

Ultimate Beastmaster Training Regimen

Athletic ability rated from most important to least	Intermediate	Advanced	Body Weight Workouts	Balance Workouts	Speed Workouts
1) Grip	Pull Ups	Clapping Pull Ups	Kneeling Jump Squat	Single leg calf raises on BOSU	Sprints (Open and on ladder)
2) Body Control / Balance	Wide Grip Pull Ups	Muscle Ups	Full Body Plyometric Push Up	Dead Hang windshield wipers	Hip Flexor High Knees
3) Explosive Strength	Close Grip Pull Ups	Turkish Get Up	Single-Leg Deadlift Into Jump	Weighted BOSU Ball Squats	In-Out Drill *
4) Core Strength	Hammer Grip Pull Ups	Power Cleans	Pistol Squats on BOSU	Boss Ball Battle Ropes	Lateral Feet / Two in - two out*
5) Arm and Leg strength	Rows	Med Ball Sit Ups	Piston Squat Roll With Jump	Boss Ball Ski Moguls	Two feet straight*
6) Endurance	Jumping Lunges	Hanging Leg Lifts	Med balance	Single Leg RDL w/ Row	One leg skips*
	Man Makers	Sit Up with weight into standing position	Burps	BOSU Ball Pistol Squats	
	Sit Ups	Squat throw with heavy med ball		Leg Elevated Bulgarian Split Squat	
	Planks				
	Squats				
	Plyometric Box Jumps*				
	Various Ladder Drills / Speed Ladder*				
	DeadLift				
	Kettle Ball Swings				
	Reverse Lunge With Knee-Up				