



# THE TOUGH MUDDER WORKOUT

The Tough Mudder Workout consists of 16 exercises that collectively work every part of your body. We know that you're a busy person, so each exercise is a 60-second station designed to challenge your heart and lungs, as well as your muscles. The final product is a high-intensity circuit designed to torch everything from your chest and legs to your abs and arms, sending your fitness to an elite Tough Mudder level. You'll sculpt a rugged, gritty, and classically athletic body that's built Mudder Tough.

Do the Get Fit circuit 3 days a week and perform each exercise once, one right after the other, spending no more than a minute on each one. Do as many reps as you can in that time, then move on to the next station, limiting yourself to 15 seconds of rest in between. Build your endurance to the point where one week before Tough Mudder you can comfortably do the circuit twice. Make sure to use a weight that's challenging for the 20 or so reps you'll be doing for each exercise. You can use dumbbells, kettle bells, or anything heavy with a handle for most, if not all, of the exercises below.

## EXERCISE 1 - RUNNING MAN

To get yourself in peak cardio condition, you can either:

- 1) Get on a treadmill. Start jogging at a slow comfortable pace for the first 5 minutes, then increase the speed to a full sprint for a full minute before reducing the speed back down to a jog for a minute or two. Alternate between jogging and sprinting for 35 minutes. Build up to 1 hr.
- 2) Free run. As you head outside for a jog, choose a point or landmark in the distance that's reasonably far and sprint to it. Do this 10 or so times throughout the course of your run, paying attention to mixing in jogging and sprinting equally. Again, build up to running 3-4 times a week and increasing your distance gradually until you can comfortably run 5+ miles.

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## EXERCISE 2 - TM PUSH-UP

Start out in a regular pushup position with two dumb bells in each hand. As you push your body upwards, rotate your torso at peak height and bring your right hand up behind you so that your hands are in a vertical line. Lower the weight so that you are once again in push up position. Do a push up, repeating with your left hand.

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## EXERCISE 3 - THE FIST AND THE FURY

Grab a dumbbell, kettle bell, or anything heavy with a handle, in one hand and let it hang in front of you. Lower the weight below your hips and let it swing between your knees and legs. Try to keep your core sturdy and straight, explode

upwards and swing the weight up to about eye level in a fully upright position. With control, do this as many times as you can, spending about 45 seconds on each arm.

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## **EXERCISE 4 - SCISSOR KICK**

From a regular standing position, take one big step forward and lower yourself into a forward stepping lunge. This is the start position. From there, explode off the ground, getting enough air under you to scissor kick your legs and land with your opposite leg forward and ready to crouch down to the lunge position. Keep doing this, alternating your legs on each jump/repetition for 60 seconds.

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## **EXERCISE 5 - BACK ROW**

Grab a pair of dumbbells or kettle bells and bend over, holding them in each hand, making sure your back is parallel to the ground. Keep your core steady and pull the weights in a controlled manner up to your chest, hold at the top for the rep, pause, and repeat.

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## **EXERCISE 6 - DUMBBELL SIDE LUNGE**

Grab your dumbbells and let them hang by your sides. Take a lateral step with your right leg, completely straightening your left leg. From there, bend forward at your hips, and touch the dumbbells to the floor by your right foot. Push off your right leg and make the same lateral lunge on your left leg. That's one rep.

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## **EXERCISE 7 - PUSH UP PLUS ROW**

Grab two dumbbells and assume a pushup position, with your arms straight. Perform a regular pushup, but as you fully extend your arms at the height of the push up, take one dumbbell and bring it all the way to the side of your chest. Lower your arm and descend back to the start position. Repeat with the other arm. That's one rep.

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## **EXERCISE 8 - LUNGE & TWIST**

Grab a heavy object and clutch it tight to the middle of your chest as you stand with feet shoulder length apart. Take a step forward as you would with a normal lunge, but as you lower your body with the weight, twist your torso to the right, pause, and return to a full upright position. Do the same with the opposite leg. That's one rep.

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## **EXERCISE 9 - SHOULDER PRESS**

Grab some dumbbells or small kettle bells in each hand and spread your feet shoulder length apart as you would for a squat. Bring the dumbbells up to your shoulders as if you were doing a shoulder press. Lower yourself as you keep the

weights cocked at the shoulder, as you explode upward from the squat position, push the weights up and above your head.

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## **EXERCISE 10 - DECLINE PUSH UP**

Simple, quick, and easy. Get into a normal pushup position, but put your feet on top of an elevated park bench or box, arms extended out in front of you so that your body is perfectly parallel to the floor above the ground. Begin to do as many pushups as you can in the next 60 seconds.

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## **EXERCISE 11 - QUICK FEET**

Staying in the pushup position, rapidly bring each knee towards your chest, as if you were sprinting in place or pedaling a ridiculously small bike.

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## **EXERCISE 12 - TOUGH CHIN UP**

Just like your old man used to do, hang from a bar with either an overhand or underhand grip and pull yourself up – be sure to try and touch your chest to the bar, or get as close as you can. This will get progressively harder as the set wears on. Remember to do as many as you can for the full 60 seconds. Even if you have to take a slight break, be sure to finish the set.

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## **EXERCISE 13 - SUPERMAN PLANK**

Get back into the pushup position you've grown accustomed to, placing your forearms on the ground and keeping your core – abs and hips – tight as possible. Hold this position for a full 60 seconds.

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## **EXERCISE 14 - DRUNK SUPERMAN SIDE PLANKS**

Get on your side and hold yourself up by left forearm, creating a half triangle between your lats, forearm, and ground. Like a regular plank, keep your core tight – flex if you have to – and hold the

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## **EXERCISE 15 - ANGELINA JOLIE**

Get in between two chairs, bars, or if at a gym, a dip machine. Grab each bar or handle with each arm and lower yourself slowly and with control, as you push up with your arms try to explode up, lifting yourself completely off. Be sure to start out slowly until you get used to jumping off and regaining control of the bars.

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## **EXERCISE 16 - THE TOUGH SQUAT**

Take a dumbbell, kettle bell, or large stone, anything you can find, and hold it in front of your chest. Stick your hips out behind you, bend your knees, and lower yourself until you're in a full squat position. Pause for a second for the burn to really set in and then push back to the start position.

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