



THE SCOPE

5 workouts that
require minimal
time but maximal
effort when the
death clock is
ticking!

SKILLED ATHLETE



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**COMFORT IS A
SLOW DEATH**

SKILLED ATHLETE'S 5 DAYS OF DARKNESS

GET AFTER IT, DONT BE DOG SHIT!

➤ 1. GROUND ZERO

Assault Bike for max cals

20 rounds of:

30 secs on – 30 secs off

➤ 2. DEAD MAN'S CHEST

In 7 minutes complete:

1km Row as fast as possible

Max Burpees in remaining time

Score is total Burpees

➤ 3. SWINGING THE DEAD

10 rounds for time:

10 Jump Squats

20 Battle Ropes

10 Slam Balls

➤ 4. DESCENDING

For time:

10-9-8-7-6-5-4-3-2-1

Bodyweight deadlifts

100m sprint after each set

Walk back recovery

➤ 5. ENZEIT

For time:

400m Walking Lunges

400m Sprint back