





Description

Marsoc short card for 3 rounds:

30 Push-ups

30 Air squats

30 Crunches

10 Burpees

10 Windmills

30 Push-ups

30 Mountain climbers (4 count)

30 Flutter kicks (4 count)

10 Burpees

10 Cherry pickers (4-count)

30 Push-ups

30 Star jumpers (or jumping jacks)

30 Back Extensions ("supermans")

10 Burpees

10 Chain breakers

30 Push-ups

30 Lunges

30 Hello dollies (4 count)

10 Burpees

10 Trunk twists



Description



1,500 Rep Military Full Body Mission

1.1K

Likes

21,228

Views

2020

Dec 24

500 8ct body builders, 500 leg raises, 500 jumping jacks



Description



LIKES

VIEWS

OCT 5

The routine :

25 1 pump burpees, 25 4 count jumping jacks, 25 leg raises

25 2 pump burpees, 25 4 count flutter kicks, 25 squats

25 3 pump burpees, 25 lunges each leg, 25 4 count mountain climbers

25 4 pump burpees, 25 4 count hello dollies, 25 star jumps

4:14 / 56:37



Description



Venmo: @Iron-Wolf

* <https://snapsupplement...>

* Promo code: IRONWOLF20 for 20% off store wide

* Iron Wolf merch: <https://www.ironwolfsh...>

25 14-count burpees

25 squats, 25 leg raises, 25 jumping jacks

25 14-count burpees

25 lunges (each leg), 25 4 count flutter kicks, 25 jumping jacks

25 18- count burpees

25 drop squats, 25 in/out sit-ups, 25 jumping jacks

25 5-pump navy seal burpees

25 4-count mountain climbers, 25 4-count hello dollies, 25 jumping jacks

25 7-pump navy seals

25 backward lunges (each leg), 25 alternating v-ups, 25 jumping jacks



Description ✕

Fill your shirt out- Bodyweight Mass Building Routine (War Machine)

1.7K
Likes

46,713
Views

2021
Dec 21

War Machine Routine

- 10 1 pumps
- 10 2 pumps
- 10 3 pumps
- 10 4 pumps
- 10 5 pumps
- 10 6 pumps
- 10 7 pumps
- 10 8 pumps
- 10 9 pumps
- 10 10 pumps

And then go back down the pyramid.

Total 200 burpees, 1000 pushups
[#repcity](#) [#wolfseason](#)

0:23 / 42:08



Description



Iron Wolf Long Card V2

1.2K

Likes

28,012

Views

2021

Oct 3

25 4 count jumping jacks
25 8 count burpees w/2 squat chaser
35 leg raises
25 4 count jumping jacks
25 6 count burpees
35 4 count flutter kicks
25 4 count jumping jacks
25 3 pump burpees
35 sit-ups
35 lunges each leg
25 4 count jumping jacks
25 5 pumps with squat chaser and knee raise
35 squats
25 4 count jumping jacks
25 4 pump burpees
35 4 count hello dollies
25 4 count jumping jacks
25 navy seals
35 crunches

* <https://snapsupplement...>



Description



LIKES

VIEWS

NOV 5

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🌟 <https://snapsupplements.com/shop>

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🌟 Iron Wolf merch: <https://www.ironwolfshop.com/>

35 4-pump burpees

35 5-pump burpees

35 navy seals

35 6- pump burpees

35 3 layer Marine Corps body builders

735 pushups , 175 burpees



Full body calisthenics routine guaranteed to get you shredded! Military grinder DESCRIPTION BELOW !

149,710 views · 7 months ago



5.8K



28



Share



Download



Save



Iron Wolf

78.8K subscribers

SUBSCRIBED



Published on Nov 13, 2019

Today we hit a classic body weight routine that can be done without any equipment. This is a solid, no frills routine that will test the fittest/

10 rounds of 20 jumping jacks, 20 pushups, 20 squat lunge combo, 20 burpees, 20 4ct flutter kicks

Comments 529



Finished. Haven't gotten up off the floor yet. I think I live here now

Up next

Autoplay





Description



**Fat burner burpee routine for busy people!
(DESCRIPTION BELOW)**

11K

Likes

406,489

Views

2020

Jan 27

Iron wolf here ! By popular demand, this is a quick routine for busy people, short and intense, it works !

10 1 pumps

10 2 pumps

10 3 pumps

10 navy seals

10 5 pumps



Rockstar Games

Ad 270 videos



Champion Apparel Merch Drop and Cardiovascular Punishment Routine (Description Below!)

21,735 views · 1 month ago



1.3K



9



Share



Download



Save



Iron Wolf

79.7K subscribers

SUBSCRIBED



Published on Jun 24, 2020

Iron Wolf Champion Merch:

<https://unlockd.teespring.com/drop/ir...>

I am very excited to announce the new Merch drop with Champion. Iron Wolf logo crafted on Champion apparel! The fatigue resistant line is here, lets train hard and represent.

The routine was :

10 rounds: 10 pushups, 10 lunges, 10 leg raises

10 rounds: 10 diamonds, 10 squats, 10 sit-ups

10 rounds: 10 dive bombers, 10 star jumps, 10 4ct flutter kicks

Comments 216

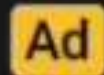


My brotha !!!! Iron WereWolf !!!! Super soldier !!!! Salute Rep City President !!!! 🍌🍌🍌🍌🍌

3:30 / 11:48



TD



www.td.com/ca/en/pe...

LEARN MORE



CVP= Cardiovascular Punishment, bodyweight gut check to keep you lean and fit.

389,055 views · 4 months ago



5K



55



Share



Download



Save



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Published on Mar 26, 2020

1 rep= 10 8 count bodybuilders
10 4 count mountain climbers
10 burpees

Shout out to user "SmittyWerbenjager Manjenson for throwing this out there.

Comments 483



I've watched this twice. Not tired so pretty sure I can go again

Buy Iron Wolf merchandise

From Teespring



Military Full Body Routine GET CUT n STRONG (description below)

72,159 views · 5 months ago



2.7K



13



Share



Download



Save



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SUBSCRIBED



Published on Feb 26, 2020

This is a great routine for getting strong and cut up, 10 rounds for advanced, 7 for intermediate, 5 for beginners

5 dead stop pull-ups

10 hand release pushups

5 dead stop chin ups

10 8ct body builders (USMC burpee)

10 4ct mountain climbers

Comments 32



Thank you Iron Wolf for the awesome routine !👉 keeping up with your post has helped me

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From Teespring





2.6K



23



Share



Download



Save



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79.7K subscribers

SUBSCRIBED



Published on Mar 4, 2020

- 30 4ct jumping jacks
- 15 2 pump burpees
- 30 squats
- 15 2 pump burpees
- 30 lunges
- 15 2 pump burpees
- 30 reverse lunges
- 15 2 pump burpees
- 30 2ct mtn climbers
- 15 2 pump burpees
- 30 4ct flutter kicks
- 15 2 pump burpees
- 30 sit-ups
- 15 2 pump burpees
- 30 side plank raises (each side)
- 15 2 pump burpees
- 30 4ct hello dollies
- 15 2 pump burpees
- 30 leg raises
- 15 2 pump burpees
- 30 4ct arm haulers
- 15 2 pump burpees
- 30 cherry pickers
- 15 2 pump burpees
- 30 chain breakers
- 15 2 pump burpees



Description



The Key To Mental Toughness (300 burpees, 900 pushups)

982

Likes

17,753

Views

2022

Oct 3

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Venmo: @Iron-Wolf

🌟 <https://snapsupplement...>

🌟 Promo code: IRONWOLF20 for 20% off store wide

🌟 Iron Wolf merch: <https://www.ironwolfsh...>

60 3 pumps, 60 14 count burpees, 60 4 pump burpees, 60 navy seals, 60 2 pumps

Get some.

0:01 / 25:06



Description



**CardioVascular Punishment : Ultimo Edition-
How to thrash the fat out of you.**

2.2K

Likes

48,377

Views

2022

Jan 14

1 6-count burpee, 1 8 count body builder, 1 1 pump

2 6-count burpees, 2 8 count body builder, 2 1 pumps

3 6-count burpees, 3 8 count body builder, 3 1 pumps

- 10 drop squats, 10 4 count mountain climbers after your 3 burpee variations

*continue to go up the pyramid to 10 and then back down to 1 again.

Cardiovascular Punishment V3 Max

42,218 views · 2 months ago



2.2K



8



Share



Download



Save



Iron Wolf

79.7K subscribers

SUBSCRIBED



Published on May 28, 2020

IG: https://www.instagram.com/the_iron_wo...

Iron Wolf Merch: teespring.com/stores/ironwolf-3

10 rounds of:

5 pull-ups, 10 pushups, 15 squats

5 chin-ups, 10 8 count body builders, 20 lunges

Comments 419



What impresses me most is that there is basically no rest

Buy Iron Wolf merchandise

From Teespring



View



View



View



0:32 / 1:29:25



1,200 Calorie Burner Bodyweight 🔥 Live Workout (description below)

8,899 views · 5 hours ago



914



4



Live chat



Share



Download



Save



Iron Wolf

80.6K subscribers

SUBSCRIBED



Streamed live 7 hours ago

20 burpees, 20 4 ct squats, 20 20 4ct flutter kicks,
 20 burpees, 30 lunges each leg, 20 4ct sit-ups
 20 burpees, 30 backward lunges each leg, 20 4ct leg raises
 20 burpees, 20 4ct jumping jacks, 20 4ct bicycle crunches
 20 burpees, 20 4ct squats, 20 slide plank raises each side
 20 burpees, 30 lunges each leg, 20 4ct hello dollies
 20 burpees, 30 backward lunges, 30 4ct flutter kicks
 20 burpees, 30 jumping lunges, 15 4ct chain brakes, 15 4ct cherry
 pickers, 15 4ct windmills
 20-19-18...1 of burpees, air squats

Comments 71



Just done wolf was out with family and came back and done it ...wow what a workout brother rep city 🇮🇪🇮🇪🇮🇪🇮🇪🇮🇪

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From Teespring



25 jumping jacks
25 burpees
25 lunges
25 crunches
25 burpees
25 jumping jacks
25 burpees
25 squats
25 leg raises
25 burpees
25 jumping jacks
25 burpees
25 backwards lunges
25 flutter kicks
25 burpees
25 jumping jacks
25 burpees
25 lunges
25 hello dollies
25 burpees
25 jumping jacks
25 burpees
25 squats
25 alternate V-ups
25 burpees
25 jumping jacks
25 burpees
25 backward lunges
25 sit-ups
25 squats
25 leg raises
25 lunges
25 hello dollies
25 backward lunges
25 flutter kicks
25 burpees

Today we train an old-school bodyweight routine that incorporates the 8 count body builder and the burpee while focusing on the core in-between the movements. You never really rest as the core is constantly engaged throughout the whole workout.

35-30-25-20-15-10-5 of

8 count body builders

flutter kicks

burpees

mountain climbers (each leg)

Rep scheme will be as follows:

35 8 count body builders

35 flutter kicks

35 burpees

35 mountain climbers (each leg)

30 8 count body builders

30 flutter kicks

30 burpees

30 mountain climbers (each leg)

0:04 / 32:34



Iron Wolf

81.6K subscribers

SUBSCRIBED



Published on Aug 18, 2020

IG: https://www.instagram.com/the_iron_wo...

Iron Wolf Merch: teespring.com/stores/ironwolf-3

25 navy seals

25 3 pumps

25 2 pump

25 1 pumps

25 2 pumps

25 3 pumps

25 2 pumps

25 1 pumps

25 2 pumps

25 1 pumps

25 2 pumps

25 1 pumps

300 burpees, 575

Comments 61



Love this channel and the grind, much respect to you mate!

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From Teespring



3:49 / 31:37



Around the World 🌍 Iron Wolf Style

5,360 views · 9 hours ago



706



3



Share



Download



Save



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SUBSCRIBED



Published on Aug 20, 2020

Taking it around the world with a spin from cardiovascular punishment V1.

1 rep is

10 burpees

10 mountain climbers (4 count)

10 drop squats

10 chin ups

10 8 count body builders.

Comments 79



This looks like a great routine! definitely get the blood pumping with this one! great video Wolf! 💪

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1:55 / 32:00



Military Style Dueling Pyramid (DESCRIPTION BELOW)

1,058 views · 32 minutes ago



158



0



Share



Download



Save



Iron Wolf

85.2K subscribers

SUBSCRIBED



Published on Nov 1, 2020

*10 jumping jacks between the 1 pump burpees

*10 squats between the navy seals

10 burpees, 1 burpee – 10 navy seals, 1 navy seal

9 burpees, 2 burpees – 9 navy seals, 2 navy seals

8 burpees, 3 burpees – 8 navy seals, 3 navy seals

7 burpees, 4 burpees – 7 navy seals, 4 navy seals

6 burpees, 5 burpees – 6 navy seals, 5 navy seals

5 burpees, 6 burpees – 5 navy seals, 6 navy seals

4 burpees, 7 burpees – 4 navy seals, 7 navy seals

3 burpees, 8 burpees – 3 navy seals, 8 navy seals

2 burpees, 9 burpees – 2 navy seals, 9 navy seals

1 burpee, 10 burpees – 1 navy seal, 10 navy seals

Comments 24 

D

Add a public comment...

Buy Iron Wolf merchandise

From Teespring



0:14 / 1:05



Description

Why you **MUST** do this 12 min drill for **ELITE** conditioning

Iron Wolf · 9,936 views · Nov 5, 2020

12 min drill, I got a solid (170 6 count burpees).

There is nothing fancy here, no smoke and mirrors. It is just you and the floor. Excellence will always be in the basics. The 12 min drill of 6 count burpees will build an engine like no other. This is just one interval. Shoot for 3. Stay focused my people and don't get distracted by the bullshit. Pick a few exercises and get fucking lethal with them.

0:07 / 38:01



Description

The PERFECT bodyweight workout (No Equipment-SETS and REPS Counted)

Iron Wolf · 16,646 views · Nov 3, 2020

The routine:

30 4 count jumping jacks, 15 6 count burpees

30 squats, 15 6 count burpees

30 sit ups, 15 6 count burpees

30 4 count jumping jacks, 15 Marine Corps 8 count body builders

30 4 count flutter kicks, 15 Marine Corps 8 count body builders

30 4 count mountain climbers, 15 Marine Corps 8 count body builders

30 backward lunges, 15 Marine Corps 8 count body builders

30 4 count jumping jacks, 15 8 count burpees

30 leg raises, 15 8 count burpees

30 forward lunges, 15 8 count burpees

30 4 count jumping jacks, 10 10 count burpees

30 4 count hello dollies, 10 10 count burpees

10 4 count chain breakers, 10 4 count cherry pickers

10 6 count burpees, 10 Marine Corps 8 count body builders, 10 8 count burpees, 10 10 count burpees

*195 burpees- 325 pushups

7:03 / 1:33:23

Description

A Trip to Rep City (2,025 Rep Routine)

925

Likes

18,592

Views

2022

Jul 25

* <https://snapsupplement...>

* Promo code: IRONWOLF20 for 20% off store wide

* Iron Wolf merch: <https://www.ironwolfsh...>

Journey to Rep City

50 5 pumps, 50 6 pumps, 50 7 pumps

25 5 pumps, 25 6 pumps, 25 7 pumps

*2 squat chaser after every burpee

225 burpees, 1,350 pushups, 450 squats =2,025

Rep routine

1:15 / 35:10



Description



Burpee Foundational Routine For Peak Performance II Properly Structured

Iron Wolf · 2,552 views · Nov 22, 2020

Back to the basics! This is a foundational routine where we have a contrast between high and low reps. We are working the stamina and conditioning through the 1 pump burpees and hitting the muscular endurance in the chest, shoulder, and triceps through the high rep pushups.

25 1 pumps, 25 2 pumps

25 1 pumps, 25 3 pumps

25 1 pumps, 25 navy seals

25 1 pumps, 25 4 pumps

25 1 pumps, 25 5 pumps, 25 1 pumps

(275 burpees, 575 pushups)

0:12 / 1:42:42



Description



Iron Wolfs New Years Bash – Have Fun, I'll Train

1K

Likes

22,068

Views

2022

Dec 31

🌟 If you want to donate to the channel:

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Cash App: \$IrnWlf

Venmo: @Iron-Wolf

🌟 <https://snapsupplement...>

🌟 Promo code: IRONWOLF20 for 20% off store wide

🌟 Iron Wolf merch: <https://www.ironwolfsh...>

4 rounds :

25 1 pumps

25 2 pumps

25 3 pumps

24 4 pumps

25 5 pumps

*closed out with 23 10-pumps

Happy New Year

41:34 / 42:56



Description

Cardiovascular Punishment Ver 2. 10 rounds. Military SMOKE 🔥 CHECK to keep you lean and fit

Iron Wolf · 274,135 views · Apr 15, 2020

Cardiovascular Punishment Ver 2

1 rep is :

10 10ct bodybuilders with jumping jack

10 4 ct mountain climbers

10 10 navy seals

10 4ct flutter kicks

10 4ct jumping jacks.

I did ten rounds, 100 10ct body builders (200 pushups), 100 4ct mount climbers, 100 navy seals (300 pushups), 100 4ct flutter kicks, 100 4ct jumping jacks.

7:05 / 1:05:45



Description



**Advanced 60 min NO MERCY routine. VARSITY level.
*Description below * MESSAGE to Nike at end.**

Iron Wolf · 17,046 views · Dec 31, 2019

Thanks to my subscriber Banana Man for the routine.

0-5 min 1 pump, 1 squat, 1 jumping jack

5-10 min 2 pumps, 2 squats, 2 jumping jacks

10-15 min 3 pumps, 3 squats, 3 jumping jacks

15-20 4 pumps, 4 squats, 4 jumping jacks

20-25 5 pumps, 5 squats, 5 jumping jacks

25-30 6 pumps, 6 squats, 6 jumping jacks

THEN REPEAT IN REVERSE ORDER DOWN TO 1.

0:08 / 35:12



Description



**U.S. Marine calisthenic routine for gas tank and strength
HOW I TRAIN MY MEN .(Description below)**

Iron Wolf · 18,392 views · Dec 25, 2019

15 rounds of 5 pull-ups 10 pushups 15 squats 5 chin-ups 10 burpees

3:55 / 58:25



Description



25 1 pumps

25 drop squats

25 2 pumps

25 drop squats

25 3 pumps

25 drop squats

25 1 pumps

25 lunges each leg

25 2 pumps

25 lunges each leg

25 3 pumps

25 lunges each leg

25 1 pumps

25 4ct flutter kicks

25 2 pumps

25 4 ct flutter kicks

25 3 pumps

25 4 ct flutter kicks

25 1 pumps

25 sit-ups

25 2 pumps

25 sit-ups

25 3 pumps

25 sit-ups

100 6ct burpee buy out

Description



Iron Ladder— No Mercy Routine

Iron Wolf · 6,669 views · Mar 3, 2021

A simple Pyramid Routine with some added Iron Wolf specific training. I added dips and kettle bell swings in between the sets of the Burpee's and the squats because it takes away the rest. As you get to the lower numbers of the pyramid.

20,19,18,17,16,15.....1 of
6 count burpees
squats

12 dips and 12 70lb kettlebell swings between each round

Description



Real Grinder PT by Iron Wolf

1.2K

Likes

27,991

Views

2023

Jun 15

* <https://snapsupplement...>

* Promo code: IRONWOLF20 for 20% off store wide

* Iron Wolf merch: <https://www.ironwolfsh...>

* 15% off all Crossrope products,
Promo code: Ironwolf — <https://www.crossrope....>

25 of each:

Squats

Lunges

Flutter kicks

Sit-ups

Mountain climbers

Jumping jacks

Hello Dollie's

Leg raises

25 strict burpees between each set

Total:200 burpees

Description



Iron Wolf's Pain Pyramid (description below)

Iron Wolf · 30,731 views · Oct 20, 2020

Iron Wolfs Legs and Lungs Pyramid

Repeat for 30 minutes going up and down the pyramid

COUNT the burpee, SOUND OFF LIKE YOU GOT A PAIR!

*Reps for lunges are on each leg (lunge right leg, lunge left leg=1)

- (1) 2 pump burpee, 1 squat, 1 jumping lunge
- (2) 2 pump burpees, 2 squats, 2 jumping lunges
- (3) 2 pump burpees, 3 squats, 3 jumping lunges
- (4) 2 pump burpees, 4 squats, 4 jumping lunges
- (5) 2 pump burpees, 5 squats, 5 jumping lunges
- (6) 2 pump burpees, 6 squats, 6 jumping lunges
- (7) 2 pump burpees, 7 squats, 7 jumping lunges
- (8) 2 pump burpees, 8 squats, 8 jumping lunges
- (9) 2 pump burpees, 9 squats, 9 jumping lunges
- (10) 2 pump burpees, 10 squats, 10 jumping lunges
- (9) 2 pump burpees, 9 squats, 9 jumping lunges
- (8) 2 pump burpees, 8 squats, 8 jumping lunges
- (7) 2 pump burpees, 7 squats, 7 jumping lunges
- (6) 2 pump burpees, 6 squats, 6 jumping lunges
- (5) 2 pump burpees, 5 squats, 5 jumping lunges
- (4) 2 pump burpees, 4 squats, 4 jumping lunges
- (3) 2 pump burpees, 3 squats, 3 jumping lunges
- (2) 2 pump burpees, 2 squats, 2 jumping lunges
- (1) 2 pump burpee, 1 squat, 1 jumping lunge



Description



**Get 500 pushups in your burpee routine-
Oldschool training**

1.1K
Likes

23,691
Views

2023
Oct 10

25 of each :
2 pumps, 3 pumps, 4 pumps, 1 pumps, navy seals, 2
pumps, 1 pumps, 5 pumps



Clinton Yesterday at 21:49



Description



Burpee Foundational Routine — Add strength and stamina.

2.2K

Likes

35,467

Views

May 5

2021

Burpee Foundational Routine

2 rounds of

25 1 pumps

25 2 pumps

25 3 pumps

25 navy seals

25 5 pumps

Morning routine was

25 1 pumps

25 2 pumps

25 1 pumps

25 3 pumps

25 1 pumps

25 4 pumps

25 1 pumps

Lunch was 10 rounds: 500 meter row, 25 8 count body builders

6:58 / 31:17



Description



Iron Wolf Short Circuit – Burn 500+ calories in 30 min

1.4K

Likes

15,100

Views

Jun 21

2021

5 rounds :

20 4 count jumping jacks

20 squats

20 backward lunges (each leg)

10 4 count pushups

20 sit-ups

20 4 count flutter kicks

20 6 count burpees

3:05 / 59:33



Description



**The ELITE full body calisthenics routine
GUARANTEED to get you FIT. (DESCRIPTION BELOW)**

176

Likes

1,079

Views

Aug 7

2021

Push-up bar from PlyoProject : <https://www.plyoproject.com/>

No weak shit.

5 rounds:

20 4 count jump jacks

10 pushups , 10 burpees

20 kettlebell swings

10 pushups, 10 burpees

20 squats

10 pushups, 10 burpees

20 4 count flutter kicks

10 pushups, 10 burpees

20 lunges

10 pushups, 10 burpees

20 leg raises

10 pushups, 10 burpees

* <https://snapsupplements.com/shop>

* Promo code: IRONWOLF for 20% off store wide

* Iron Wolf merch: <https://ironwolf-3.creator-spring.com/>

Description

**Iron Wolf Long Card V2****616**

Likes

5,054

Views

Oct 2

2021

25 4 count jumping jacks
25 8 count burpees w/2 squat chaser
35 leg raises
25 4 count jumping jacks
25 6 count burpees
35 4 count flutter kicks
25 4 count jumping jacks
25 3 pump burpees
35 sit-ups
35 lunges each leg
25 4 count jumping jacks
25 5 pumps with squat chaser and knee raise
35 squats
25 4 count jumping jacks
25 4 pump burpees
35 4 count hello dollies
25 4 count jumping jacks
25 navy seals
35 crunches

* <https://snapsupplements.com/shop>

* Promo code: IRONWOLF for 20% off store wide

* Iron Wolf merch: ironwolf-3.creator-spring.com

Description



Burpee Foundational Routine For Peak Performance II Properly Structured



Iron Wolf

1.9K

Likes

37,466

Views

2020

Nov 22

Back to the basics! This is a foundational routine where we have a contrast between high and low reps. We are working the stamina and conditioning through the 1 pump burpees and hitting the muscular endurance in the chest, shoulder, and triceps through the high rep pushups.

25 1 pumps, 25 2 pumps

25 1 pumps, 25 3 pumps

25 1 pumps, 25 navy seals

25 1 pumps, 25 4 pumps

25 1 pumps, 25 5 pumps, 25 1 pumps

(275 burpees, 575 pushups)



Description



The routine:

30 4 count jumping jacks, 15 6 count burpees

30 squats, 15 6 count burpees

30 sit ups, 15 6 count burpees

30 4 count jumping jacks, 15 Marine Corps 8 count body builders

30 4 count flutter kicks, 15 Marine Corps 8 count body builders

30 4 count mountain climbers, 15 Marine Corps 8 count body builders

30 backward lunges, 15 Marine Corps 8 count body builders

30 4 count jumping jacks, 15 8 count burpees

30 leg raises, 15 8 count burpees

30 forward lunges, 15 8 count burpees

30 4 count jumping jacks, 10 10 count burpees

30 4 count hello dollies, 10 10 count burpees

10 4 count chain breakers, 10 4 count cherry pickers

10 6 count burpees, 10 Marine Corps 8 count body builders, 10

8 count burpees, 10 10 count burpees

*195 burpees- 325 pushups

Transcript

Follow along using the transcript.

[SHOW TRANSCRIPT](#)



Description



High N Low Burpee Routine (325 burpees, 750 pushups)



Iron Wolf

1.2K

Likes

16,024

Views

2020

Dec 15

Advanced: https://t.ly/IW-Adva_Routine

Intermediate: https://t.ly/IW-Interm_Routine

Beginner: https://t.ly/IW-Beg_Routine

Iron Wolf Merch Store: <https://teespring.com/stores/ironwolf-3>

25 1 PUMPS

25 2 PUMPS

25 1 PUMPS

25 3 PUMPS

25 1 PUMPS

25 NAVY SEALS

25 1 PUMPS

25 4 PUMPS

25 1 PUMPS

25 5 PUMPS

25 1 PUMPS

25 6 PUMPS

25 1 PUMPS

10:00 / 47:49



Description



Iron Ladder— No Mercy Routine



Iron Wolf

2.7K

Likes

56,541

Views

2021

Mar 3

A simple Pyramid Routine with some added Iron Wolf specific training. I added dips and kettle bell swings in between the sets of the Burpee's and the squats because it takes away the rest. As you get to the lower numbers of the pyramid.

20,19,18,17,16,15.....1 of
6 count burpees
squats

12 dips and 12 70lb kettlebell swings between each round

Dip bar : XMark Dip Station 500 lb. Weight... <https://www.amazon.com/dp/B016R07U0E?...>

Transcript

Follow along using the transcript.

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20:46 / 54:13



Description



My Routine From Afghanistan- Body Armor Calisthenics Circuit



Iron Wolf

2.2K

Likes

48,767

Views

2021

Mar 5

Thank you to the good people at weightvest.com for sending me the V-Force 25lb weight vest to use.

This is the link to the vest in the video <https://weightvest.com/product/25-lb-...>

The routine was 10 rounds: 20 8ct body builders, 20 squats, 20 pushups, 20 lunges.

Transcript

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Description



Full Body Fat Shredder Burpee & Calisthenics Routine (DESCRIPTION BELOW)



Iron Wolf

2.4K

Likes

48,837

Views

2021

Feb 26

- 25 1 pumps
- 25 drop squats
- 25 2 pumps
- 25 drop squats
- 25 3 pumps
- 25 drop squats

- 25 1 pumps
- 25 lunges each leg
- 25 2 pumps
- 25 lunges each leg
- 25 3 pumps
- 25 lunges each leg

- 25 1 pumps
- 25 4ct flutter kicks
- 25 2 pumps
- 25 4 ct flutter kicks
- 25 3 pumps
- 25 4 ct flutter kicks

Description



The Iron Wolf Burpee (Description Below)



Iron Wolf

1.5K

Likes

32,312

Views

2020

Jun 26

Iron Wolf Champion Merch:

<https://unlockd.teespring.com/drop/ir...>

Instagram : https://www.instagram.com/the_iron_wo...

The Iron Wolf burpee consists of :

3 jumping jacks, double 8 count body builder, squat, lunge each leg

Description



burpees, 3-5-7 burpees, 22 CT's and 10 pumps)



Iron Wolf

1.2K

Likes

22,064

Views

2020

Jun 16

IG: https://www.instagram.com/the_iron_wo...

Iron Wolf Merch: <https://teespring.com/stores/ironwolf-3>

The routine, a tough one. Commit to it and finish strong. Don't listen to the voices in your head.

10 3 layer navy seals

25 1 pumps

10 3 layer navy seals

25 1 pumps

10 10 pumps w/ kick out

25 1 pumps

10 5 pump navy seals

25 1 pumps

10 3-5-7 burpees

25 1 pumps

10 22 counts

25 1 pumps

210 burpees, 680 pushups

Description



**Follow Along Live Workout. Touring Rep City
220 Burpees, 650 pushups(Workout description
below)**



Iron Wolf

1.8K

Likes

34,924

Views

2020

May 17

IG: https://www.instagram.com/the_iron_wo...

Iron Wolf Merch: <https://teespring.com/stores/ironwolf-3>

Thank you for joining me in this live routine, it is always a pleasure to train with the pack! Stronger together but never afraid alone!

30 2 pumps w/ 2 jumping jacks

30 navy seals

30 5 pumps w/ squat

30 1 pumps

30 3 pumps w/ 3 jumping jacks

10 5 pump navy seals w/ 2 squats

10 10 pump burpees

10 14 count burpees

50 1 pump burpees

Transcript

Follow along using the transcript.

Description



The Bruiser routine for mass building



Iron Wolf

1.9K

Likes

42,213

Views

Nov 2

2021

Heavy routine today, let's call it the bruiser.

5 rounds :

30 navy seals

30 lunges (each leg)

30 80lb swings

30 dips



<https://snapsupplements.com/shop>



Promo code: IRONWOLF for 20% off store wide



Iron Wolf merch: ironwolf-3.creator-spring.com

Description



Wolfs Power 30 (Burn 500 Calories in 30 min & Boost Metabolism for 24 hours)



Iron Wolf

1.1K

Likes

22,177

Views

Nov 8

2021

Minute 1 : 12 burpees

Minute 2: 12 dips, 15 squats

Minute 3: 15 80lb kettlebell swings

*repeat cycle for 30 minutes



<https://snapsupplements.com/shop>



Promo code: IRONWOLF for 20% off store wide



Iron Wolf merch: ironwolf-3.creator-spring.com

Description



Full Body Kettlebell/Calisthenics Workout to Elevate Your Fitness



Iron Wolf

1.1K

Likes

18,986

Views

Jan 17

2022

Iron 5 pump/dip Dueling Pyramid

10 5 pumps, 1 dip, 9 5 pumps, 2 dips, 8 5 pumps, 3 dips, 7 5 pumps, 4 dips..... 1 5 pump burpee, 10 dips

*10 heavy kettlebell swings between each set, I used a 80lb bell. If you don't have anything heavy then do 15 reps

you continue until you get to 1 5 pump burpees and 10 dips and then go up the pyramid in reverse until you end up where you started which was 10 5 pumps and 1 dip.

* <https://snapsupplements.com/shop>

* Promo code: IRONWOLF for 20% off store wide

* Iron Wolf merch: <https://www.ironwolfshop.com/>

Description



Greatest Routine You Never Heard Of- Mega Man



Iron Wolf

1.4K

Likes

34,251

Views

2021

Feb 5

The greatest routine you never heard of, this will turn you into Mega Man.

100 14-count burpees

100 18-count burpees

100 8-count burpees

100 6-count burpees

Totals : 400 burpees, 1,000 pushups

In order for you to get the full benefits of the routine, you **MUST** say the counts out loud. Doing so will not only work your lung capacity but maintain laser-like focus in the routine.

Transcript

Follow along using the transcript.

[SHOW TRANSCRIPT](#)

Description



🌟 If you want to donate to the channel:

PayPal: ashvartsberg1

Cash App: \$IrnWlf

Venmo: @Iron-Wolf

🌟 <https://snapsupplements.com/shop>

🌟 Promo code: IRONWOLF20 for 20% off store wide

🌟 Iron Wolf merch: <https://www.ironwolfshop.com/>

The CVP: cardiovascular punishment style of training is an effective way to build real fitness levels, save time and string along good reps together.

Traditional CVP has been single shorter reps, we now add a more of a high rep scheme.

1 rep = 5 jumping jacks, 5 layer Marine corps body builders, 5 squats, 5 pump navy seal, 5 squats, 5 lunges, 5 22 count burpee, 5 squats, 5 lunges

Transcript

Follow along using the transcript.

Show transcript



Iron Wolf

176K subscribers

Description



ironwolf-3.creator-spring.com/listing/1-000-b...



500 Burpee Club Comfort Tee

CA\$43.32

ironwolf-3.creator-spring.com/listing/500-bur...



Nobody Gives A F*** Premium Ring-Sp...

CA\$40.61

ironwolf-3.creator-spring.com/listing/new-nob...

16 more

* <https://snapsupplements.com/shop>

* Promo code: IRONWOLF20 for 20% off store wide

* Iron Wolf merch: <https://www.ironwolfshop.com/>

* 15% off all Crossrope products,

Promo code: Ironwolf — <https://www.crossrope.com/>

The workout:

25 1 pumps, 25 2 pumps, 25 3 pumps, 25 4 pumps, 25 5 pumps, 50 3 pumps, 50 4 pumps, 50 2 pumps

Total: 275 burpees, 825 pushups of clean no bounce burpees.



Iron Wolf

189K subscribers



Videos



About



