



Top Level Strong in 42
42 Day Program
For Lean Muscle & Fat Loss

TopLevelStrong: WORKOUT

Workout 1

Fit Test

Workout 2

4 Stations

6 min per station

1 min rest between stations

1. Sled push w/ sprint
2. Clean and Press w/ DB X 8 reps
Push-ups x 8 reps
3. Plyos with jam balls (3 plyos 8 jam ball slams, plyos 7 jam balls 6, 5, 4, etc)
4. Back Squats X 8 reps

Workout 3

4 Stations

6 min per station

1 min rest between stations

1. Walking Sandbag Lunges
2. Push Press X 8 reps
Push-ups x 8 reps
3. Deadlifts x 5 reps
4. Jam Ball Slams 20/10's



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Workout 4

4 Stations

6 min per station

1 min rest between stations

1. Hurdles into sled push (hurdles at both ends)
2. Bench Press X 8 reps
Pull-ups x 1-3 reps
3. Core Complex
 - a. knee grab sit-ups x 10 reps
 - b. russian twists x 10 reps
 - c. toe touches x 10 reps
4. TRX rows x 8 reps
Push-ups x 8 reps

Workout 5

4 Stations

6 min per station

1 min rest between stations

1. Max Sled Push with agility ladder
2. Step-ups w/DB X 8 reps
Reverse Lunges w/DB x 8 reps each leg
3. High Pulls x 5 reps
4. Foam Rolling/soft tissue station



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Workout 6

Challenge Workout

1000 Rep Challenge

100 Toe Touches

200 Push-ups

300 Squats

400 Jam Ball Slams

Workout 7

4 Stations

6 min per station

1 min rest between stations

1. Sled Pull/ Push

2. Plyo Jumps x 5 reps
KB Swings x 10 reps

3. Front Squats x 6 reps

4. Rope Sled Pulls x up
Assisted Pull Ups x 5

DB Hammer Curl x 5 each arm



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Workout 8

4 Stations

6 Min per station

1 min rest between stations

1. Sled Push with sprints
2. 1 min TRX row Challenge
3. Bar Complex
 - High Pulls x 10 reps
 - Push Press x 10 reps
 - Bicep Curls x 10reps
4. Deadlifts x 6 reps

Workout 9

4 Stations

6 min per station

1 min rest between stations

1. Hurdles into Plyos
2. Push Press x 5 reps
 - Push ups x 10 reps
3. Foam Roll/Soft Tissue
4. Glute/Ham x 5 reps
 - Band In/Outs x 12 reps



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Workout 10

4 Stations

6 Min per station

1 min rest between stations

1. Hurdles with Sled
2. Sumo Deads x 6 reps
3. Burpee Pull-up 1 min Challenge
4. KB Clean and Press x 8 reps each arm

Workout 11

4 Stations

6 min per station

1 min rest between stations

1. Sled push, 5 jumps, 10 KB swings
2. Hanging Knee Raises x 8 reps
Roman Chair Sit-up x 8 reps
Knee Grab Sit-ups x 12 reps
3. Foam Roll/Soft Tissue
4. Stiff leg Deads/ Hip Hinge

Workout 12

Fit Test