretching	1	10-15 minutes		

Cobalt H2F Resources: