



MUDDER-GUIDE.CO.UK

UNLEASH THE
MUDDER
WITHIN YOU!



FANCY A TOUGH MUDDER?!



MUDDER GUIDE

UNLEASHES THE MUDDER WITHIN YOU!



READY FOR YOUR MUDDER TRANSFORMATION?

Coach Michael seems like a normal guy in everyday life but when he sees mud, his inner Mudder unleashes. Now he's going for you!

Benefit from:

- **Michael's** Mudder knowledge and experience which come with the black headband (at least 10 **Tough Mudder**)
- many years of experience in the field of fitness
- a great number of experts from across different disciplines, who've been working on the concept of these training programs
- massive motivation
- 110% passion

100% FREE!

CHOOSE THE TRAINING PROGRAM WHICH FITS YOU BEST

NOVICE

16 weeks

Tough Mudder seems as unreachable as a PhD for Homer Simpson?

We will make your dream come true!

INTERMEDIATE

12 weeks

You are no sport addict but by far no hopeless case either?

We will help you to get in your best shape!

EXPERT

8 weeks

You are quite athletic but you're missing this last bit of fine-tuning to be **Tough Mudder** ready?

We will make you sweat real good!

ALL TRAINING PROGRAMS ARE INDIVIDUALISED FOR MEN AND WOMEN!

YOU ONLY WANT TO JOIN A TOUGH MUDDER HALF EVENT? IN THAT CASE, WE HAVE A SHORTENED VERSION OF OUR TRAINING PROGRAM FOR YOU, TOO!

STRUCTURE OF UNLEASH THE MUDDER WITHIN YOU!



UNLEASH THE
MUDDER WITHIN YOU!

MUDDER
BOOTCAMP



MUDDER-
VATION



MUDDER
FUN



OVERVIEW

MUDDER BOOTCAMP

YOUR ROAD TO GLORY WITHIN A FEW HOURS!



Three dense workouts a week plus **Mudder Homework** in form of push-ups and pull-ups are waiting for you. If you feel like this isn't enough, feel free to have a look at the **Mudder Extras**.

The weekly invested hours vary from **1,5 to 2,5 hours**, still leaving you 165,5 hours to spend as you like!

Obama runs one of the most powerful countries in the world and still manages to work out an hour every morning. If he can make time, so can you!

MUDDER BOOTCAMP

HULK WORKOUT



BABY
MUDDER

MINI
MUDDER

LITTLE
MUDDER*

BRONZE
MUDDER

SILVER
MUDDER**

GOLD
MUDDER

PLATINUM
MUDDER

ULTRA
MUDDER

UNLEASH UNEXPECTED STRENGTH!

In the course of the **Hulk Workout** you complete a circuit training once a week. This will help you to build up the needed strength for a **Tough Mudder**. Every fortnight we intensify your workout to push you to your limits and thus towards your top form!

Great news:

You can work out one on one with **Coach Michael**! Only press play and he finishes the circuit together with you to fitting music.

*Start „Mud Mile to Glory“, **Start „Ready for Mud“

MUDDER BOOTCAMP

THE FLASH WOURKOUT & MUDDER WORKOUT



WE'RE GONNA GET YOUR LEGS MOVING... PROMISE!

Strength alone will not get you through a **Tough Mudder**. That's why we will get your legs moving. In the course of **The Flash Workout** (typical running sessions) you will be building up the necessary stanima.

During the **Mudder Workout** we introduce you to interval runs and hill climbs and make you ready for the climbing obstacles.

Every other week there will be a **Mudder Checkpoint** instead of a regular workout session. The calculated score helps you to keep track on your training progress. It also calls for bets within the team. Who doesn't love a healthy bit of competition?!

MUDDERVATION OVERVIEW

MUDDER
LECTIONS

MUDDER
VIDEOS

MUDDER
HEROES

MUDDERVATION



„LIMITS ONLY
EXIST IN YOUR MIND!“

(Old Mudder wisdom)

It's hard for you to stay motivated and you tend to let your training slide? Don't worry!

Thanks to our **Muddervation** it's more likely you find it hard to do your rest days. Here we initiate your ultimate **Mudder Transformation**.

MUDDERVATION

MUDDER LECTIONS



YOU THIRST FOR KNOWLEDGE?

Learn...

1. ...why there is a Mudder within all of us!
2. ...why Mudders don't try to make excuses and take responsibility for their actions!
3. ...why it's all the little steps and not the few big ones that make us Mudders!
4. ...why Mudders never give up and emerge from setbacks stronger!
5. ...why Mudders are able to overcome their fears and go beyond themselves!
6. ...why Mudders also succeed off the course!
7. ...why Mudders have a positive influence on their fellow men!
8. ...why Mudders are never fed up and always set new goals for themselves!

MUDDERVATION

MUDDER VIDEOS & MUDDER HEROES



BE INSPIRED!

In the course of your training program 32 amazing **Mudder Videos** are waiting for you. With the sole reason to motivate you to the fullest. About a third of these videos are particularly designed for men and women.

On top we've done intensive research for you to be able to present you eight extraordinary **Mudder Heroes**.

In truly astonishing ways these individuals show us, how real heroes cope with setbacks.
Let us warn you: heroes goosebump alert!

MUDDER FUN



A LITTLE FUN NEVER HURT NOBODY!

Basti not just coded the whole backend of the workout plans, he also watches out for **Coach Michael** in case he is overdoing it again. With him you won't fall short of some fun.

True the motto "You should also be prepared for the finisher beer", he entertains you with eight self-made videos, which aren't meant that seriously.

NO MORE EXCUSES!



SAVE THE EXCUSES!

Here all the advantages at one glance:

- workout plans, which fit perfectly to your personal fitness level
- individual contents for men and women
- no need for a gym membership or special equipment
- high quality video material on demand
- full motivational content that defeats your weaker self
- frequent fun videos for your entertainment and preparation for the finisher beer

100% FREE!

WHAT ARE YOU WAITING FOR?



[CLICK HERE AND SIGN UP FOR FREE NOW!](#)

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