

ASCEND - DAY 1 (TEAM/SYNCHRO WORKOUT)

WORKOUT DURATION: 30-45 MIN.

REST BETWEEN EXERCISES: 10-60 SEC.

ROUND 1

EXERCISE (MOVEMENT EMPHASIS) - 60 SEC. EACH		ROPE	RESISTANCE	TEMPO
MARPO Piston Lift and Pull (Continuous)		Vertical	1	1:1 Continuous Controlled Motion - Slow
Vertical Rope Pull Down (Continuous)				
Reciprocal Biceps Curl/Triceps Push Down (Continuous)				
THREE60 CHALLENGE				
EXERCISE (MOVEMENT EMPHASIS) - 20 SEC. EACH		ROPE	RESISTANCE	TEMPO
Vertical Rope Pull Down (Continuous)		Vertical	1	1:1 Continuous Motion Fast Pace Record total feet pulled for 60 seconds
MARPO Piston Lift (Continuous)				
MARPO Piston Lift and Pull (Continuous)				
EXERCISE (MOVEMENT EMPHASIS) - 60 SEC. EACH		ROPE	RESISTANCE	TEMPO
MARPO Piston Lift and Pull (Continuous)		Vertical	1	1:1 Continuous Controlled Motion - Slow
Vertical Rope Pull Down (Continuous)				
Reciprocal Biceps Curl/Triceps Push Down (Continuous)				

RECOMMENDED WATER BREAK: 1 - 3 MIN.

ROUND 2	EXERCISE (MOVEMENT EMPHASIS) - 60 SEC. EACH	ROPE	RESISTANCE	TEMPO
	Upright Row (Continuous)	Vertical	1	1:1 Continuous Controlled Motion - Slow
	Hinged One Arm Push Down (Continuous)			
	MARPO Squat (Continuous)			
	Upright Row (Continuous)	Vertical	1	1:1 Continuous Motion Moderate Pace
	Hinged One Arm Push Down (Continuous)			
	MARPO Squat (Continuous)			
	Upright Row (Continuous)	Vertical	1	1:1 Continuous Motion Fast Pace
	Hinged One Arm Push Down (Continuous)			
	MARPO Squat (Continuous)			

RECOMMENDED WATER BREAK: 1 - 3 MIN.

ROUND 3	EXERCISE (MOVEMENT EMPHASIS) - 60 SEC. EACH		ROPE	RESISTANCE	TEMPO
	MARPO Push Press (Continuous)		Vertical	1	1:1 Continuous Controlled Motion - Slow
	Lunge with Biceps Curl (Continuous)				
	Triceps Push Down (Continuous)				
	MARPO Push Press (Continuous)		Vertical	1	1:1 Continuous Motion Moderate Pace
	Lunge with Biceps Curl (Continuous)				
	Triceps Push Down (Continuous)				
	MARPO Push Press (Continuous)		Vertical	1	1:1 Continuous Motion Fast Pace
	Lunge with Biceps Curl (Continuous)				
	Triceps Push Down (Continuous)				

ASCEND - DAY 2 (CIRCUIT WORKOUT)

WORKOUT DURATION: 30-45 MIN.

REST BETWEEN EXERCISES: 10-60 SEC.

ROUND 1	EXERCISE/CIRCUIT STATION (MOVEMENT EMPHASIS) - 60 SEC. EACH	ROPE	RESISTANCE	TEMPO
	MARPO Piston Lift and Pull (Continuous)	Vertical	1	1:1 Continuous Controlled Motion - Slow to Moderate Pace
	Upright Row (Continuous)			
	MARPO Push Press (Continuous)			
	Vertical Rope Pull Down (Continuous)	Vertical	1	1:1 Continuous Controlled Motion - Slow to Moderate Pace
	Hinged One Arm Push Down (Continuous)			
	Lunge with Biceps Curl (Continuous)			
	Reciprocal Biceps Curl/Triceps Push Down (Continuous)	Vertical	1	1:1 Continuous Controlled Motion - Slow to Moderate Pace
	MARPO Squat (Continuous)			
	Triceps Push Down (Continuous)			

RECOMMENDED WATER BREAK: 1 - 3 MIN.

ROUND 2	EXERCISE/CIRCUIT STATION (MOVEMENT EMPHASIS) - 60 SEC. EACH	ROPE	RESISTANCE	TEMPO
	MARPO Piston Lift and Pull (Continuous)	Vertical	1	1:1 Continuous Motion Moderate Pace
	Upright Row (Continuous)			
	MARPO Push Press (Continuous)			
	Vertical Rope Pull Down (Continuous)	Vertical	1	1:1 Continuous Motion Moderate Pace
	Hinged One Arm Push Down (Continuous)			
	Lunge with Biceps Curl (Continuous)			
	Reciprocal Biceps Curl/Triceps Push Down (Continuous)	Vertical	1	1:1 Continuous Motion Moderate Pace
	MARPO Squat (Continuous)			
	Triceps Push Down (Continuous)			

RECOMMENDED WATER BREAK: 1 - 3 MIN.

ROUND 3	EXERCISE/CIRCUIT STATION (MOVEMENT EMPHASIS) - 60 SEC. EACH	ROPE	RESISTANCE	TEMPO
	MARPO Piston Lift and Pull (Continuous)	Vertical	1	1:1 Continuous Motion Fast Pace
	Upright Row (Continuous)			
	MARPO Push Press (Continuous)			
	Vertical Rope Pull Down (Continuous)	Vertical	1	1:1 Continuous Motion Fast Pace
	Hinged One Arm Push Down (Continuous)			
	Lunge with Biceps Curl (Continuous)			
	Reciprocal Biceps Curl/Triceps Push Down (Continuous)	Vertical	1	1:1 Continuous Motion Fast Pace
	MARPO Squat (Continuous)			
	Triceps Push Down (Continuous)			

ASCEND - DAY 3

(TEAM/SYNCHRO WORKOUT)

WORKOUT DURATION: 30-45 MIN.

REST BETWEEN EXERCISES: 10-60 SEC.

ROUND 1	EXERCISE (MOVEMENT EMPHASIS) - 60 SEC. EACH		ROPE	RESISTANCE	TEMPO
	Vertical Rope Pull Down (Continuous)		Vertical	1	1:1 Continuous Controlled Motion - Slow
	Reciprocal Biceps Curl/Triceps Push Down (Continuous)				
	MARPO Piston Lift and Pull (Continuous)				
	Vertical Rope Pull Down (Forceful)		Vertical	5-7	1:3 Drive Into Tension, Reset...
	Reciprocal Biceps Curl/Triceps Push Down (Forceful)			4-6	
	MARPO Piston Lift and Pull (Forceful)			5-7	
	Vertical Rope Pull Down (Continuous)		Vertical	1	1:1 Continuous Motion Moderate Pace
	Reciprocal Biceps Curl/Triceps Push Down (Continuous)				
	MARPO Piston Lift and Pull (Continuous)				

RECOMMENDED WATER BREAK: 1 - 3 MIN.

ROUND 2	EXERCISE (MOVEMENT EMPHASIS) - 60 SEC. EACH		ROPE	RESISTANCE	TEMPO
	Hinged One Arm Push Down (Continuous)		Vertical	1	1:1 Continuous Controlled Motion - Slow
	MARPO Squat (Continuous)				
	One Arm Thruster (Continuous)				
	Hinged One Arm Push Down (Forceful)		Vertical	4-6	1:3 Drive Into Tension, Reset...
	MARPO Squat (Forceful)			5-7	
	Upright Row (Forceful)			2-4	
	Hinged One Arm Push Down (Continuous)		Vertical	1	1:1 Continuous Motion Moderate Pace
	MARPO Squat (Continuous)				
	Upright Row (Continuous)				

RECOMMENDED WATER BREAK: 1 - 3 MIN.

ROUND 3	EXERCISE (MOVEMENT EMPHASIS) - 60 SEC. EACH		ROPE	RESISTANCE	TEMPO
	Lunge with Biceps Curl (Continuous)		Vertical	1	1:1 Continuous Controlled Motion - Slow
	Triceps Push Down (Continuous)				
	MARPO Push Press (Continuous)				
	Lunge with Biceps Curl (Forceful)		Vertical	4-6	1:3 Drive Into Tension, Reset...
	Triceps Push Down (Forceful)				
	MARPO Push Press (Forceful)				
	Lunge with Biceps Curl (Continuous)		Vertical	1	1:1 Continuous Motion Moderate Pace
	Triceps Push Down (Continuous)				
	MARPO Push Press (Continuous)				

ASCEND - DAY 4 (CIRCUIT WORKOUT)

WORKOUT DURATION: 30-45 MIN.

REST BETWEEN EXERCISES: 10-60 SEC.

ROUND 1	EXERCISE/CIRCUIT STATION (MOVEMENT EMPHASIS) - 60 SEC. EACH	ROPE	RESISTANCE	TEMPO
	Vertical Rope Pull Down (Continuous)	Vertical	1	1:1 Continuous Controlled Motion - Slow to Moderate Pace
	Hinged One Arm Push Down (Continuous)			
	Lunge with Biceps Curl (Continuous)			
	Reciprocal Biceps Curl/Triceps Push Down (Continuous)	Vertical	1	1:1 Continuous Controlled Motion - Slow to Moderate Pace
	MARPO Squat (Continuous)			
	Triceps Push Down (Continuous)			
	MARPO Piston Lift and Pull (Continuous)	Vertical	1	1:1 Continuous Controlled Motion - Slow to Moderate Pace
	Upright Row (Continuous)			
	MARPO Push Press (Continuous)			

RECOMMENDED WATER BREAK: 1 - 3 MIN.

ROUND 2	EXERCISE/CIRCUIT STATION (MOVEMENT EMPHASIS) - 60 SEC. EACH	ROPE	RESISTANCE	TEMPO
	Vertical Rope Pull Down (Forceful)	Vertical	5-7	1:3 Drive Into Tension, Reset...
	Hinged One Arm Push Down (Forceful)		4-6	
	Lunge with Biceps Curl (Forceful)		4-6	
	Reciprocal Biceps Curl/Triceps Push Down (Forceful)	Vertical	4-6	1:3 Drive Into Tension, Reset...
	MARPO Squat (Forceful)			
	Triceps Push Down (Forceful)			
	MARPO Piston Lift and Pull (Forceful)	Vertical	5-7	1:3 Drive Into Tension, Reset...
	Upright Row (Forceful)		2-4	
	MARPO Push Press (Forceful)		4-6	

RECOMMENDED WATER BREAK: 1 - 3 MIN.

ROUND 3	EXERCISE/CIRCUIT STATION (MOVEMENT EMPHASIS) - 60 SEC. EACH	ROPE	RESISTANCE	TEMPO
	Vertical Rope Pull Down (Continuous)	Vertical	1	1:1 Continuous Motion Moderate Pace
	Hinged One Arm Push Down (Continuous)			
	Lunge with Biceps Curl (Continuous)			
	Reciprocal Biceps Curl/Triceps Push Down (Continuous)	Vertical	1	1:1 Continuous Motion Moderate Pace
	MARPO Squat (Continuous)			
	Triceps Push Down (Continuous)			
	MARPO Piston Lift and Pull (Continuous)	Vertical	1	1:1 Continuous Motion Moderate Pace
	Upright Row (Continuous)			
	MARPO Push Press (Continuous)			

ASCEND - DAY 5

(TEAM/SYNCHRO WORKOUT)

WORKOUT DURATION: 30-45 MIN.

REST BETWEEN EXERCISES: 10-60 SEC.

ROUND 1	EXERCISE (MOVEMENT EMPHASIS) - 60 SEC. EACH		ROPE	RESISTANCE	TEMPO
	Reciprocal Biceps Curl/Triceps Push Down (Continuous)		Vertical	1	1:1 Continuous Controlled Motion - Slow
	MARPO Piston Lift and Pull (Continuous)				
	Vertical Rope Pull Down (Continuous)				
	Reciprocal Biceps Curl/Triceps Push Down (Forceful)		Vertical	4-6	1:3 Drive Into Tension, Reset...
	MARPO Piston Lift and Pull (Forceful)			5-7	
	Vertical Rope Pull Down (Forceful)			5-7	
	Reciprocal Biceps Curl/Triceps Push Down (Explosive)		Vertical	2-4	1:4 Explode, Ready, Reset...
	MARPO Piston Lift and Pull (Explosive)			4-6	
	Vertical Rope Pull Down (Explosive)			3-5	

RECOMMENDED WATER BREAK: 1 - 3 MIN.

ROUND 2	EXERCISE (MOVEMENT EMPHASIS) - 60 SEC. EACH		ROPE	RESISTANCE	TEMPO
	MARPO Squat (Continuous)		Vertical	1	1:1 Continuous Controlled Motion - Slow
	Upright Row (Continuous)				
	Hinged One Arm Push Down (Continuous)				
	MARPO Squat (Forceful)		Vertical	4-6	1:3 Drive Into Tension, Reset...
	Upright Row (Forceful)			2-4	
	Hinged One Arm Push Down (Forceful)			4-6	
	MARPO Squat (Explosive)		Vertical	2-4	1:4 Explode, Ready, Reset...
	Upright Row (Explosive)			1-3	
	Hinged One Arm Push Down (Explosive)			2-4	

RECOMMENDED WATER BREAK: 1 - 3 MIN.

ROUND 3	EXERCISE (MOVEMENT EMPHASIS) - 60 SEC. EACH		ROPE	RESISTANCE	TEMPO
	Triceps Push Down (Continuous)		Vertical	1	1:1 Continuous Controlled Motion - Slow
	MARPO Push Press (Continuous)				
	Lunge with Biceps Curl (Continuous)				
	Triceps Push Down (Forceful)		Vertical	4-6	1:3 Drive Into Tension, Reset...
	MARPO Push Press (Forceful)				
	Lunge with Biceps Curl (Forceful)				
	Triceps Push Down (Explosive)		Vertical	2-4	1:4 Explode, Ready, Reset...
	MARPO Push Press (Explosive)				
	Lunge with Biceps Curl (Explosive)				

ASCEND - DAY 6 (CIRCUIT WORKOUT)

WORKOUT DURATION: 30-45 MIN.

REST BETWEEN EXERCISES: 10-60 SEC.

ROUND 1	THREE60 CHALLENGE			
	EXERCISE/CIRCUIT STATION (MOVEMENT EMPHASIS) - 20 SEC. EACH	ROPE	RESISTANCE	TEMPO
	Vertical Rope Pull Down (Continuous)	Vertical	1	1:1 Continuous Motion Fast Pace Record total feet pulled for 60 seconds
	MARPO Piston Lift (Continuous)			
	MARPO Piston Lift and Pull (Continuous)			
	EXERCISE/CIRCUIT STATION (MOVEMENT EMPHASIS) - 60 SEC. EACH	ROPE	RESISTANCE	TEMPO
	Reciprocal Biceps Curl/Triceps Push Down (Continuous)	Vertical	1	1:1 Continuous Controlled Motion - Slow to Moderate Pace
	MARPO Squat (Continuous)			
	Triceps Push Down (Continuous)			
	MARPO Piston Lift and Pull (Continuous)	Vertical	1	1:1 Continuous Controlled Motion - Slow to Moderate Pace
	Upright Row (Continuous)			
	MARPO Push Press (Continuous)			
	Vertical Rope Pull Down (Continuous)	Vertical	1	1:1 Continuous Controlled Motion - Slow to Moderate Pace
	Hinged One Arm Push Down (Continuous)			
	Lunge with Biceps Curl (Continuous)			

RECOMMENDED WATER BREAK: 1 - 3 MIN.

ROUND 2	EXERCISE/CIRCUIT STATION (MOVEMENT EMPHASIS) - 60 SEC. EACH	ROPE	RESISTANCE	TEMPO
	Reciprocal Biceps Curl/Triceps Push Down (Forceful)	Vertical	4-6	1:3 Drive Into Tension, Reset...
	MARPO Squat (Forceful)			
	Triceps Push Down (Forceful)			
	MARPO Piston Lift and Pull (Forceful)	Vertical	5-7	1:3 Drive Into Tension, Reset...
	Upright Row (Forceful)		2-4	
	MARPO Push Press (Forceful)		4-6	
	Vertical Rope Pull Down (Forceful)	Vertical	5-7	1:3 Drive Into Tension, Reset...
	Hinged One Arm Push Down (Forceful)		4-6	
	Lunge with Biceps Curl (Forceful)		4-6	

RECOMMENDED WATER BREAK: 1 - 3 MIN.

ROUND 3	EXERCISE/CIRCUIT STATION (MOVEMENT EMPHASIS) - 60 SEC. EACH	ROPE	RESISTANCE	TEMPO
	Reciprocal Biceps Curl/Triceps Push Down (Explosive)	Vertical	2-4	1:4 Explode, Ready, Reset...
	MARPO Squat (Explosive)			
	Triceps Push Down (Explosive)			
	MARPO Piston Lift and Pull (Explosive)	Vertical	4-6	1:4 Explode, Ready, Reset...
	Upright Row (Explosive)		1-3	
	MARPO Push Press (Explosive)		2-4	
	Vertical Rope Pull Down (Explosive)	Vertical	3-5	1:4 Explode, Ready, Reset...
	Hinged One Arm Push Down (Explosive)		2-4	
	Lunge with Biceps Curl (Explosive)		2-4	