

ORIGINSERIES



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ORIGIN

ATHLETE
EVERYDAY ATHLETE

7 DAY

FREE TRIAL



WARM UP

3 ROUNDS:

20 PIKE TOE TAPS

10 COSSACK SQUATS

6 GORILLA SQUATS

A

BACK SQUAT

8-6-4-4

BUILD WEIGHT THROUGHOUT

REST AS NEEDED IN BETWEEN SETS

B

B1. 1 AND A QUARTER GOBLET SQUAT

3 X 12 REPS

B2. FRONT FOOT ELEVATED DUMBBELL REVERSE

LUNGE

3 X 16 REPS (STANDING ON A 20KG PLATE)

REST 90 SECONDS

C

SPRINT INTERVALS

IN 30s:

4 BURPEE BOX JUMPS

MAX CAL ASSAULT BIKE

REST 90s

X 4

D

60s SKI

60s BIKE

X 4

PERFORMED AT A RECOVERY PACE

DAY 1



WARM UP

3 ROUNDS:

6/6 KB BOTTOMS UP PRESS

12 NEUTRAL GRIP BAND PULL-OVERS

8 CONTROLLED SCAP PRESS-UPS

A

BENCH PRESS

8-6-4-4

BUILD WEIGHT THROUGHOUT

REST AS NEEDED

B

3 ROUNDS

8 INCLINE DB BENCH PRESS @ TOUGH WEIGHT

10 TRX/RING ROWS (FEET ELEVATED IF POSSIBLE)

12 TRICEP DIPS (WEIGHTED IF POSSIBLE)

REST 90S

C

8 STRICT PULL-UPS

10 BARBELL FLOOR PRESS

12 UNDERHAND BENT OVER ROW

REST 90S

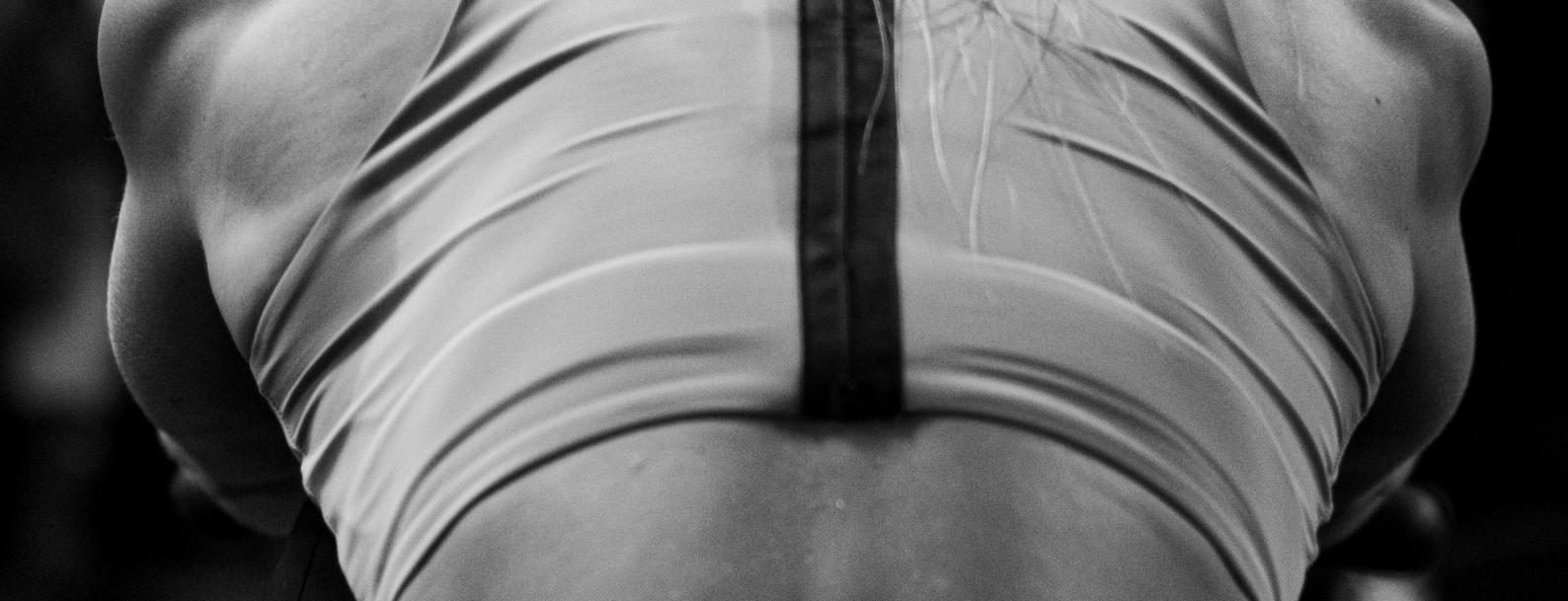
D

AMRAP 4:

MAX SA KB PUSH PRESS (CHOOSE A TOUGH WEIGHT THAT YOU COULD DO 10 REPS WITH)

MUST CHANGE ARMS EVERY 5 REPS.

DAY 2



WARM UP

AMRAP 4:

20s SKI

5 WALK-OUTS

10 PIKE TOE TAPS

5/5 SA LIGHT DB THRUSTERS

CHOOSE A TOUGH DB WEIGHT THROUGHOUT

A

AMRAP 10:

3 ROUNDS:

20 CAL SKI

10 BURPEES

MAX DB THRUSTERS

B

AMRAP 8:

2 ROUNDS:

20 CAL SKI

10 BURPEES

MAX DEVILS PRESS

C

AMRAP 6:

1 ROUND:

20 CAL SKI

10 BURPEES

MAX DB POWER CLEAN & PRESS

D

AMRAP 4:

20 CAL SKI

MAX BURPEES

E

AMRAP 2:

MAX SKI

DAY 3



WARM UP

3 ROUNDS:

6/6 BANDED LATERAL WALKS

8 BANDED GOOD MORNINGS

8/8 CLAMSHELLS

4 BROAD JUMPS

A

CONVENTIONAL DEADLIFT

8-6-4-4

BUILD WEIGHT THROUGHOUT

REST AS NEEDED

B

3 SETS:

8 CHIN UPS

10 DB RDL

12 DUAL FRONT RACK KB WALKING LUNGES

REST 90S

C

3 SETS:

3 GHD NORDIC CURLS

6 PULL-UPS

9 PENDLAY ROW

REST 90S

D

EMOM 12: 45S CAP ON ALL EXERCISES IF NEEDED

1- 8-10 HANGING LEG RAISES

2- 12-15 A. KBS @ 20-24KG

3- 12-14 CAL ASSAULT BIKE

DAY 4



WARM UP

4 ROUNDS:

3 ROUNDS:

6/6/ KB BOTTOMS UP PRESS

12 BANDED FACE PULL (TO HAIRLINE)

20S/20S BANDED LAT STRETCH

A

STRICT PRESS

8-6-4-4

BUILD WEIGHT THROUGHOUT

REST AS NEEDED

B

SPLIT SQUAT (BARBELL)

3 X 10/10

20 SECONDS BETWEEN LEGS & 90 SECONDS BETWEEN SETS

C

4 SETS:

8-10 DB Z-PRESS

12 DUAL KB BOX STEP-UPS @ 24"

REST 90S

D

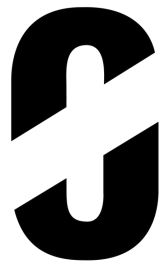
AMRAP 12

300M ROW

8/8 SA DB THRUSTERS

16 BUTTERFLY SIT-UPS

DAY 5



ORIGIN SERIES



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