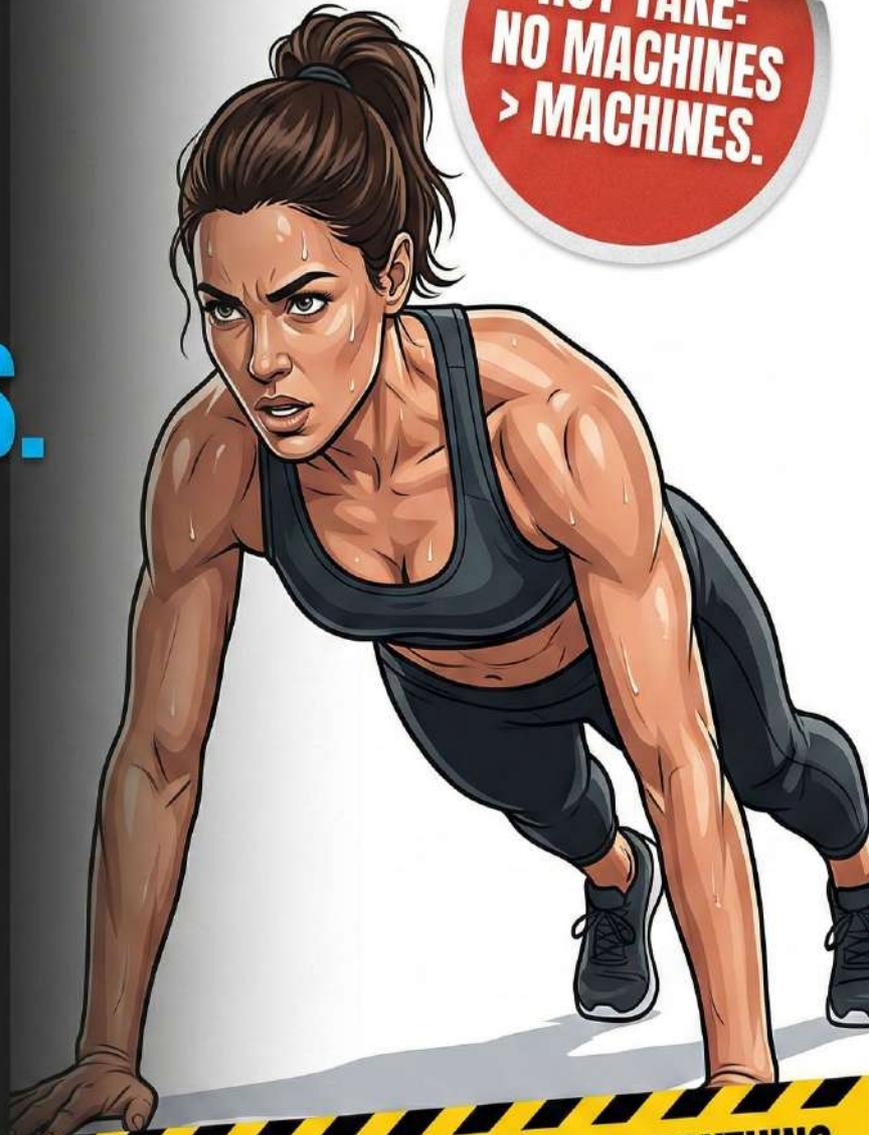


CLUB:24
CONCEPT GYMS

**GET BRUTAL
FUNCTIONAL
STRENGTH.
NO MACHINES.**

**PERFORM THE
7 ULTIMATE
DRILLS.**

**UNLEASH A
NEW POWER
LOOP.**

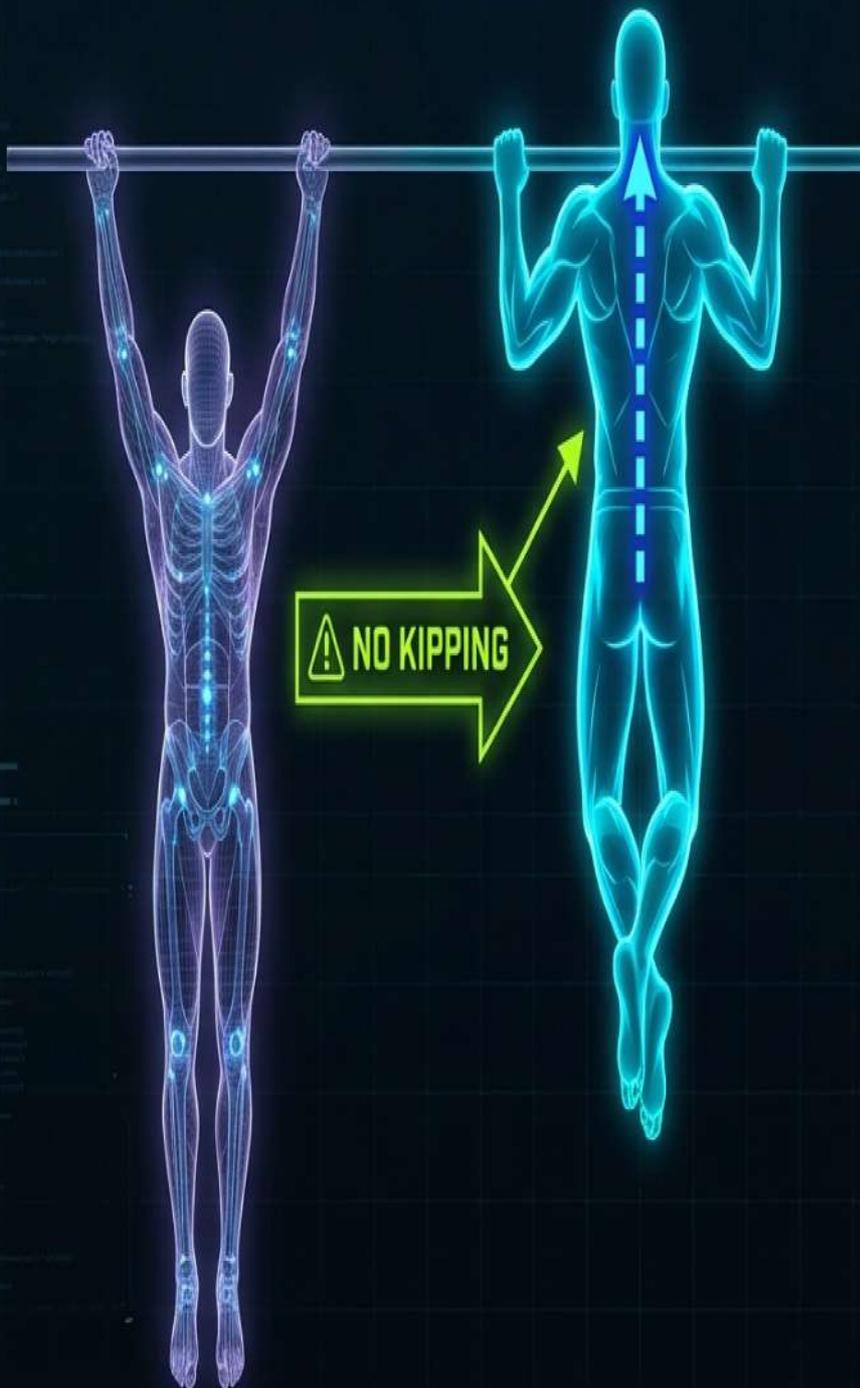


**HOT TAKE:
NO MACHINES
> MACHINES.**

WARNING: THIS WILL CHANGE EVERYTHING.

SWIPE TO SEE WHY.

01. PULL-UPS: THE TRUTH TELLER



PHILOSOPHY:

You can lift your body, or you can't. Gravity doesn't lie.

UI DATA BOX

TECH SPECS



ENGAGEMENT: Lats first, then arms.

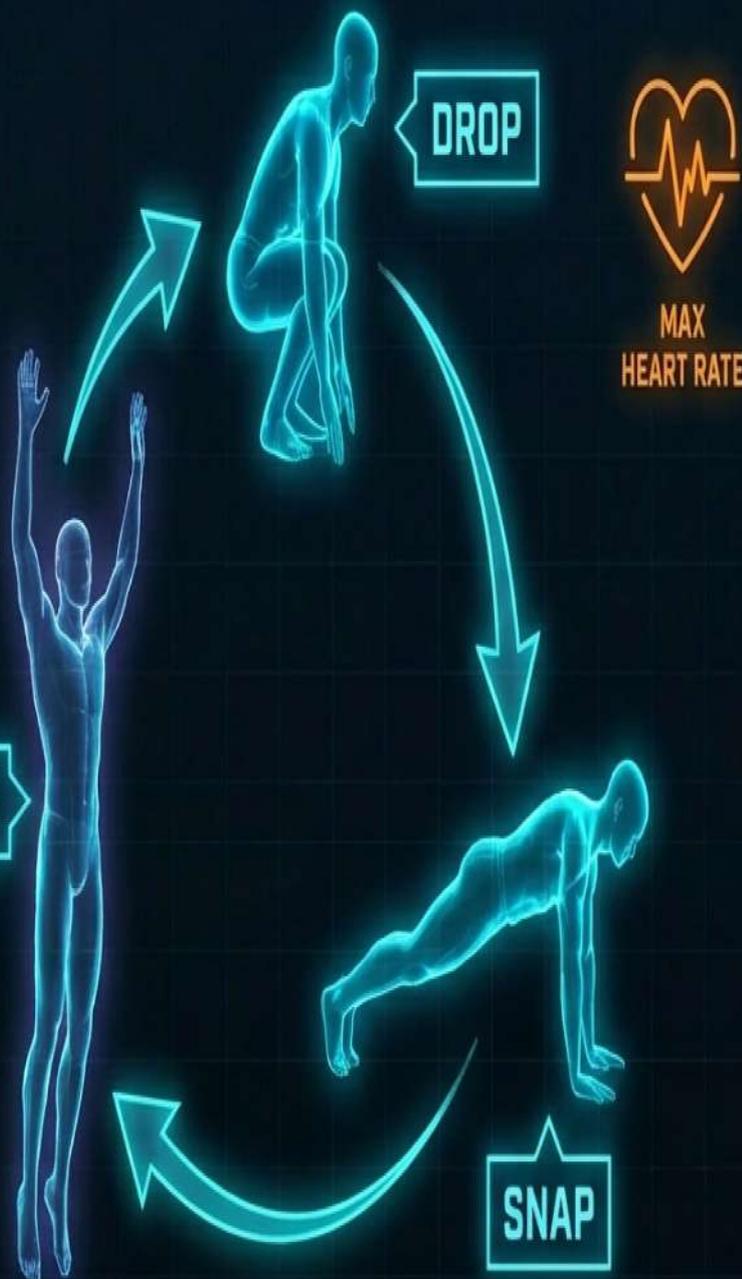


STANDARD: Chin clears bar. Full lockout at bottom.



TARGET: Beginners aim for 3 sets of 3-5 strict reps.

02. BURPEES: BUILD THE ENGINE

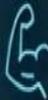


PHILOSOPHY:

Prove who you are when you're exhausted. Total body coordination under fire.

UI DATA BDx

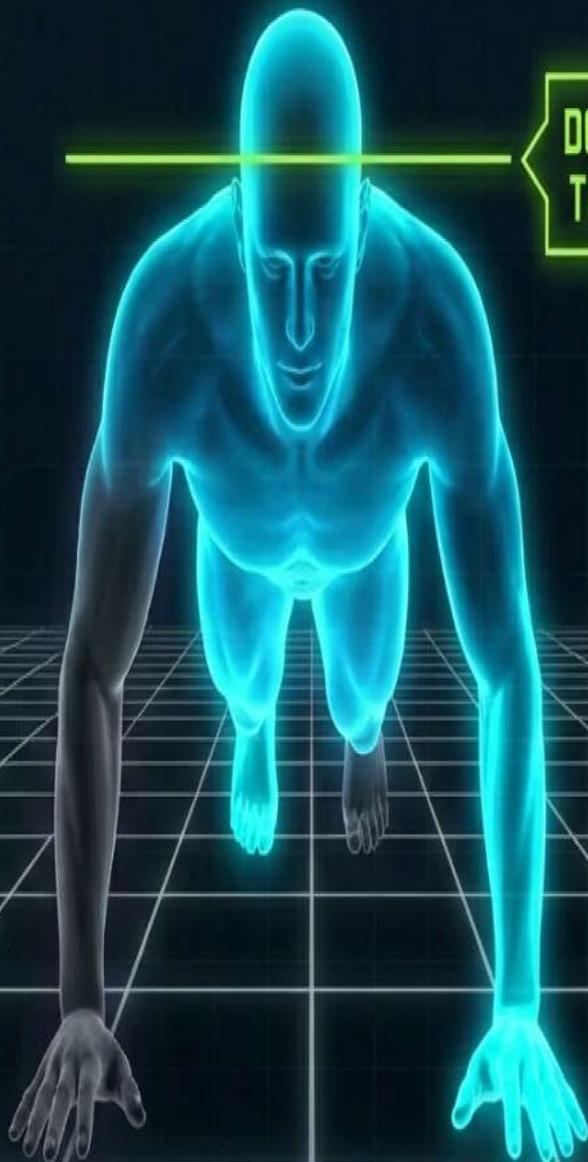
TECH SPECS

 **FORM:** Chest hits floor. Snap feet back.

 **STANDARD:** Continuous movement. No resting.

 **TARGET:** 3 sets of 12-15 reps.

03. BEAR CRAWL: MOVEMENT IQ



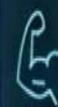
**DON'T SPILL
THE WATER**

PHILOSOPHY:

Strength isn't always upright. Build durable shoulders and a steel core.

UI DATA BDX

TECH SPECS



MECHANICS: Opposite limbs move together.



STANDARD: Back flat like a table. Knees hover.



TARGET: 3 rounds of 20-30 seconds.

04. FARMER'S WALK: GRIT & GRIP



→ FAILURE POINT

PHILOSOPHY:

Carrying weight exposes every weakness. Posture, grip, and lungs must lock in.

UI DATA BDX

TECH SPECS

-  **CUES:** Shoulders back.
Short steps. Crush handles.
-  **STANDARD:** No momentum.
No slumping.
-  **TARGET:** Carry heavy for
20-30 seconds.

05. KB SWINGS: VIOLENT HIPS



PHILOSOPHY:

Generate force fast. Power comes from the hinge, not the arms.

UI DATA BDX

TECH SPECS

 **MECHANICS:** Snap hips forward. Float the bell.

 **STANDARD:** Hinge, don't squat.

 **TARGET:** 3 sets of 12–15 reps.

06. MOUNTAIN CLIMBERS: STABLE CHAOS

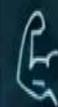


PHILOSOPHY:

Run at full speed without breaking your structure.

UI DATA BDX

TECH SPECS



FORM: Hands under shoulders. Hips stay low.

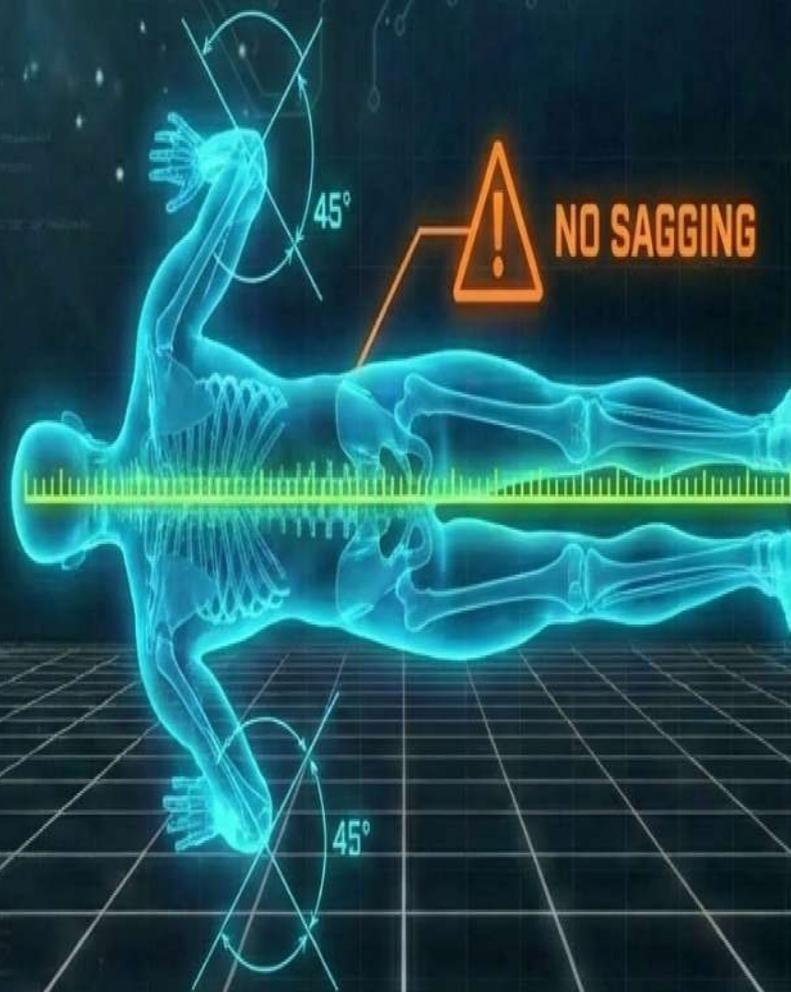


STANDARD: Zero bounce in lower back.



TARGET: 3 sets of 20–30 seconds.

07. PUSH-UPS: THE STANDARD

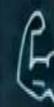


PHILOSOPHY:

No sagging. No shortcuts. Move your body as one rigid unit.

UI DATA BDx

TECH SPECS



GEOMETRY: Elbows at 45°. Chest touches floor.



STANDARD: Lock out fully at top.



TARGET: 3 sets of 8–12 perfect reps.

THE WEEKLY BATTLE PLAN

TRAIN MON / WED / FRI. ALTERNATE A & B.

UI DATA BOX

WORKOUT A



PULL-UPS: 4 x 4-8 (90s rest)



PUSH-UPS: 3 x 10-20 (60s rest)



BEAR CRAWLS: 3 x 30-45s (45s rest)



FARMER'S WALK: 3 x 30-45s (60s rest)

UI DATA BOX

WORKOUT B



BURPEES: 4 x 6-12 (90s rest)



KB SWINGS: 4 x 12-20 (90s rest)



MTN CLIMBERS: 3 x 30-45s (45s rest)



PUSH-UPS: 2 x Failure (Form check)