# THE COMPLETE OCR WORKOUT PLAN

ADVANCED

# OVERVIEW

Welcome to The Complete OCR workout plan! This workout plan includes an Advanced workout routine. A few things to note before starting with this workout plan: We included warm and cool down exercises before and after you do the workout routine. There are workout sheets on the last part of this e-book to help you track your progress.

Enjoy this workout plan! If you have any questions, message us at https://www.facebook.com/prettyhugeobstacles

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# THE WARM UP

To prepare your body for the workout, do the following warm up exercises with 15-second rest in between.

| | EXERCISE | DURATION |
|---|---|---|
| 1 | Run In Place | 30 secs |
| 2 | Jumping Jacks | 30 secs |
| 3 | Arm Circles | 60 secs (30 secs forward/30 secs backward) |
| 4 | Bodyweight Good Mornings | 30 secs |
| 5 | Bodyweight Squats | 30 secs |

EXERCISE 1

# Run In Place

30 secs

**01** Stand straight with your feet shoulder-width apart.

**02** Start pulling up your knees alternately, landing with the balls of your feet.

**03** Do this for 30 seconds.

EXERCISE 2

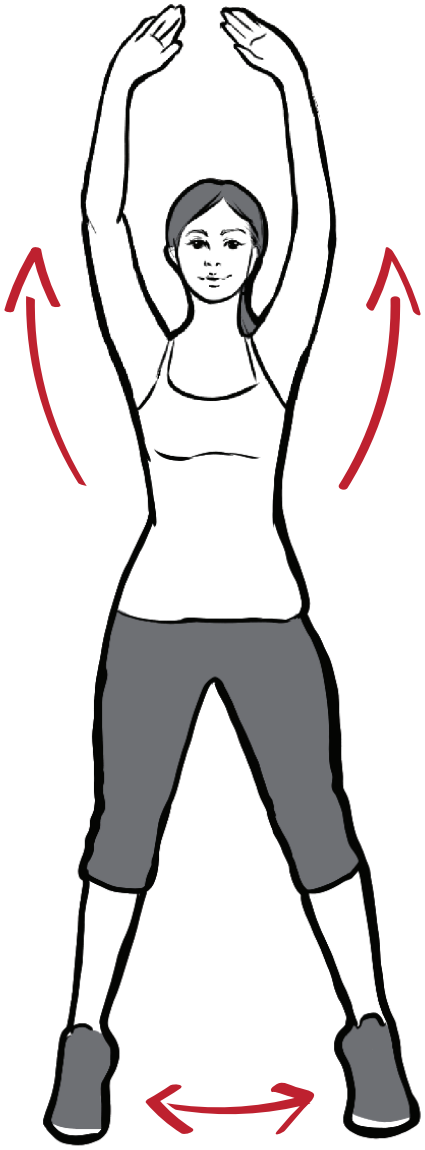
# Jumping Jacks

30 secs

**01** Stand straight. Feet together. Arms on the side.

**02** Jump with legs wider than your shoulders and raise your arms overhead forming an arch. Then go back to your starting position.

**03** Do this for 30 seconds.



EXERCISE 3

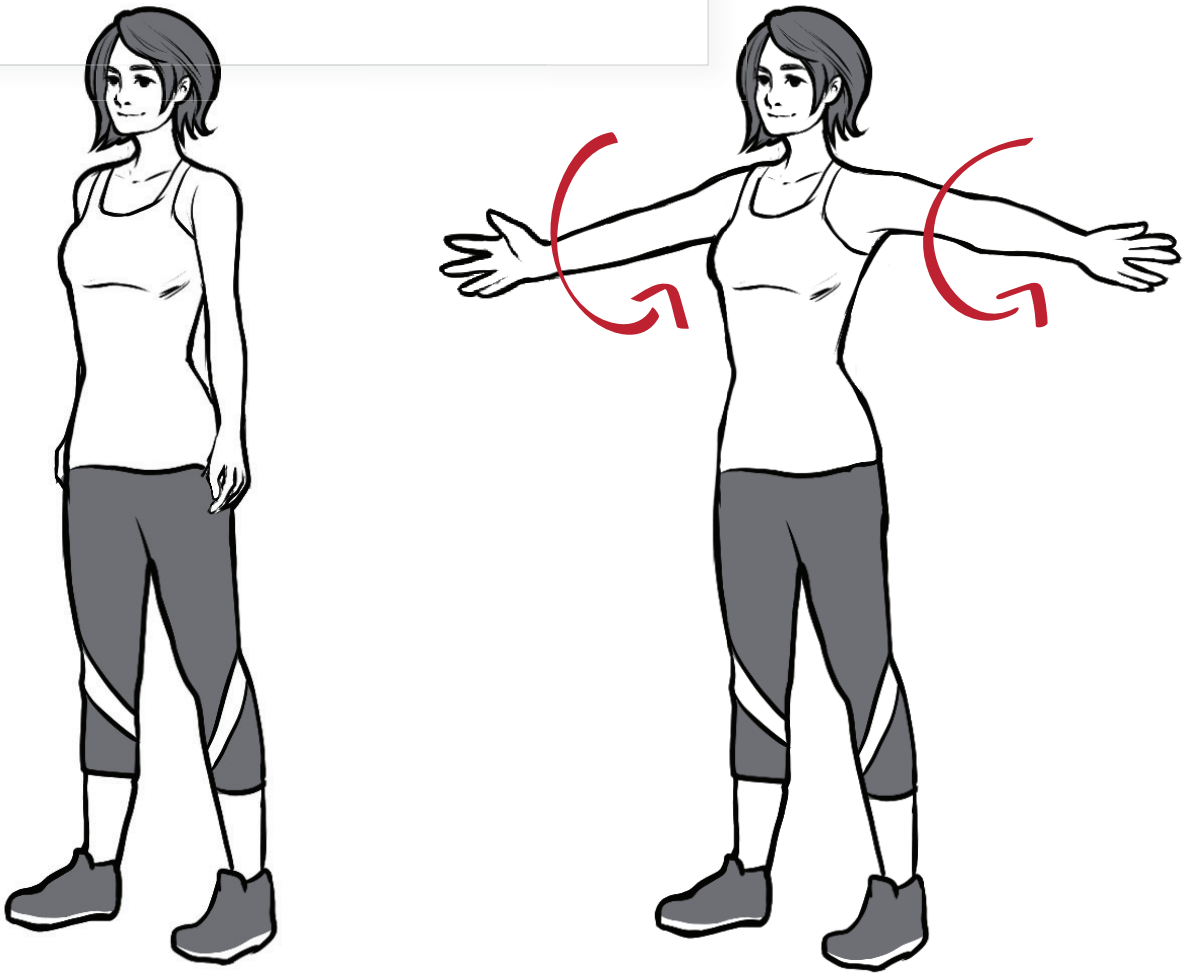
# Arm Circles

30 secs per arm

**01** Stand straight with your feet shoulder-width apart.

**02** Raise arms to shoulder level, parallel to the ground.

**03** Circle your arms forward for 30 seconds and backward for another 30 seconds.



EXERCISE 4

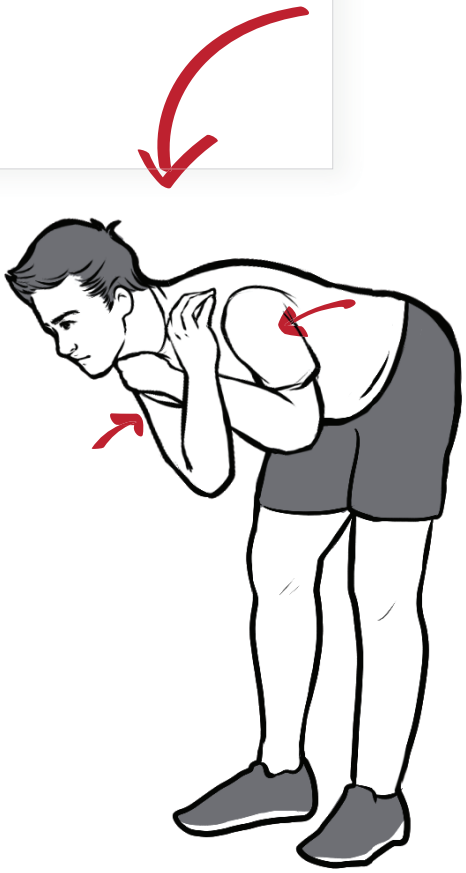
# Bodyweight Good Mornings

30 secs

**01** Stand straight with your feet shoulder-width apart. Cross your arms across your chest.

**02** Slightly bend your knees then start bending your body forward with a straight back and your butt out. Then go back to your original position.

**03** Repeat the process for 30 seconds.



EXERCISE 5

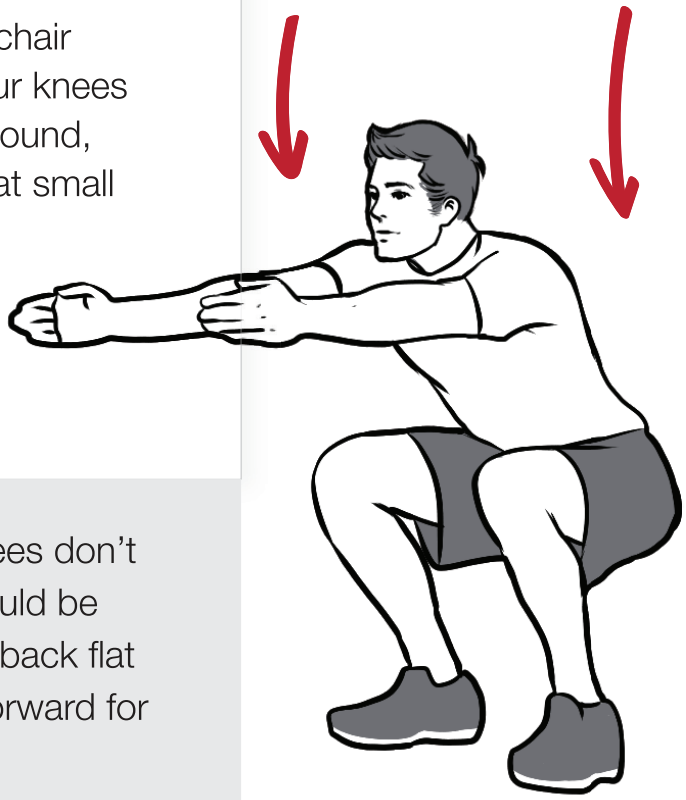
# Bodyweight Squats

30 secs

**01** Stand with your legs slightly wider than hip-width apart. Feet should be pointing outward.

**02** Imagine that there's a small chair behind you. Slowly bend your knees until they're parallel to the ground, as if you're about to sit in that small chair. Then stand back up.

**03** Do this for 30 seconds.



**!** For perfect form, make sure your knees don't go over your toes and your thighs should be parallel to the ground. Also keep your back flat and straight. You can put your arms forward for balance.

# ADVANCED FUNCTIONAL WORKOUT

# ADVANCED FUNCTIONAL WORKOUT

**Workout Duration:** 60-90 minutes
**Number of sets:** 3 (Repeat each set 3x before moving on to the next set)
Rest in between sets: 1 minute

## SET 1

| EXERCISE | DURATION/REPETITIONS |
|---|---|
| Box Jumps | 15 reps |
| Monkey Bars | 2 times |
| Push-ups | 10 reps |

## SET 2

| EXERCISE | DURATION/REPETITIONS |
|---|---|
| Jumping Lunges | 10 pairs |
| Rings | 2 times |
| Burpees | 10 reps |

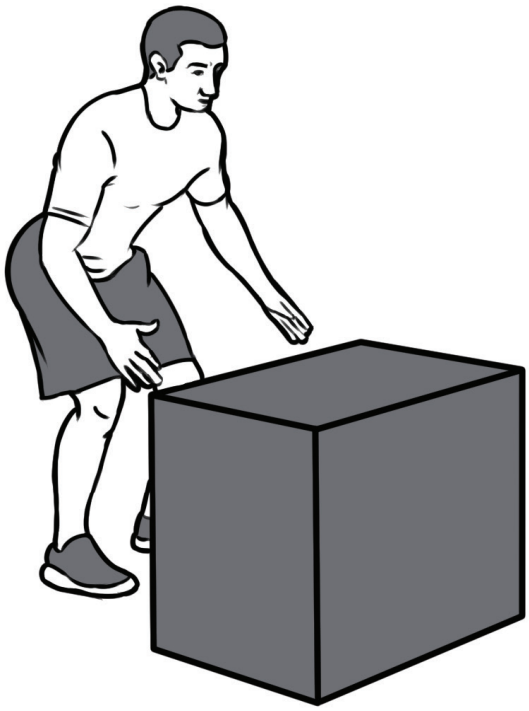
## SET 3

| EXERCISE | DURATION/REPETITIONS |
|---|---|
| Stairs | Up and Down 3 times |
| Rope Climb | 2 times |
| Plank shoulder taps | 10 pairs of taps |

# BOX JUMPS

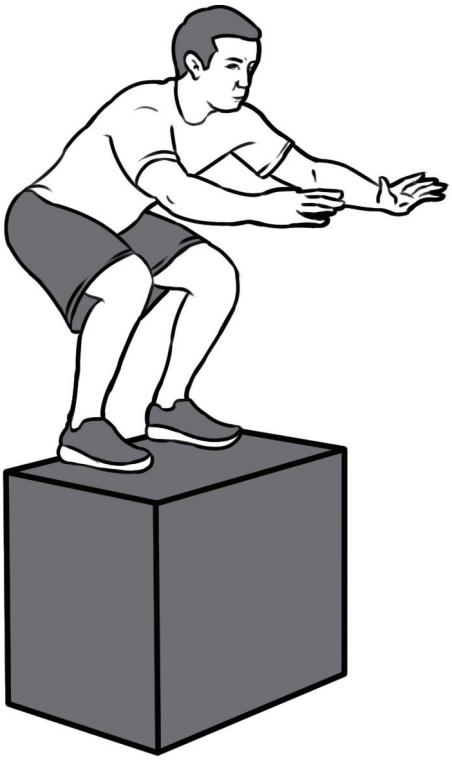
## 15 REPS

**01** Starting off with a 6-inch to 12-inch box, stand straight with feet shoulder-width apart and at a comfortable distance away from the box.



**02** To prepare for the jump, bend your knees, push your hips back, and swing your arms back. Once your ready, jump as high as you can, aiming for your feet to step on top of the box. Land on the box in a squat position, while slowly standing back up.

**03** Carefully go back to the floor. Do this for 15 reps.

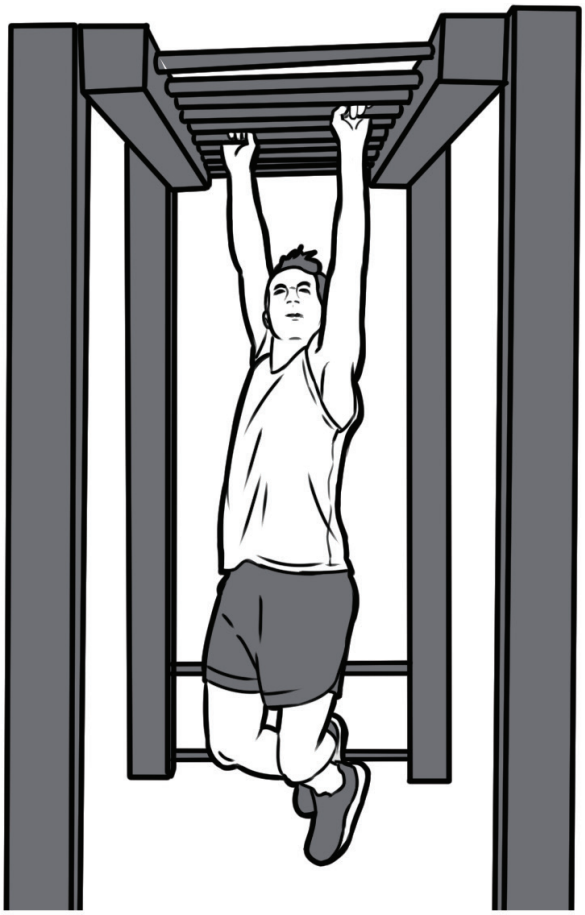


# MONKEY BARS | 2 ROUNDS

**01** Pull yourself up on a monkey bar.

**02** Move forward by gripping on the next bar with one arm after another. As you move forward, do a cycling movement with your legs to make it easier.

**03** Complete 2 rounds.

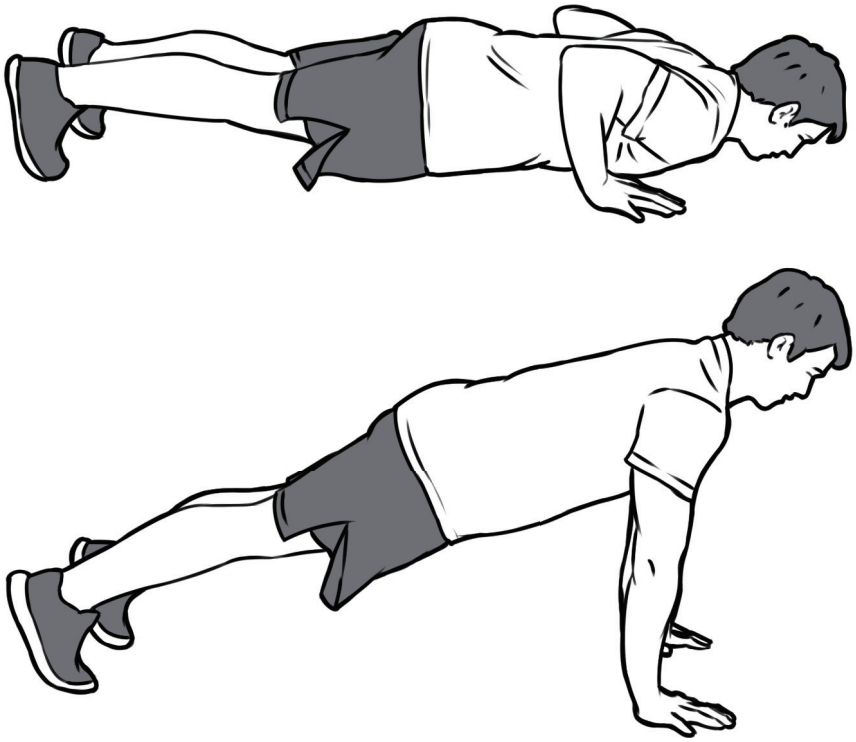


# PUSH-UPS | 1 MIN

**01** Lie down facing the floor, arms slightly wider than your shoulder, hands aligned to your chest.

**02** With your arms, push yourself up until your arms are fully extended. Then, slowly go back down to your starting position.

**03** Do as many reps as you can for 1 minute.



# JUMPING LUNGES

## 10 REPS

**01** Stand straight with feet shoulder-width apart. Hands on your hips.

**02** Jump your right leg forward, left leg into a lunge, both knees at 90 degrees.

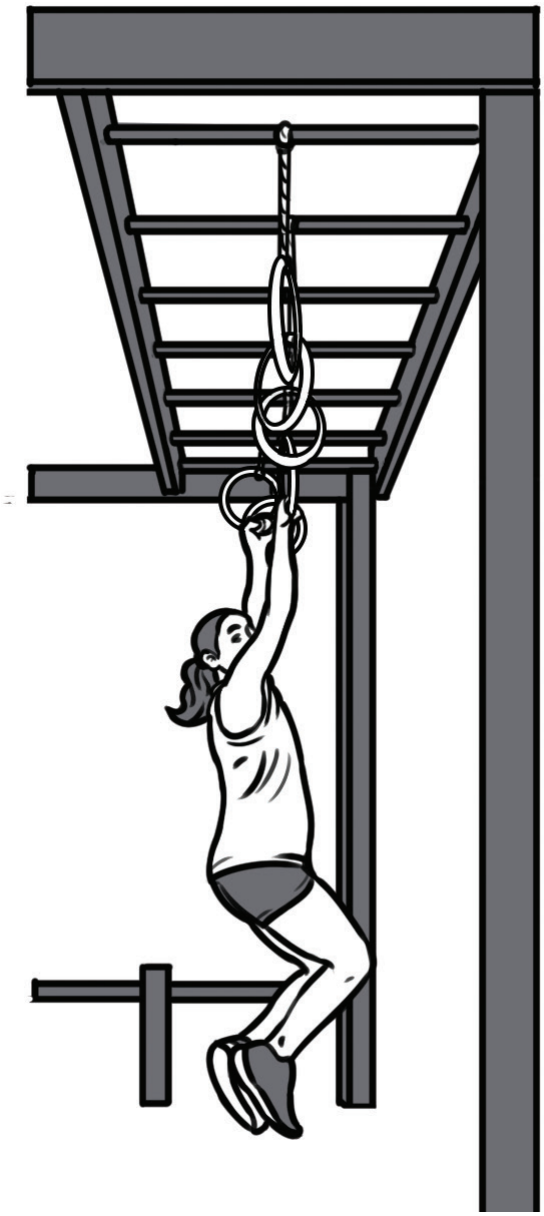
**03** Jump back and forth, alternating your legs, landing on a lunge every single time with minimum to no pause. Do this for 10 pairs.

# RINGS | 2 ROUNDS

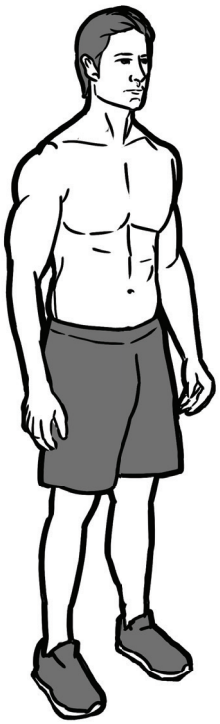
**01** This is just like monkey bars, but instead of bars, you'll cling on to rings. With a straight back, grip onto the rings.

**02** Move forward by gripping on the next circle with one arm after another. As you move forward, do a cycling movement with your legs to distribute your weight all over your body instead of just in your arms.

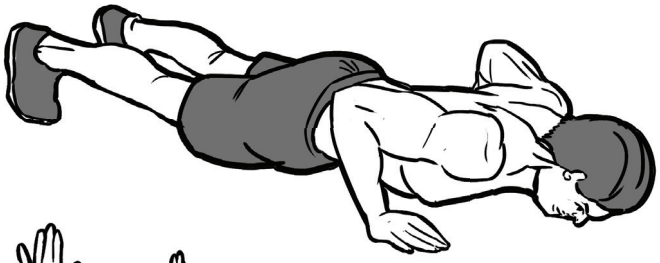
**03** Complete 2 rounds.



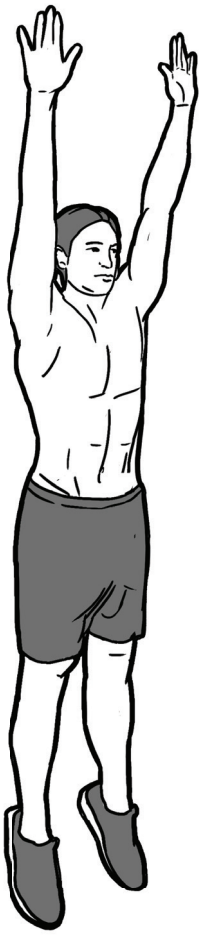
# BURPEES | 10 REPS



**01** Stand straight with feet shoulder-width apart, hands on your side.



**02** Bend forward, pushing your hips back into a squat position. Then place your hands on the ground while jumping your legs back into a plank position.



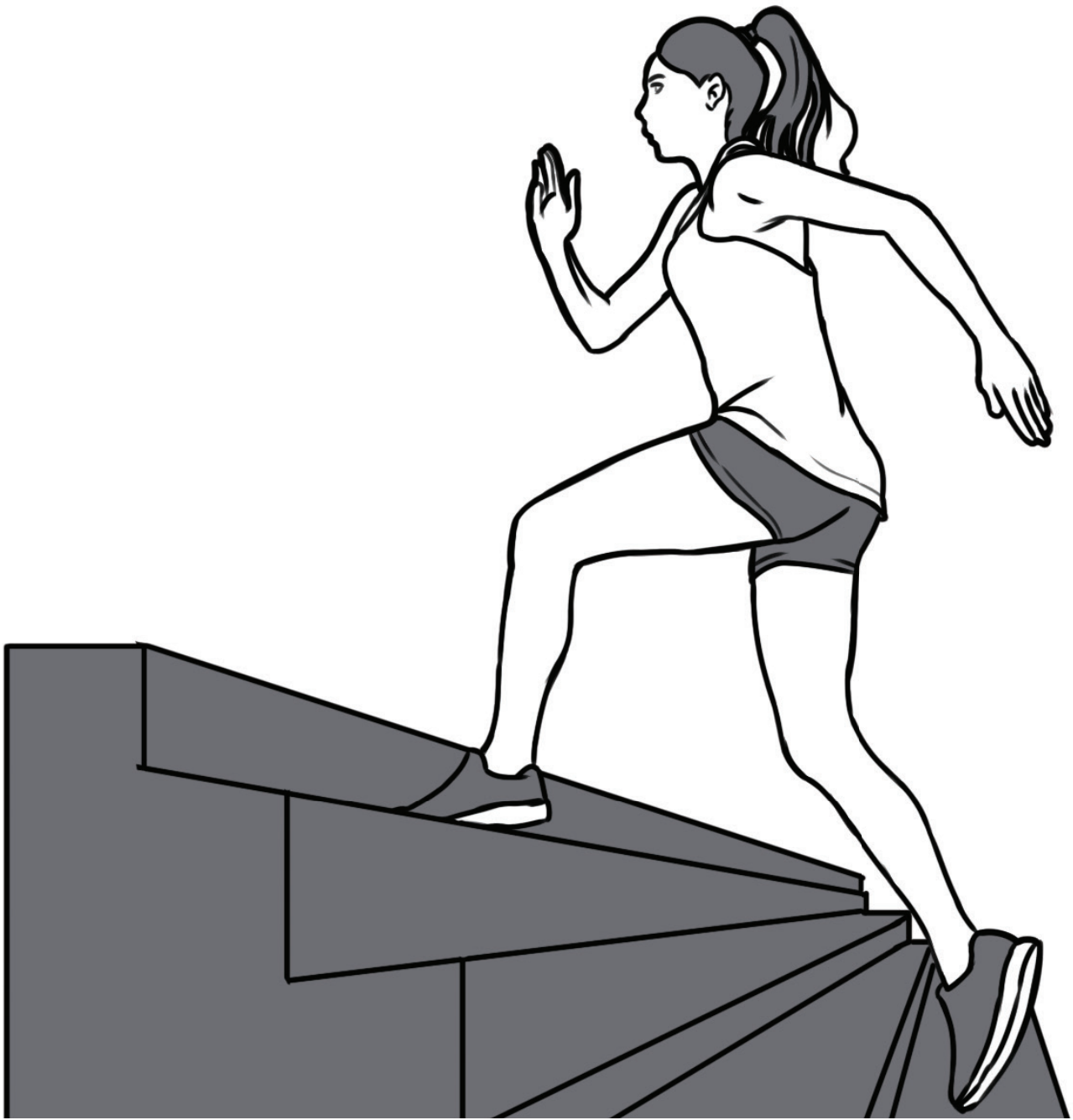
**03** Jump your feet back into the middle of your hands, then put your hands overhead while exploding into a jump. Complete 10 reps.

# 3RD SET

| STAIRS | 3 ROUNDS |
| --- | --- |

**01** Run on the Pretty Huge Obstacles stairs up and down.

**02** Compete 3 rounds with minimum to no rest.



# ROPE CLIMB | 2 REPS

Choose a technique from the following, depending on which you'll be more comfortable with, then do rope climbs for 2 times.

## Technique 1 | J-HOOK

**01** Cling on the rope and pull your body up as far as you can.

**02** While hanging, bend your knees up. Using your right foot, hook the rope pulling it on the right side. Then, with your left foot, pull up the rope under your right foot forming a J shape. Lock the rope with both feet while pulling your body up.

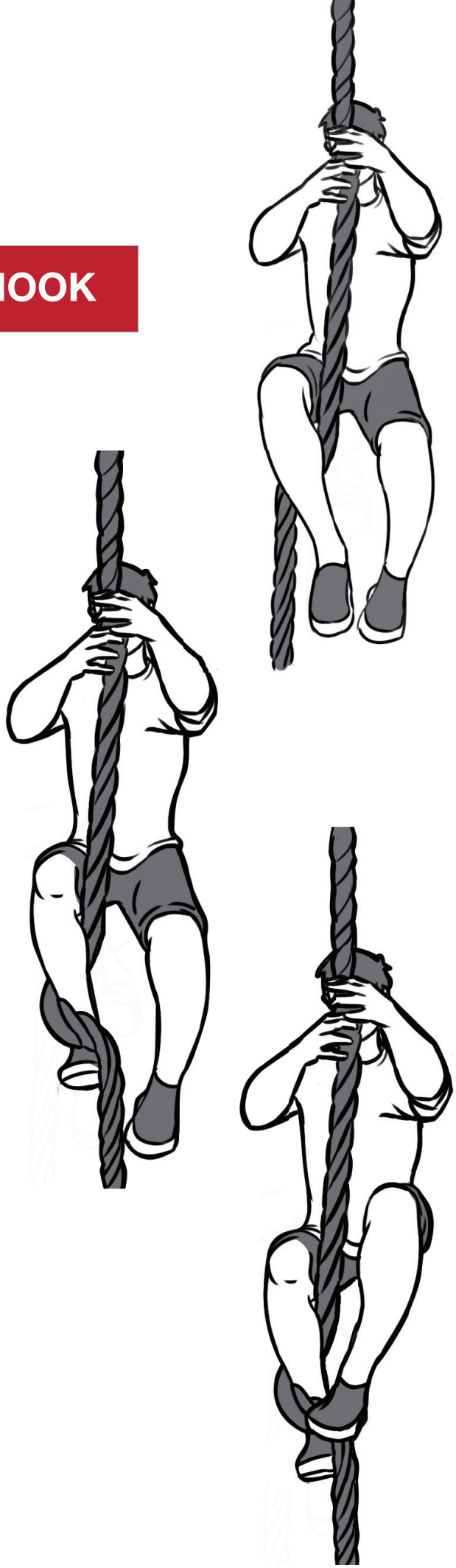
**03** Repeat the same steps until you reach the top. To descend, slightly loosen the lock of the rope on your feet.

## Technique 2 S-HOOK

**01** Hold on to the rope and once again pull your body up as far as you can.

**02** While hanging, bend your knees and hook the rope under your right knee. Then, hook the rope again with your right foot. The rope should now be on top of your right foot.

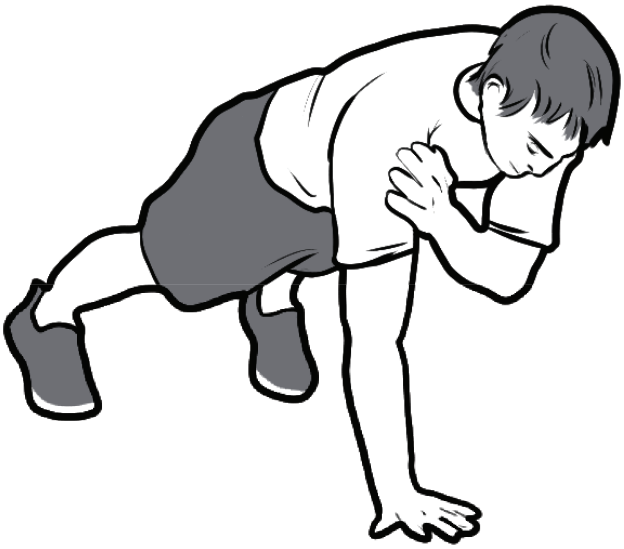
**03** Then, stand on your right foot with your left foot to lock the rope, slowly pulling yourself up. Repeat the same steps until you reach the top. To descend, slightly loosen the lock of the rope on your feet.



# PLANK SHOULDER TAPS

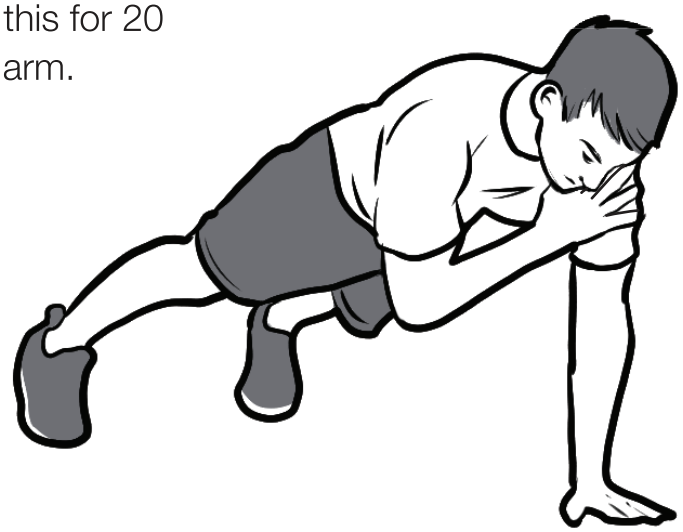
# 10 REPS PER ARM

**01** Start on a high plank position with hands just under your shoulders, and legs slightly wide to have a more stable base.



**02** Lift one arm slowly and tap the shoulder opposite to your arm while keeping your whole body straight by engaging your core and squeezing your glutes. That's one rep.

**03** Do this alternately with your hands. Complete this for 20 reps, 10 reps per arm.



# THE COOLDOWN

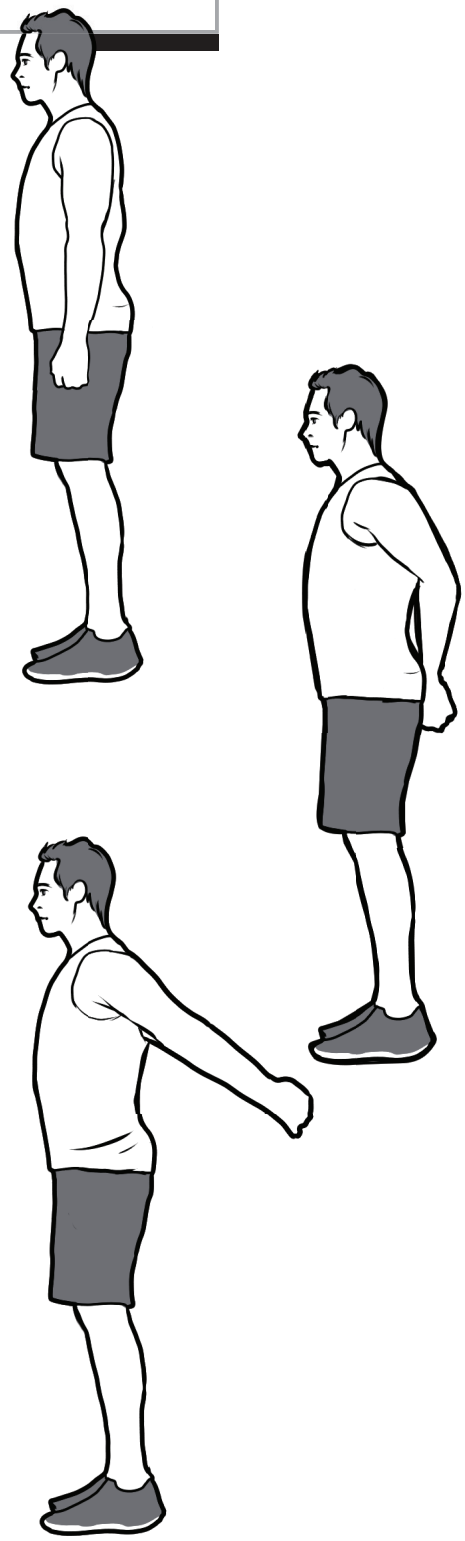
After working out, don't just stop. Do the following cool down exercises to help bring your heart rate down.

| | EXERCISE | DURATION |
|---|---|---|
| 1 | Chest stretch | 1 min |
| 2 | Shoulder Stretch | 30 secs (15 secs each hand) |
| 3 | Triceps stretch | 30 secs (15 secs each hand) |
| 4 | Hamstring stretch | 30 secs |
| 5 | Quadriceps stretch | 30 secs (15 secs each leg) |
| 6 | Glute Stretch | 30 secs (15 secs each leg) |
| 7 | Child's Pose | 30 secs |

EXERCISE 1

# STAND CHEST STRETCH

## 1 MIN



**01** Stand straight with your feet hip-width apart.

**02** Interlock your hands behind your back, then start moving your hands down your butt.

**03** Move your hands towards the ceiling, away from your body until you can't go any further, pulling your shoulder blades together. Hold this position for 1 minute.

EXERCISE 2

# CROSS-BODY SHOULDER STRETCH

## 15 SEC PER ARM

**01** Stand with feet shoulder-width apart. Start the stretch by extending your right arm to your left side.

**02** With your left arm, hook your right arm pulling it closer to the body until you can't go any further. Hold it for 15 seconds then release.

**03** Do the same steps for the other arm.

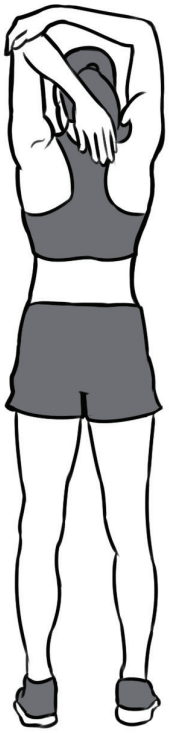
## EXERCISE 3

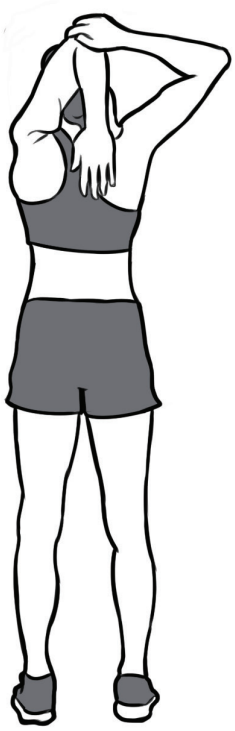
| TRICEPS STRETCH | 15 SEC PER ARM |
|---|---|

**01** Stand straight with feet shoulder-width apart. Starting with your right arm, reach for your back with elbow pointing at the ceiling, and hand touching the middle of your upper back.

**02** With your left arm, pull your right elbow towards the back of your head until you can't go any further. Hold this for 15 seconds then release.

**03** Do the same steps for the left arm.

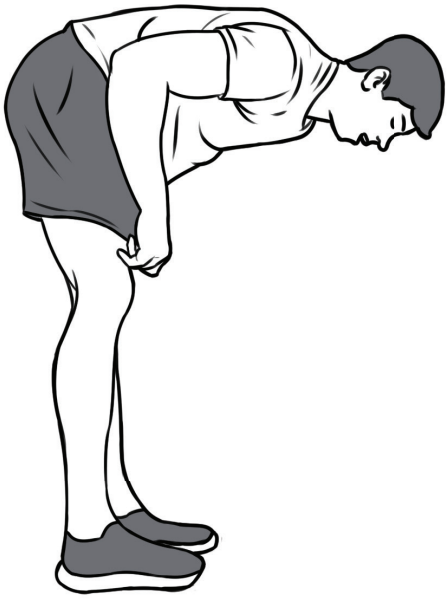




EXERCISE 4

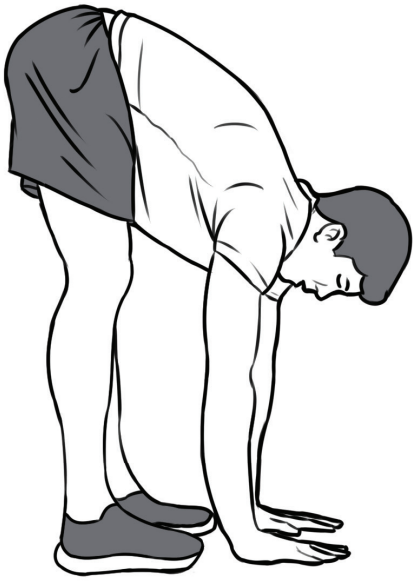
# HAMSTRING STRETCH | 10 REPS

**01** Stand straight with feet slightly wider than hip-width apart.



**02** Reach for the floor with your hands by bending your body forward while keeping your legs straight. If you can't reach the floor with your hands, hold your elbows while resting your head on your forearms instead.

**03** Hold this position for 30 seconds.



EXERCISE 5

# QUADRICEPS STRETCH

## 15 SEC PER LEG

**01** Stand straight with feet shoulder-width apart. Bend one knee back by grasping your ankle with one hand. You can use a chair or lean on a wall for balance.

**02** Hold this position for 15 seconds.

**03** Do the same process for the other leg.

EXERCISE 6

# GLUTE STRETCH

## 15 SEC PER LEG

**01** Lie down on the floor. Bend your knees and cross one foot over the opposite knee.

**02** Grab the thigh of the leg that's still on the floor and pull it towards your chest to feel the stretch. Hold this pose for 15 seconds.

**03** Do the same process for the other leg.

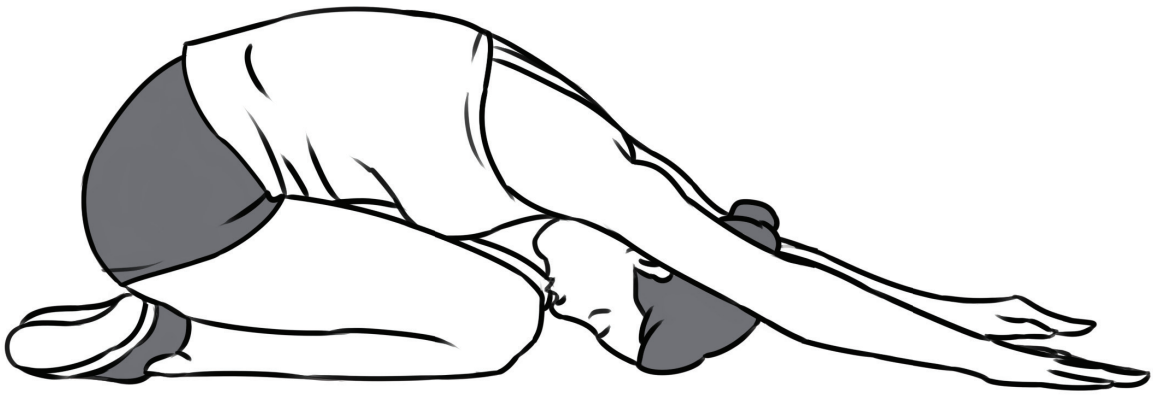
EXERCISE 7

# CHILD'S POSE | 30 SEC

**01** Kneel and sit on your calves.

**02** Bend forward until your chest reaches your thighs while extending your arms overhead to the farthest extent that you can.

**03** Hold this position for 30 seconds.



# THE WORKOUT SHEET

# THE COMPLETE OCR WORKOUT : WORKSHEET GUIDE

**Use this worksheet to track your progress. Here are the instructions on how to use it:**

**1.** First, complete the warm-up exercises. Refer to the e-book for detailed instructions.

**2.** Fill the worksheet by day, starting with Day 1. Under Day 1, you will see 3 columns. These 3 columns represent the sets you'll be doing for each superset.

| | | DAY 1 | | |
|---|---|---|---|---|
| | | Reps Per Set | | |
| | | 1 | 2 | 3 |
| SET 1 | 1 | | | |
| | 2 | | | |
| | 3 | | | |
| SET 2 | 4 | | | |
| | 5 | | | |
| | 6 | | | |
| SET 3 | 7 | | | |
| | 8 | | | |
| | 9 | | | |

Fill up columns

**3.** On the left, you will see the exercises (represented as numbers) that you will be doing for each superset. The supersets are labelled as set 1, set 2, and set 3.

SUPERSETS

| | | DAY 1 | | |
|---|---|---|---|---|
| | | Reps Per Set | | |
| | | 1 | 2 | 3 |
| SET 1 | 1 | | | |
| | 2 | | | |
| | 3 | | | |
| SET 2 | 4 | | | |
| | 5 | | | |
| | 6 | | | |
| SET 3 | 7 | | | |
| | 8 | | | |
| | 9 | | | |

**4.** Write the number of reps you've done for exercise number 1 on column 1.

| | | DAY 1 | | |
|---|---|---|---|---|
| | | Reps Per Set | | |
| | | 1 | 2 | 3 |
| SET 1 | 1 | 10 | | |
| | 2 | | | |
| | 3 | | | |
| SET 2 | 4 | | | |
| | 5 | | | |
| | 6 | | | |
| SET 3 | 7 | | | |
| | 8 | | | |
| | 9 | | | |

**5.** Continue to fill up the boxes (per exercise and per set) based on the number of reps or the time you're able to do each exercise as you progress throughout the workout.

| | | DAY 1 | | |
|---|---|---|---|---|
| | | Reps Per Set | | |
| | | 1 | 2 | 3 |
| SET 1 | 1 | 10 | 7 | 9 |
| | 2 | 10 | 10 | 10 |
| | 3 | 9 | 10 | 10 |
| SET 2 | 4 | 45 sec | 50 sec | 1 min |
| | 5 | 1 min | 1 min | 1 min |
| | 6 | 30 sec | 30 sec | 30 sec |
| SET 3 | 7 | 10 | 10 | 9 |
| | 8 | 10 | 10 | 9 |
| | 9 | 10 | 10 | 9 |

**6.** After you're done with all 3 sets, don't forget to do the cool down exercises.

PRETTY HUGE OBSTACLES

# THE COMPLETE OCR WORKOUT PLAN:

## ADVANCED FUNCTIONAL WORKOUT

**Workout Duration:** 60-90 minutes
**Number of sets:** 3 (Repeat each set 3x before moving on to the next set)
**Rest in between sets**: 1 minute

| SET 1 | | SET 2 | | SET 3 | |
|---|---|---|---|---|---|
| 1 Box Jumps | 15 reps | 4 Jumping Lunges | 10 reps | 7 Stairs | 3 rounds |
| 2 Monkey Bars | 2 rounds | 5 Rings | 2 rounds | 8 Rope Climb | 2 reps |
| 3 Push-ups | 10 reps | 6 Burpees | 10 reps | 9 Plank Shoulder Taps | 10 reps per arm |

| | | DAY 1 | | | DAY 2 | | | DAY 3 | | | DAY 4 | | | DAY 5 | | | DAY 6 | | | DAY 7 | | | DAY 8 | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | Reps Per Set | | | Reps Per Set | | | Reps Per Set | | | Reps Per Set | | | Reps Per Set | | | Reps Per Set | | | Reps Per Set | | | Reps Per Set | | |
| | | 1 | 2 | 3 | 1 | 2 | 3 | 1 | 2 | 3 | 1 | 2 | 3 | 1 | 2 | 3 | 1 | 2 | 3 | 1 | 2 | 3 | 1 | 2 | 3 |
| SET 1 | 1 | | | | | | | | | | | | | | | | | | | | | | | | |
| | 2 | | | | | | | | | | | | | | | | | | | | | | | | |
| | 3 | | | | | | | | | | | | | | | | | | | | | | | | |
| SET 2 | 4 | | | | | | | | | | | | | | | | | | | | | | | | |
| | 5 | | | | | | | | | | | | | | | | | | | | | | | | |
| | 6 | | | | | | | | | | | | | | | | | | | | | | | | |
| SET 3 | 7 | | | | | | | | | | | | | | | | | | | | | | | | |
| | 8 | | | | | | | | | | | | | | | | | | | | | | | | |
| | 9 | | | | | | | | | | | | | | | | | | | | | | | | |

| | | DAY 9 | | | DAY 10 | | | DAY 11 | | | DAY 12 | | | DAY 13 | | | DAY 14 | | | DAY 15 | | | DAY 16 | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | Reps Per Set | | | Reps Per Set | | | Reps Per Set | | | Reps Per Set | | | Reps Per Set | | | Reps Per Set | | | Reps Per Set | | | Reps Per Set | | |
| | | 1 | 2 | 3 | 1 | 2 | 3 | 1 | 2 | 3 | 1 | 2 | 3 | 1 | 2 | 3 | 1 | 2 | 3 | 1 | 2 | 3 | 1 | 2 | 3 |
| SET 1 | 1 | | | | | | | | | | | | | | | | | | | | | | | | |
| | 2 | | | | | | | | | | | | | | | | | | | | | | | | |
| | 3 | | | | | | | | | | | | | | | | | | | | | | | | |
| SET 2 | 4 | | | | | | | | | | | | | | | | | | | | | | | | |
| | 5 | | | | | | | | | | | | | | | | | | | | | | | | |
| | 6 | | | | | | | | | | | | | | | | | | | | | | | | |
| SET 3 | 7 | | | | | | | | | | | | | | | | | | | | | | | | |
| | 8 | | | | | | | | | | | | | | | | | | | | | | | | |
| | 9 | | | | | | | | | | | | | | | | | | | | | | | | |

# THE COMPLETE OCR WORKOUT PLAN:

## ADVANCED FUNCTIONAL WORKOUT

**Workout Duration:** 60-90 minutes
**Number of sets:** 3 (Repeat each set 3x before moving on to the next set)
**Rest in between sets**: 1 minute

| SET 1 | | SET 2 | | SET 3 | |
|---|---|---|---|---|---|
| 1 Mountain Climbers | 10 reps | 4 Push-ups | 1 min | 7 Single Leg Hip Thrusts | 10 reps per leg |
| 2 Front Lunges | 30 sec per leg | 5 Jump Squats | 1 min | 8 Side Lunges | 10 reps per leg |
| 3 Russian Twists | 1 min | 6 Plank | 1 min | | |

| | | DAY 17 | | | DAY 18 | | | DAY 19 | | | DAY 20 | | | DAY 21 | | | DAY 22 | | | DAY 23 | | | DAY 24 | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | Reps Per Set | | | Reps Per Set | | | Reps Per Set | | | Reps Per Set | | | Reps Per Set | | | Reps Per Set | | | Reps Per Set | | | Reps Per Set | | |
| | | 1 | 2 | 3 | 1 | 2 | 3 | 1 | 2 | 3 | 1 | 2 | 3 | 1 | 2 | 3 | 1 | 2 | 3 | 1 | 2 | 3 | 1 | 2 | 3 |
| SET 1 | 1 | | | | | | | | | | | | | | | | | | | | | | | | |
| | 2 | | | | | | | | | | | | | | | | | | | | | | | | |
| | 3 | | | | | | | | | | | | | | | | | | | | | | | | |
| SET 2 | 4 | | | | | | | | | | | | | | | | | | | | | | | | |
| | 5 | | | | | | | | | | | | | | | | | | | | | | | | |
| | 6 | | | | | | | | | | | | | | | | | | | | | | | | |
| SET 3 | 7 | | | | | | | | | | | | | | | | | | | | | | | | |
| | 8 | | | | | | | | | | | | | | | | | | | | | | | | |
| | 9 | | | | | | | | | | | | | | | | | | | | | | | | |

| | | DAY 25 | | | DAY 26 | | | DAY 27 | | | DAY 28 | | | DAY 29 | | | DAY 30 | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | Reps Per Set | | | Reps Per Set | | | Reps Per Set | | | Reps Per Set | | | Reps Per Set | | | Reps Per Set | | |
| | | 1 | 2 | 3 | 1 | 2 | 3 | 1 | 2 | 3 | 1 | 2 | 3 | 1 | 2 | 3 | 1 | 2 | 3 |
| SET 1 | 1 | | | | | | | | | | | | | | | | | | |
| | 2 | | | | | | | | | | | | | | | | | | |
| | 3 | | | | | | | | | | | | | | | | | | |
| SET 2 | 4 | | | | | | | | | | | | | | | | | | |
| | 5 | | | | | | | | | | | | | | | | | | |
| | 6 | | | | | | | | | | | | | | | | | | |
| SET 3 | 7 | | | | | | | | | | | | | | | | | | |
| | 8 | | | | | | | | | | | | | | | | | | |
| | 9 | | | | | | | | | | | | | | | | | | |

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