

## Fire Team Whiskey® .50 Cal WOD Exercise List

**“VINCIT QUI SE VINCIT” “He conquers who conquers himself”**

The .50 Caliber WODs consist of 20 exercises @ 30 seconds each with 15 second transition time for 2 rounds. Work at max rate for each exercise. 2 Rounds. Each WOD is a total 30 minutes workout time plus 6 minutes for warm up and cool down. The .50 Cal WODs are a mix of Cardio, Core, and resistance band strength training exercises.

### Warm Up

Boxer shuffle	Chest push with rotations and squats	Knee pulls to quad stretch
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#### Exercises

<ol style="list-style-type: none"> <li>1. C: High knee jump rope (travel)</li> <li>2. S: Squat with front raise (RB)</li> <li>3. A: Bear Crawl hold same side knee to elbow</li> <li>4. C: High knee skips (travel)</li> <li>5. S: Overhead press (RB)</li> <li>6. C: Quick feet lateral taps (RB as reference)</li> <li>7. S: Plank Row (RB)</li> <li>8. A: Sit Up single knee tuck (legs at a hover)</li> <li>9. C: Jack squat touch</li> <li>10. S: Squats (RB)</li> <li>11. E: Prisoner jumps (RB REF)</li> <li>12. S: Crab hold single knee tucks</li> <li>13. A: Plank step over rotate</li> <li>14. C: Lateral shuffle tap down (RB as ref)</li> <li>15. S: Reverse lunge single side (RB)</li> <li>16. C: Butt kick runs travel</li> <li>17. S: Reverse Lunge other side (RB)</li> <li>18. A: Resistance sit ups (RB)</li> <li>19. C: Hurdle jumps (RB as Ref)</li> <li>20. S: Resistance push ups (RB)</li> <li>21. C: CATCHERS CRAWL TRAVEL</li> <li>22. S: BICEP CURL (RB)</li> <li>23. A: FOREARM C SIT LEG HOLD TOW TAP</li> <li>24. C: SUPERMAN BURPEE</li> <li>25. S: SIDE LUNGE SINGLE SIDE (RB)</li> <li>26. C: SHUFFLE TO KNEE DRIVER</li> <li>27. S: SIDE LUNGE OTHER SIDE (RB)</li> <li>28. A: BEAR CRAWL KICK THROUGH</li> <li>29. C: PLANK JACK FEET WITH SHOULDER TAP</li> <li>30. S: UPRIGHT ROW (RB)</li> <li>31. C: GORILLA JUMP BURPEE</li> <li>32. S: BRIDGE LIFT (RB)</li> <li>33. A: ROCKY SIT UPS</li> <li>34. C: 2 HIGH KNEES TO AIR JACK</li> <li>35. S: CALF RAISES (RB)</li> <li>36. C: CRAB STANCE RUNS</li> <li>37. S: TRICEP OVERHEAD PRESS (RB)</li> <li>38. A: BUCKET DROPS</li> <li>39. C: SUMO SQUAT JACKS</li> <li>40. S: DEAD LIFTS (RB)</li> </ol>	<ol style="list-style-type: none"> <li>41. C: PUNCH ROTATE JUMPS</li> <li>42. S: SUMO SQUATS (RB)</li> <li>43. A: SUPINE PENDULUM</li> <li>44. C: SCISSOR SCISSOR HIGH KNEE</li> <li>45. S: CHEST PRESS (RB)</li> <li>46. C: SQUAT TRAVEL SQUAT JUMP</li> <li>47. S: FIRE HYDRANTS (RB)</li> <li>48. A: REACH SIT UPS (RB)</li> <li>49. C: RUN RUN KNEE FORWARD AND BACK</li> <li>50. S: FRONT RAISE (RB)</li> <li>51. E: 3 JUMPING JACKS TO AIR JACK</li> <li>52. S: CHAIR SQUAT (RB)</li> <li>53. A: WOOD CHOPPERS (RB) ONE SIDE</li> <li>54. C: 3 HIGH KNEE RUNS SHUFFLE</li> <li>55. S: BENT OVER ROW (RB)</li> <li>56. C: LATEAL SQUAT HOPS</li> <li>57. S: DONKEY KICKS SINGLE SIDE (RB)</li> <li>58. A: WOOD CHOPPERS OTHER SIDE (RB)</li> <li>59. C: LATERAL JUMP BURPEE</li> <li>60. S: DONKEY KICK OTHER SIDE (RB)</li> <li>61. C: CURTSY LAUNCH ONE SIDE</li> <li>62. S: PRONE REVERSE HELLO DOLLYS</li> <li>63. A: RESISTANCE BAND SIDE CRUNCH ONE SIDE (RB)</li> <li>64. C: CURTSY LAUNCH OTHER SIDE</li> <li>65. S: SUPERMAN OVERHEAD PRESS (RB)</li> <li>66. C: BOXER BOUNCE JABS TRAVEL</li> <li>67. S: BRIDGE HOLD LEVER LOWER AND LIFT (RB)</li> <li>68. A: RESISTANCE BAND SIDE CRUNCH ONE SIDE (RB)</li> <li>69. C: HIP ROTATION JUMPS TRAVEL</li> <li>70. S: SUPINE LEG PRESS (RB)</li> <li>71. C: SQUAT JUMP STAGER TRAVEL</li> <li>72. S: C SIT BALANCE ROW (RB)</li> <li>73. A: RESISTANCE BAND LOWER CRUNCHES (RB)</li> <li>74. C: HOP SCOTCH SQUAT</li> <li>75. S: PLYO PUSH UPS</li> <li>76. C: CRANE KICKS</li> <li>77. S: SEATED ROWS (RB)</li> <li>78. A: SUPINE ROLL IN TO ELBOWS</li> <li>79. C: WIDE LEG PIKE UPS</li> <li>80. S: C SIT BALANCE TUCK LEG PRESS (RB)</li> </ol>
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### Cool Down

Standing deltoid stretch	Standing quad stretch to knee to chest	Hamstring stretch to calve stretch
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