

# MAYHEM ATHLETE

## MOVEMENT QUICK GUIDE OVERVIEW

HANDSTAND WALK // [PAGE 2](#)

ROPE CLIMB // [PAGE 2](#)

LEGLESS ROPE CLIMB // [PAGE 2](#)

SQUAT SNATCH // [PAGE 2](#)

PEG BOARD // [PAGE 2](#)

TOES-TO-BAR // [PAGE 2](#)

GHD SIT-UPS // [PAGE 3](#)

HEAVY DOUBLE-UNDERS // [PAGE 3](#)

SLED PUSH // [PAGE 3](#)

SLED PULL // [PAGE 3](#)

SLED DRAG // [PAGE 3](#)

RING MUSCLE-UP // [PAGE 4](#)

PULL-UP // [PAGE 4](#)

PARALLETTE HSPU // [PAGE 4](#)

SANDBAG CLEAN // [PAGE 4](#)

SANDBAG SQUAT // [PAGE 4](#)

SHUTTLE RUN // [PAGE 5](#)

CARDIO CONVERSION CHART // [PAGE 6](#)

## SCALING & MOVEMENT SUBSTITUTIONS

### SCALING TIPS

- Preserve original stimulus
- Maintain time domain of workout and movement
- Maintain movement pattern
- Decrease reps
- Decrease load

### QUESTIONS TO ANSWER BEFORE SCALING

1. Can I do the RX weight and the RX reps?
2. Do I have the skill for RX
3. Can I finish the workout in the RX time domain?

If you answer “NO” to any of these questions, it’s time to scale so that you ensure you maintain the desired stimulus of the workout.

Question 3 requires the most thought and discipline. For example: “Diane” is 21-15-9 (225/155lbs) Deadlifts and Handstand Push Ups. Without a time domain (target time or time cap), you might be able to do 45 Deadlifts at 225/155lbs and 45 Handstand Push Ups.

However, if that took you 20 minutes, you are missing the stimulus and purpose of the workout. This will not allow you to develop the 10 components of fitness and physical skills like cardiovascular/respiratory endurance, stamina, and maybe even speed. This will not serve your overall fitness in the long run.

Scaling this workout could look like 15-12-9 with RX movements, or 21-15-9 of Deadlifts and Push Presses at 115/80lbs. You might just need to bring the weight down slightly to 21-15-9 Deadlifts at 185/125lbs.

The decision lies in your ability. All these options though (and many others, can preserve the stimulus and work the movement patterns intended.

The recommendations laid out on the next page are given to get you the closest stimulus and movement pattern as possible to the original movement within a workout. You can choose between the options based on your equipment and skill level.



## COMMON SCALING RECOMMENDATIONS

MOVEMENT	SCALING OPTIONS
<b>HANDSTAND WALK</b> [ 100' ]	<ol style="list-style-type: none"><li>1. 20/16 Calorie Ski</li><li>2. 15 HSPU</li><li>3. 100' Bear Crawl</li><li>4. 6 Wall Walks</li><li>5. 40 HS Shoulder Taps</li><li>6. 1:00 Handstand Hold</li><li>7. 20 DB Strict Shoulder Press</li></ol>
<b>ROPE CLIMB</b> [ 1 TO 15' ]	<ol style="list-style-type: none"><li>1. 3-4 Toes-to-Bar</li><li>2. 3 Strict Pull-Ups</li><li>3. 25' Hand over Hand Sled Pull (145/125)</li><li>4. 4-5 Strict Knees-to-Elbows</li></ol>
<b>LEGLSS ROPE CLIMB</b> [ 1 TO 15' ]	<ol style="list-style-type: none"><li>1. 4 Strict Pull-Ups</li><li>2. 25' Sled Pull</li></ol>
<b>SQUAT SNATCH</b> [ 135/95 ]	<ol style="list-style-type: none"><li>1. 1 Power Snatch (135/95)</li><li>2. 1 Overhead Squat (135/95)</li></ol>
<b>PEGBOARD</b> [ 1 ]	<ol style="list-style-type: none"><li>1. 1 Legless Rope Climb</li><li>2. 2 Rope Climbs</li><li>3. 5 Strict Pull-Ups</li></ol>
<b>TOES TO BAR</b> [ 10 ]	<ol style="list-style-type: none"><li>1. 12 GHD Sit-Ups</li><li>2. 14 V-Ups</li><li>3. 16 Alternating V-Ups</li><li>4. 20 Abmat Sit-Ups</li><li>5. 10 Weighted Abmat Sit-Ups (light-mod wt.)</li></ol>

<p style="text-align: center;"><b>GHD SIT-UPS</b> [ 10 ]</p>	<ol style="list-style-type: none"> <li>1. 8 Toes-to-Bar</li> <li>2. 12 V-Ups</li> <li>3. 14 Alternating V-Ups</li> <li>4. 16 Abmat Sit-Ups</li> <li>5. 8 Weighted Abmat Sit-Ups (light-mod wt.)</li> </ol>
<p style="text-align: center;"><b>HEAVY DOUBLE UNDERS</b> [ 50 ]</p>	<ol style="list-style-type: none"> <li>1. 75 Double-Unders</li> <li>2. 150 Single-Under</li> </ol>
<p style="text-align: center;"><b>SLED PUSH</b> [ 100' at 190/145lbs ]</p> <p>[NOTE: EMPTY SLED = 100LBS]</p>	<ol style="list-style-type: none"> <li>1. 50' Front Rack Lunge (95/65)</li> <li>2. Back Rack Lunge 50' (135/95)</li> <li>3. 100' Front Rack Walking Carry (155/105)</li> <li>4. 100' Sandbag Carry on Shoulder (100/75)</li> <li>5. 15/12 Cal Assault OR 12/9 Cal Echo Bike</li> </ol> <p>*If sled weight increases, the increments for the barbell subs will be 95/65, 115/80, 135/95, 155/105, 185/125.*If sled distance increases, then complete half the distance in lunges OR the full distance in carries.</p>
<p style="text-align: center;"><b>SLED PULL [ HAND OVER HAND ]</b> [ 100' at 190/145lbs ]</p> <p>[NOTE: EMPTY SLED = 100LBS]</p>	<ol style="list-style-type: none"> <li>1. 5 Strict Pull-Ups</li> <li>2. 1 Legless Rope Climb</li> <li>3. 2 Rope Climbs</li> <li>4. 100' Farmers Carry (2 Kettlebells or Dumbbells of moderate weight)</li> </ol>
<p style="text-align: center;"><b>SLED DRAG</b></p> <p>[NOTE: EMPTY SLED = 100LBS]</p>	<ol style="list-style-type: none"> <li>1. Backwards Sandbag Carry</li> <li>2. Tie plate, DB or KB around waist with strap and walk</li> </ol>

<p><b>RING MUSCLE-UP</b></p>	<ol style="list-style-type: none"> <li>1. Bar Muscle-Up</li> <li>2. Burpee Pull-Up <ul style="list-style-type: none"> <li>• 2 Pull-Ups per RMU if lacking equipment</li> <li>• 1 Pull-Up per RMU if lacking RMU skill</li> </ul> </li> </ol>
<p><b>PULL-UP [ KIPPING ]</b> [ 10 ]</p>	<ol style="list-style-type: none"> <li>1. 10-15 Banded Pull-Ups</li> <li>2. 10-15 Jumping Pull-Ups</li> <li>3. 5 Strict Pull-Ups</li> <li>4. 15 Ring Rows</li> <li>5. 15 Body Rows</li> </ol>
<p><b>PARALLETTE HSPU</b> [ 1 ]</p>	<ol style="list-style-type: none"> <li>1. 1 Deficit HSPU (6"/4")</li> <li>2. 1 Strict HSPU</li> <li>3. HSPU <ul style="list-style-type: none"> <li>• 2 HSPU per rep if lacking equipment</li> <li>• 1 HSPU per rep if lacking PHSPU skill</li> </ul> </li> </ol>
<p><b>SANDBAG CLEAN</b></p>	<ol style="list-style-type: none"> <li>1. 150/100 Sandbag = Power Clean [ 185/125 ]</li> <li>2. 100/70 Sandbag = Power Clean [ 115/80 ]</li> </ol>
<p><b>SANDBAG SQUAT</b></p>	<ol style="list-style-type: none"> <li>1. 150/100 Sandbag = Front Squat [ 185/125 ]</li> <li>2. 100/70 Sandbag = Front Squat [ 115/80 ]</li> </ol>
<p><b>WALL BALL</b></p>	<ol style="list-style-type: none"> <li>1. Empty Bar Thruster [ 45/35 ]</li> <li>2. DB Thruster [ 2x35/2x25 ]</li> <li>3. Sandbag Thruster</li> </ol>

## SHUTTLE RUN

[ 10 ]

[ 1 SHUTTLE RUN = 50'; 25' DOWN, 25' BACK ]

1. Row: 250m / 200m
2. Bike Erg: 500m
3. Ski: 250m / 200m
4. Assault Bike: 15 / 12 Calories
5. Echo Bike: 12 / 10 Calories

\*\*Check out the charts on the next page to get even more specific for your machine or running conversions.



## CARDIO CONVERSION CHARTS

### DISTANCE CONVERSIONS

RUN	ROW	BIKE ERG	SKI ERG	ASSAULT BIKE	ECHO BIKE
100m	125/100m	250/200m	125m/100m	8/6 cal	6/5 cal
200m	250/200m	500/400m	250/200m	15/12 cal	12/10 cal
400m	500/400m	1,000/800m	500/400m	30/24 cal	24/19 cal
600m	750/600m	1,500/1,200m	750/600m	45/36 cal	36/29 cal
800m	1,000/800m	2,000/1,600m	1,000/800m	60/48 cal	48/38 cal
1,000m	1,250/1,000m	2,500/2,000m	1,250/1,000m	75/60 cal	60/48 cal
1,600m	2,000/1,600m	4,000/3,200m	2,000/1,600m	120/96 cal	96/77 cal
2,000m	2,500/2,000m	5,000/4,000m	2,500/2,000m	150/120 cal	120/96 cal
5,000m	6,250/5,000m	12,500/10,000m	6,250/5,000m	375/300 cal	300/240 cal
10,000m	12,500/10,000m	25,000/20,000m	12,500/10,000m	750/600 cal	600/480 cal

### CALORIE CONVERSIONS

ROW / BIKE ERG/ SKI ERG	ASSAULT BIKE	ECHO BIKE	AIR RUNNER
10/8	8/6	6/5	8/6
12/10	9/7	7/6	9/7
13/11	10/8	8/6	10/8
15/12	11/9	9/7	11/9
16/13	12/10	10/8	12/10
20/16	15/12	12/10	15/12
21/17	16/13	13/10	16/13
24/19	18/14	14/11	18/14
25/20	19/15	15/12	19/15
28/22	21/17	17/14	21/17
30/24	23/18	18/14	23/18
33/26	25/20	20/16	25/20
35/28	26/21	21/17	26/21
40/32	30/24	24/19	30/24
45/36	34/27	27/22	34/27
50/40	38/30	30/24	38/30
55/44	41/33	33/26	41/33
60/48	45/36	36/29	45/36
65/52	49/39	39/31	49/39
70/56	53/42	42/34	53/42
75/60	56/45	45/36	56/45
80/64	60/48	48/38	60/48
85/68	64/51	51/41	64/51
90/72	68/54	54/43	68/54
95/76	71/57	57/46	71/57
100/80	75/60	60/48	75/60