



Welcome to the Garage Dawgs On Ramp Program! A 5 week, step by step plan, to get you up and moving and ready for the next step...our Garage Dawgs Daily Programming!

Enjoy this quick start and as always, let us know if you have questions by message the Facebook at <https://www.facebook.com/garagedawgsHQ/> or email at garagedawgs2019@gmail.com.

If you are looking for a more personalized experience you can always inquire about our personalized programming with Darren and/or personalized nutrition with Alex!

Have fun, see you on the whiteboard!

Darren and Alex Marks

Week 1

Day 1

Aerobic Conditioning and Warm Up

For 10-15 minutes, walk/jog/bike/row at a pace you can sustain for an hour or more. This will be talking pace and is to get blood moving and teach your body to use oxygen effectively. Have fun, move and sweat!

Full Body Resistance Training

3 sets of the following, rest 2-3 minutes between sets, rest as needed between movements:

5 Pushups @ 3333 (strict as possible, can go to knees if needed)

8 DB/Plate/Barbell Bent Over Row @ 3131 (whatever equipment you have available you may use, this is ideally a single arm movement unless you are using a barbell)

5 Air Squat @ 5332 (chest tall, arms overhead, knees push out over pinky toes, feet shoulder width)

Middle Plank Accumulate 30 seconds (on forearms)

8 Standing Toe Touch @ 3131 (keep knees locked out, push hips back and load the hamstrings, keep back as flat as possible)

5 each leg Split Squat @ 3030 (Keep front knee stacked over ankle, feet are almost in line with each other)

Notes:

@5332 definition for Air Squat (but is applied to all tempo work)

5: 5 seconds negative (eccentric) from standing to full depth squat

3: 3 sec pause in the bottom of the squat

3: 3 seconds concentric (standing back up) with knees out and chest tall

2: 2 seconds at standing to take a breath before your next rep

Pushup: <https://youtu.be/GFUw7S0wDxk>

Bent Over Row: <https://youtu.be/tZaq7VCmuW4>

Air Squat: <https://youtu.be/lmtBAVuQb3E>

Plank: <https://youtu.be/GmQfTPmYCiI>

Toe Touch: <https://youtu.be/5rV0VahOT-Q>

Split Squat: <https://youtu.be/UcZVX7Sc9YI>

Day 2

Sun and Fun Day!

Get 30 minutes of direct sunlight and move today.

10-20 minutes of walk/jog/bike/row at talking pace.

Move blood and use this as both conditioning and recovery.

Day 3

Aerobic Conditioning

For 10-15 minutes, walk/jog/bike/row at a pace you can sustain for an hour or more. This will be talking pace and is to get blood moving and teach your body to use oxygen effectively. Have fun, move and sweat!

Full Body Resistance Training

3 sets of the following, rest 2-3 minutes between sets, rest as needed between movements:

5 Pushups @ 3333 (strict as possible, can go to knees if needed)

8 DB/Plate/Barbell Single Arm High Pull @ 3011 (whatever equipment you have available you may use, this is ideally a single arm movement unless you are using a barbell)

5 Air Squat @ 5332 (chest tall, arms overhead, knees push out over pinky toes, feet shoulder width)

Side Plank Accumulate 30 seconds each side (on forearms)

8 Standing Toe Touch @ 3131 (keep knees locked out, push hips back and load the hamstrings, keep back as flat as possible)

5 each leg Split Squat @ 3030 (Keep front knee stacked over ankle, feet are almost in line with each other)

Notes:

@5332 definition for Air Squat (but is applied to all tempo work)

5: 5 seconds negative (eccentric) from standing to full depth squat

3: 3 sec pause in the bottom of the squat

3: 3 seconds concentric (standing back up) with knees out and chest tall

2: 2 seconds at standing to take a breath before your next rep

Pushup: <https://youtu.be/GFUw7S0wDxk>

Single Arm DB High Pull: <https://youtu.be/fTiHlHlyweU>

Air Squat: <https://youtu.be/lmtBAVuQb3E>

Side Plank: <https://youtu.be/S-6NhdAJ-Mc>

Toe Touch: <https://youtu.be/5rV0VahOT-Q>

Split Squat: <https://youtu.be/UcZVX7Sc9YI>

Repeat of Monday so you can feel adaptation and get comfortable with the movements, pace, etc. You may adjust load as needed, maybe it was too light Monday, go heavier, or it was too heavy Monday, go lighter!

Day 4

Sun and Fun Day!

Get 30 minutes of direct sunlight and move today.

10-20 minutes of walk/jog/bike/row at talking pace.

Move blood and use this as both conditioning and recovery.

Day 5

Aerobic Conditioning

For 10-15 minutes, walk/jog/bike/row at a pace you can sustain for an hour or more. This will be talking pace and is to get blood moving and teach your body to use oxygen effectively. Have fun, move and sweat!

Full Body Resistance Training

3 sets of the following, rest 2-3 minutes between sets, rest as needed between movements:

- 5 Standing DB/Plate/Barbell Press @ 3122 (ideally single arm unless using barbell)
- 8 DB/Plate Standing Lateral Shoulder Raise @ 3031
- 5 Air Squat @ 5332 (chest tall, arms overhead, knees push out over pinky toes, feet shoulder width)
- 10 Situps (butterfly feet, swing arms up and touch toes, or crunch up and reach for knees or calves)
- 8 Staggered Stance RDL (no weight) @ 3031 (put one foot out farther in front than the other and perform the RDL; at tempo)
- 30 Walking Lunge Steps (knee to ground if possible)

Notes:

- @5332 definition for Air Squat (but is applied to all tempo work)
- 5: 5 seconds negative (eccentric) from standing to full depth squat
- 3: 3 sec pause in the bottom of the squat
- 3: 3 seconds concentric (standing back up) with knees out and chest tall
- 2: 2 seconds at standing to take a breath before your next rep

Standing Press: <https://youtu.be/uPhkTOQ4wek>

DB Lateral Raise: <https://youtu.be/KPf9LBE3wHs>

Staggered Stance RDL: <https://youtu.be/CAMCyji-YRE>

Day 6

Sun and Fun Day

Get 30 minutes of direct sunlight and move today.
10-20 minutes of walk/jog/bike/row at talking pace.
Move blood and use this as both conditioning and recovery.

Week 2

Day 7

Aerobic Conditioning

For 10-15 minutes, walk/jog/bike/row at a pace you can sustain for an hour or more. This will be talking pace and is to get blood moving and teach your body to use oxygen effectively. Have fun, move and sweat!

Full Body Resistance Training

3 sets of the following, rest 2-3 minutes between sets, rest as needed between movements:

7 Pushups @ 3333 (strict as possible, can go to knees if needed)
10 Ring Rows (you can sub in a barbell in a squat rack and perform bar rows or pullups instead) @ 3021
7 Air Squat @ 3232 (chest tall, arms overhead, knees push out over pinky toes, feet shoulder width)
Middle Plank Accumulate 45 seconds (on forearms)
8 DB Romanian Deadlift @ 3131 (DB in each hand or single arm)
7 each leg Split Squat @ 3030 (Keep front knee stacked over ankle, feet are almost in line with each other)

Notes:

@5332 definition for Air Squat (but is applied to all tempo work)
5: 5 seconds negative (eccentric) from standing to full depth squat
3: 3 sec pause in the bottom of the squat
3: 3 seconds concentric (standing back up) with knees out and chest tall
2: 2 seconds at standing to take a breath before your next rep

Ring Row and Pullup Modification: (<https://youtu.be/xhIReCpAE9k>) (<https://youtu.be/DJuo0uhoHzQ>)

DB RDL: https://youtu.be/mpg_qmBdmxc

Accumulate 45 seconds means that if you hold the plank for 10 seconds then need a rest, you have accumulated 10 of the 45 seconds and still need 35 more seconds to finish.

Day 8

Sun and Fun Day

Get 30 minutes of direct sunlight and move today.
10-20 minutes of walk/jog/bike/row at talking pace.
Move blood and use this as both conditioning and recovery.

Day 9

Aerobic Conditioning

For 10-15 minutes, walk/jog/bike/row at a pace you can sustain for an hour or more. This will be talking pace and is to get blood moving and teach your body to use oxygen effectively. Have fun, move and sweat!

Full Body Resistance Training

3 sets of the following, rest 2-3 minutes between sets, rest as needed between movements:

8 Single Arm DB Bench Press @ 3131 (you can lay on a wall ball if you don't have a bench, or on the ground and bring your elbows to the floor)
10 DB/Plate/Barbell Single Arm High Pull @ 3011 (whatever equipment you have available you may use, this is ideally a single arm movement unless you are using a barbell)
5 Goblet Squat @ 3332 (chest tall, knees push out over pinky toes, feet shoulder width)
Side Plank Accumulate 45 seconds each side (on forearms)
8 Barbell Good Morning @ 3131
20 Step Walking Lunge

Notes:

@5332 definition for Air Squat (but is applied to all tempo work)
5: 5 seconds negative (eccentric) from standing to full depth squat
3: 3 sec pause in the bottom of the squat
3: 3 seconds concentric (standing back up) with knees out and chest tall
2: 2 seconds at standing to take a breath before your next rep

Single Arm DB Floor Press and BP: (https://youtu.be/_OnuJCypUkI) (<https://youtu.be/d6Ba29xFBnw>)
Goblet Squat: <https://youtu.be/CcpnZqMsu7o>
Good Morning: https://youtu.be/6_6S00-TebU

Day 10

Sun and Fun Day

Get 30 minutes of direct sunlight and move today.
10-20 minutes of walk/jog/bike/row at talking pace.
Move blood and use this as both conditioning and recovery.

Day 11

Aerobic Conditioning

For 10-15 minutes, walk/jog/bike/row at a pace you can sustain for an hour or more. This will be talking pace and is to get blood moving and teach your body to use oxygen effectively. Have fun, move and sweat!

Full Body Resistance Training

3 sets of the following, rest 2-3 minutes between sets, rest as needed between movements:

7 Standing DB/Plate/Barbell Press @ 3112 (ideally single arm unless using barbell)
8 DB/Plate Standing Lateral Shoulder Raise @ 2020
8 Box Squat @ 3031 (Goblet hold DB or KB, try and set box height as close to parallel as possible)
15 Situps (butterfly feet, swing arms up and touch toes, or crunch up and reach for knees or calves)
8 Suitcase Deadlift @ 3031
20 Alternating Legs Box Step Ups (as high as you can manage)

Notes:

@5332 definition for Air Squat (but is applied to all tempo work)

5: 5 seconds negative (eccentric) from standing to full depth squat
3: 3 sec pause in the bottom of the squat
3: 3 seconds concentric (standing back up) with knees out and chest tall
2: 2 seconds at standing to take a breath before your next rep

Box Squat: <https://youtu.be/kxBM9vSjRXE>

Butterfly Situp: <https://youtu.be/Wh9hdGIUkVw>

Suitcase Deadlift: <https://youtu.be/b72FEx6GLUg> (you don't have to stand on plates and can use DB/KB)

Box Step Up: <https://youtu.be/dw8xOAr6RuM>

Day 12

Sun and Fun Day

Get 30 minutes of direct sunlight and move today.
10-20 minutes of walk/jog/bike/row at talking pace.
Move blood and use this as both conditioning and recovery.

Week 3

Day 13

Aerobic Conditioning

For 10-15 minutes, walk/jog/bike/row at a pace you can sustain for an hour or more. This will be talking pace and is to get blood moving and teach your body to use oxygen effectively. Have fun, move and sweat!

Full Body Resistance Training

3 sets of the following, rest 2-3 minutes between sets, rest as needed between movements:

8 Pushups @ 2121 (strict as possible, can go to knees if needed)
6 Strict Pullup or Ring Row or Barbell in squat rack pullups or rows @ 2011
8 Air Squat @ 3111 (chest tall, arms overhead, knees push out over pinky toes, feet shoulder width)
Forearm Middle Plank Accumulate 45 seconds
10 Sumo Deadlift with barbell or DB or KB @ 2021
20 Step Walking Lunge (can hold DB in each hand, goblet hold, or no weight if too challenging)

Notes:

@5332 definition for Air Squat (but is applied to all tempo work)
5: 5 seconds negative (eccentric) from standing to full depth squat
3: 3 sec pause in the bottom of the squat
3: 3 seconds concentric (standing back up) with knees out and chest tall
2: 2 seconds at standing to take a breath before your next rep

Sumo Deadlift: <https://youtu.be/wQHSYDSgDn8>

Day 14

Sun and Fun Day

Get 30 minutes of direct sunlight and move today.
10-20 minutes of walk/jog/bike/row at talking pace.
Move blood and use this as both conditioning and recovery.

Day 15

Aerobic Conditioning

For 10-15 minutes, walk/jog/bike/row at a pace you can sustain for an hour or more. This will be talking pace and is to get blood moving and teach your body to use oxygen effectively. Have fun, move and sweat!

Full Body Resistance

3 sets of the following, rest 2-3 minutes between sets, rest as needed between movements:

10 Pushups @ 2111 (strict as possible, can go to knees if needed)
10 each arm DB/Plate Front Raise @ 2020 (stand tall, with arm at side and keeping it straight, raise your weight up to eye level and then back down)
8 Goblet Squat @ 3111 (chest tall, knees push out over pinky toes, feet shoulder width)
45 sec of Mountain Climbers
10 Rear Foot Elevated Romanian Deadlift with barbell/KB/DB @ 3111 each leg (elevate rear leg on anything up to 16 inches)
10 on each leg Lateral Box Step Up (any height box up to as high as you can go)

Notes:

@5332 definition for Air Squat (but is applied to all tempo work)
5: 5 seconds negative (eccentric) from standing to full depth squat
3: 3 sec pause in the bottom of the squat
3: 3 seconds concentric (standing back up) with knees out and chest tall
2: 2 seconds at standing to take a breath before your next rep

Front Raise: <https://youtu.be/7rBxeUNd5tA>

Mountain Climbers: <https://youtu.be/XowPTndWMLk>

Lateral Box Step Up: <https://youtu.be/RvoelEss8Ns>

Day 16

Sun and Fun Day

Get 30 minutes of direct sunlight and move today.
10-20 minutes of walk/jog/bike/row at talking pace.
Move blood and use this as both conditioning and recovery.

Day 17

Aerobic Conditioning

For 10-15 minutes, walk/jog/bike/row at a pace you can sustain for an hour or more. This will be talking pace and is to get blood moving and teach your body to use oxygen effectively. Have fun, move and sweat!

Full Body Resistance

3 sets of the following, rest 2-3 minutes between sets, rest as needed between movements:

- 10 Pushups @ 1111 (strict as possible, can go to knees if needed)
- 10 Barbell/KB/DB Bent Over Row @ 2011 (single arm if KB or DB)
- 10 Goblet Squat @ 2111 (chest tall, knees push out over pinky toes, feet shoulder width)
- Accumulate 45 sec each side plank on forearm
- 10 Deadlift @ 30x1 (use barbell or DB/KB)
- 10 on each leg DB/KB hold reverse lunge

Notes:

- @5332 definition for Air Squat (but is applied to all tempo work)
- 5: 5 seconds negative (eccentric) from standing to full depth squat
- 3: 3 sec pause in the bottom of the squat
- 3: 3 seconds concentric (standing back up) with knees out and chest tall
- 2: 2 seconds at standing to take a breath before your next rep

Deadlift: <https://youtu.be/623N1DEJMA>

Reverse Lunge: <https://youtu.be/GtFOR8qPvyc>

Day 18

Sun and Fun Day

- Get 30 minutes of direct sunlight and move today.
- 10-20 minutes of walk/jog/bike/row at talking pace.
- Move blood and use this as both conditioning and recovery.

Week 4

Day 19

Aerobic Conditioning

For 10-15 minutes, walk/jog/bike/row at a pace you can sustain for an hour or more. This will be talking pace and is to get blood moving and teach your body to use oxygen effectively. Have fun, move and sweat!

Full Body Resistance

3 sets of the following, rest 2-3 minutes between sets, rest as needed between movements:

- 12 Pushups @ 1011(strict as possible, can go to knees if needed)
- 12 each arm KB Russian Swing (single arm swings)
- 30 sec of Air Squat @ 1010 (chest tall, arms overhead, knees push out over pinky toes, feet shoulder width)
- 20 Russian Twist with plate/KB/DB
- 10 Romanian Deadlift (RDL) @ 30x1 (use barbell or DB/KB) X=explode!
- 30 sec of jumping lunges or walking lunges

Notes:

- @5332 definition for Air Squat (but is applied to all tempo work)
- 5: 5 seconds negative (eccentric) from standing to full depth squat
- 3: 3 sec pause in the bottom of the squat
- 3: 3 seconds concentric (standing back up) with knees out and chest tall
- 2: 2 seconds at standing to take a breath before your next rep

Russian KB Swing: <https://youtu.be/ialGyd2zomo>

Russian Twist: https://youtu.be/z_E0ghbrx3A

Jumping Lunges: https://youtu.be/AWJ_whP4Rhc

Day 20

Sun and Fun Day

- Get 30 minutes of direct sunlight and move today.
- 10-20 minutes of walk/jog/bike/row at talking pace.
- Move blood and use this as both conditioning and recovery.

Day 21

Aerobic Conditioning

For 10-15 minutes, walk/jog/bike/row at a pace you can sustain for an hour or more. This will be talking pace and is to get blood moving and teach your body to use oxygen effectively. Have fun, move and sweat!

Full Body Resistance

3 sets of the following, rest 2-3 minutes between sets, rest as needed between movements:

- 12 Pushups as fast as possible (strict as possible, can go to knees if needed)
- 12 Barbell/DB/KB Bent Over Row @ 20x1
- 30 sec of Goblet Squat @ 1010 (chest tall, knees push out over pinky toes, feet shoulder width)
- 10 Weighted Situps (hold plate against chest)
- 12 Sumo Deadlift @ 1010 (DB/KB/Barbell)
- 20 step Barbell Back Rack Walking Lunge (bar on back like a back squat) (you can also hold KB or DB's on shoulders)

Notes:

- @5332 definition for Air Squat (but is applied to all tempo work)
- 5: 5 seconds negative (eccentric) from standing to full depth squat
- 3: 3 sec pause in the bottom of the squat
- 3: 3 seconds concentric (standing back up) with knees out and chest tall
- 2: 2 seconds at standing to take a breath before your next rep

Weighted Situps: https://youtu.be/ccT_lpjirwk

Day 22

Sun and Fun Day

- Get 30 minutes of direct sunlight and move today.
- 10-20 minutes of walk/jog/bike/row at talking pace.
- Move blood and use this as both conditioning and recovery.

Day 23

Aerobic Conditioning

For 10-15 minutes, walk/jog/bike/row at a pace you can sustain for an hour or more. This will be talking pace and is to get blood moving and teach your body to use oxygen effectively. Have fun, move and sweat!

Full Body Resistance

3 sets of the following, rest 2-3 minutes between sets, rest as needed between movements:

- 1 min of pushups for reps
- 1 min of Air Squats for reps
- 1 min of Situps for reps
- 1 min of Walking lunge steps
- 1 min of American KB Swing (can sub russian swing if the overhead still feels shaky)

American KB Swing: <https://youtu.be/0exWzf0C970>

Day 24

Sun and Fun Day

- Get 30 minutes of direct sunlight and move today.
- 10-20 minutes of walk/jog/bike/row at talking pace.
- Move blood and use this as both conditioning and recovery.

Week 5

Day 25

A. Strength: Back Squat 3x12 @ 3211

**you can sub in goblet squats with KB or DB as well

B. AMRAP (as many rounds as possible) 20:

Run 400m

40 Air Squats

30 Situps

20 Pushups

10 Burpees

Back Squat: <https://youtu.be/KALH2cf29w8>

Burpee: <https://youtu.be/NRMhb6imSoA>

Day 26

A. Strict Shoulder Press: 3x12 @ 3111

*Ideally completed with barbell but can be completed with DB or KB as well

B. AMRAP 10:

10 American KB Swing

25 Double Unders with Jump Rope or 75 Single Unders

Double Unders: <https://youtu.be/21wLeswUKWw>

Day 27

A. Deadlift: 3x12 @ 3031

*can sub in DB or KB as well

B. AMRAP 15:

Assault Bike 10 Cal (sub in 400m run, 10 cal row, or 1 minutes of jump rope)

Walking Lunge 20 Steps

3 Wall Walks (modify to hand release pushups if needed)

Wall Walks: <https://youtu.be/sjvJHNm0exk>

Day 28

A. DB Hold Reverse Lunge: 3x12 each leg (hold DB's at sides), rest 2 min between sets

B. AMRAP 20:

20 Alternating Box Step Ups (24/20 inches guy/girl)

20m Bear Crawl

20 Tuck Jumps (jump and tuck knees to chest, modify with forward and backward line hops)

20 Pushups

Tuck Jump: <https://youtu.be/1eGsgGtDGdg>

Bear Crawl: <https://youtu.be/63IBkFSR6PY>

Day 29:

A. Barbell Bent Over Row: 3x12 @ 3031, rest 2 min between sets.

*can sub a DB or KB for a bar if needed

B. AMRAP 7:

Burpees

*go for as many burpees as possible in 7 minutes!

Day 30:

A. Planks: 3 sets of the following:

Middle Forearm Plank, accumulate 1 min, rest 1 min

Right Side Plank, accumulate 1 min, rest 1 min

Left Side Plank, accumulate 1 min, rest 1 min

B. AMRAP 12:

16 Alternating DB Power Snatch

10 Goblet Squat

Run 200m

Alternating DB Power Snatch: https://youtu.be/_W2VUDurE7k

CONGRATULATIONS!!!!

You have just completed the On Ramp Program!

If you feel ready, step up to Garage Dawgs Daily Programming and continue your progress...if you're not sure you are ready repeat the program or message us and learn more about Personalized Programming with Darren and/or Personalized Nutrition Coaching with Alex!

As always...see you on the Garage Dawgs whiteboard!