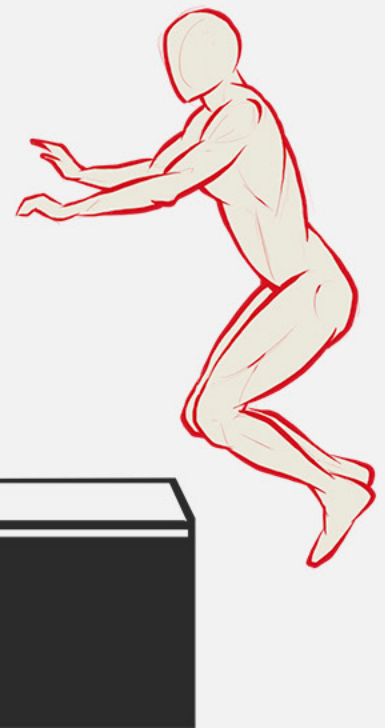


BACK ON THE WAGON

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VARIED not RANDOM

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1. WELCOME TO THE PROGRAM: *Start here!*

Did you used to workout, but haven't for quite a while? Life happens, we get it. The "Back On the Wagon" cycle from VNR might be the perfect program to ease you back into the habit of working out. This 8 week cycle provides a structured approach to reintroduce you to the major aspects of fitness. Each week has 5 workout days and 2 rest days. The 5 workout days are regimented as follows: Monday is a dedicated lifting day. Tuesday is a "mixed modality" workout. Wednesday is pure cardio. (Thursday is a rest day) Friday is a mixed modality workout. Saturday is a bodyweight/calisthenics workout. (Sunday is a rest day)

This fixed schedule allows you to give the proper time & individual attention to weight lifting, cardio and bodyweight movements, while simultaneously exposing you twice a week to mixed modality efforts. We feel this is the perfect blend for someone reintroducing fitness back into their life.

Major lifts such as the back squat, deadlift, shoulder press, front squat, power clean, bench press & push press will have dedicated heavy days. Running, biking & rowing will be the focus on the pure cardio days. Options will be provided for people who do not have certain equipment. The bodyweight/calisthenics workouts include Pull-ups, ring rows, push-ups, air squats, burpees, sit-ups, lunges, dips, hollow rocks, and box jumps. The mixed modality workouts incorporate all the previously mentioned exercises and more. Each day also included a warm-up.

On the mixed modality days we do not assign a certain weight that you have to lift. For these training sessions we give a % of your 1RM and/or we provide written recommendations that ideally will help you understand the intent of the workout & help you select the best loading for where you are on your personal fitness journey. Of course, scaling/modifying workouts is 100% allowed and encouraged if deemed appropriate. Reducing the number of repetitions, rounds, distances, and/or load is an option for all athletes. Another important variable to consider is Intensity. As we assume most people using this cycle are beginning to workout again after a prolonged break, we would not recommend attacking the workouts with a high level of intensity. Low & moderate intensity will most likely be the intelligent way to bring fitness back into your life. We intentionally did not include high skill movements in this program such as the barbell snatch, handstand walking or ring muscle-ups, etc.

How will I get there?

We recommend you begin the program reading through the entire first week to get an idea of what to expect. Each workout has a written description to help guide your session

2. THE PROCESS: *Let's dive in*

The “Back On the Wagon” cycle is a self-paced program, meaning you will complete all 40 sessions on your own schedule and at your own pace. You can complete the entire program in as little as 8 weeks if you choose, or you can take longer if you wish. You’re the boss of your schedule! Choose the frequency that works for you. For optimal results, we recommend completing 5 sessions per week for a total program duration of 8 weeks. Fitness is a journey, and this journey is all yours. The recommendations are there for a reason, but know your limits. Challenge yourself and make this a priority while staying safe; injuries can occur if you’re not mindful of your limitations.

Be sure to check out Page 7 to view all of the movements included in this program. Feeling overwhelmed with this list? Don’t be! Page 7 also contains links to the demo videos to reference as needed. Make sure to set yourself up for success by viewing the equipment needed before beginning the program.

Page 8 of the eBook provides you with a comprehensive calendar view that will help you stay on track and know what’s to come. If you’re not using the btwb app to plan your workouts, this printable calendar is a great way to track your progression through the program.

Day one of the program begins on Page 17 of the e-Book. Each day is neatly organized on a single page to guide you through day by day so you can stay focused on the task at hand rather than looking ahead to future workouts. Take it one movement, one workout, and one day at a time. Remember, you can always reference Page 7 to view demo videos if you are unsure how to perform a particular movement.

The program will begin on Day One with a dedicated heavy day of 7 sets of 1 rep of the back squat. Forty sessions later, the program will end with 100 burpees. Take note of your progress throughout. Reflect on things like:

- How you felt physically and mentally
- Your specific sticking points
- Your big accomplishments
- Things you still need/want to work on

If you want to run through the program again after you finish, go for it!

6. THE BTWB APP: *Get more from the program*

btwb app users can sync Back On The Wagon to their btwb calendar. Choose the number of sessions that you'll complete each week, customize which days you'll perform those sessions, and easily view your program schedule to help you stay on track. btwb users can also log their scores for each session to earn credit toward movement history and keep a record of past performances.

ADDED BONUS DETAILS

This program also comes with access to a special in-app program overview video by Pat & Boz, plus access to other top social and analysis features available in the btwb app such as:

- Enjoy using comments & emojis to socialize and engage with other app users
- Access activity feeds to discover and connect with fellow functional fitness fans in your area
- Monitor your progress over time by unlocking your Fitness Level (1-100)
- Celebrate and chronicle other functional fitness milestones by earning badges
- Check out other Varied Not Random Programs created by Pat & Boz
- And more!

