

FINISH LIKE YOU STARTED — ON FIRE

WORKOUT OF THE DAY

WED-JAN 28: BENCHMARK FOR TIME

- 15 Sandbag Thrusters
- 30 Push-Ups
- 15 Sandbag Deadlifts
- 200 Yard Run
- Record your time.

SEE P.2 >

MANTRA OF THE DAY



This is my benchmark.

THU-JAN 29: CORE ISOMETRIC SERIES

- Vest Plank – 3 x 45s
- Side Plank (with or without vest) – 2 x 30s/side
- Glute Bridge Hold (with or without vest) – 3 x 30s

Stillness is strength.



FRI-JAN 30: REST

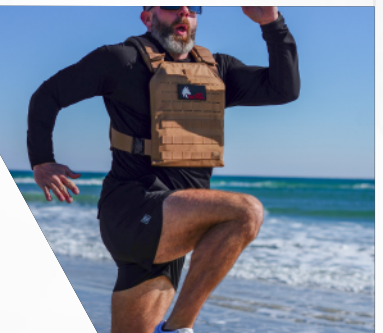


Strategic rest is power.

SAT-JAN 31 : FINAL SPRINT CHALLENGE

- 6 x 40m sprints (timed)
- 1 min rest
- 1 min rest

My pace, my peak.



SUN-FEB 1: FINAL AMRAP -20 MINS (AS MANY REPS AS POSSIBLE)

- 10 Vest Push-Ups
- 15 Air Squats
- 5 Sandbag Shoulders
- 5 Sandbag Clean + Press
- Max Rounds



I'm transforming.

THIS IS WHAT THE WORK WAS BUILDING TOWARD.

THIS WEEK ISN'T JUST HARDER — IT'S CLEARER.

You've trained your body to move better.

You've trained your mind to focus better.

Now it's time to bring it all together — not to prove something, but to reveal what's been built.

YOUR POWER IS MORE PRECISE.

Your effort is more intentional.

Your control is no accident — it's been earned rep by rep.

You're not just finishing.

You're finishing like you started: on fire — but now with direction.

EXERCISE SPOTLIGHT: BENCHMARK WORKOUT



WHY IT'S IN THE PROGRAM:

This is your moment to take a picture of your performance.

Not to chase perfection. Not to go "all out."

But to apply everything you've practiced — **breathing, bracing, pacing, and presence.**

BENCHMARK WORKOUT:

1. 15 Sandbag Thrusters
2. 30 Push-Ups
3. 15 Sandbag Deadlifts
4. 200m Vest Carry
5. → Time it. That's your benchmark.

Picture it like this:

"Carry 3 weeks of progress on your back — and walk it forward."

PRO TIP OF THE WEEK

RUN YOUR OWN RACE

Don't rush. Don't compare.

You've already earned the right to show up **on your own terms.**

BEFORE EACH WORKOUT THIS WEEK:

1. **Breathe deep**
2. **Set one intention**
("Finish strong." "Own the pace." "Feel the rep.")
3. **Stick to it — regardless of the clock or fatigue**
"The fire you feel this week is your edge — but only if you control it."

SMALL WIN CHALLENGE OF THE WEEK

SELF-TIMER TEST

Pick **one workout** this week (Benchmark or AMRAP).

Here's your challenge:

- Time it or count rounds
- Rate your effort from 1–10
- Write two sentences after:
 - "What felt strong?"
 - "What will I carry into next week?"

Do that once — that's the win.

Because awareness is the final rep of transformation.

Check out our FREE Instagram Community where we answer questions and keep each other accountable.

Go to our Instagram [@WolfTactical](#) bio and click "No Painz. All Gainz." in our bio to join our broadcast.