

Premiere of the SURE-REAL Life

by Shawn Moody

My recent attendance of the Renegade certification was very refreshing. It is truly a blessing to be in a room of collective minds that think in the same manner and share a common goal. The websites and written articles (including this one) do the Renegade approach no justice. It is truly amazing that you can bring together pro-golfers, pro-tennis players, mixed martial artists, bodybuilders, baseball players past and present, football players, bmxers and fitness enthusiasts and create the Ultimate (sorry Coach Massaro!) think tank session. It's hard to explain the passion that is in the air ... the highs and lows of the seminar play games with your emotions; from the energy supplied by the dark java to tears shed from historical stories. Great friendships are created and information is shared by all within 20 hours (or so).

The purpose of this article is not to rant but to share with you what my training is for a week.

Monday:

-Anarchy:

*This workout is bump'n! If you don't have the DVD, you should!

Tuesday:

-Field work:

-Hurdle mobility and dynamic warm up

-Ten 50-yard sprints from a 10-yard flying start.

-When you complete the sprint perform 20 push-ups at one end and 20 sit-ups at the other end.

-Twelve 40-yard sprints from a 3-point stance.

-Same as above on the completion of the sprint.

Wednesday:

-Run 16 flights of steps to warm up my body and act as restoration to my legs from - Tuesday's sprint work.

-Work on my boxing skills and stand up game with my buddy Frank who is a two-time PA state golden gloves heavy weight champ.

-Med-ball slams: you pick the med-ball up like a close-grip snatch from the floor and at the top of the extension you slam the ball back into the ground. We work down from a 100# ball to a 75#, 60#, 40#, 30# and finally a 25# ball. 3 slams each ball totaling 18 consecutive slams. We perform this rotation 2 or 3 times. This will make you feel funny inside!

Thursday:

A.M. - Grappling and Jujitsu drills for 1 hour with partner at 7:00am.

P.M. - Fieldwork:

-Hurdle mobility and dynamic warm up

-Various ladder drills

-Various cone drills

-Renegade Med Ball work

Friday:

-Anarchy: (my version)

Unit#1

- Close grip snatch 145lbs. bar weight with 15lb. weighted vest
- Donkey kicks
- Med-ball vert jumps with 6lb. ball

Unit#2

- Barbell Deadlifts with 315lbs. bar weight & 15lb. weighted vest
- Donkey kicks
- Med-ball scoop and backwards slam with 6lb. ball

Unit#3

- Barbell bench press with 225lbs. bar weight
- Donkey kicks
- Med-ball vertical jumps backwards with 6lb. ball

Unit#4

- Isometric split stand ups 30 seconds each leg
- Pull-ups with an explosive rip and catch manner
- Pulls to face with bands

*this workout follows the same rep / set protocols as Coach Massaro's Anarchy.

Saturday: Rest

Sunday:

-Grappling and jujitsu class for 2 hours

*This will test every energy system your body has and push your mind!

This sums up my training week. It's not meant to boast or say that I can out do you the reader. I want to share how I implement Renegade training into my life.

I took a little piece from each member of the Renegade cert. and I keep that in my mind and heart. We all come from different walks of life with different goals.

I do what I do because I can, and I fucking push myself! You get 1 shot on the 3rd rock and then that is it. To quote Coach Davies from The Mark of R, "while it may not be the easy route, it was the only route to take."