

Day 1		Monday			
Order	Exercise	Sets	Reps	Weight	Rest
A (15 min)	Single Arm DB Bench Press (alternating)	4-5	6-8		3 min
	Med Ball Chest Thrust (against Wall)		6-8		Intervals
	Hammer Row (elbows out)		6-8		
B (12 min)	DB/ KB Standing Single Arm Shoulder Press	3-4	6-8		3 min
	DB Row (elbows in)		6-8		Intervals
			6-8		
C (12 min)	Chin Ups (band assisted if needed)	3-4	6-8		3 min
	Stability Ball Push Ups		6-8		Intervals
D (10 min)	Lying DB Tricep Extension	3-4	6-8		3 min
	Bicep Curls (your Choice)		6-8		Intervals
E (8 min)	Hands on Chin Crunch	2-3	10		2 min
	Hands to side Palms up Crunch		10		Intervals
	Cross- Cross-Cross Leg Lifts		10		

Day 3		Wednesday or Thursday			
Order	Exercise	Sets	Reps	Weight	Rest
A (15 min)	Weighted Push Ups (Pit Shark or Smith)	4-5	6-8		3 min
	Med Ball Chest Pass (against Wall)		6-8		Intervals
	Cable Row (elbows in)		6-8/6-8		
B (12 min)	DB Lateral Raise	3-4	6-8		3 min
	DB Front Raise		6-8		Intervals
	DB Bent Over Y Raise (thumbs up)		6-8		
C (12 min)	Wide Grip Pulldown	3-4	6-8		3 min
	Single Arm Chest Fly (Cable or Band)		6-8		Intervals
D (10 min)	Lying DB Tricep Extension	3-4	6-8		3 min
	Bicep Curls (your Choice)		6-8		Intervals
E (10 min)	Hands on Chin Crunch	2-4	10		2 min
	Hands to side Palms up Crunch		10		Intervals
	Cross- Cross-Cross Leg Lifts		10		

Day 2		Tuesday			
Order	Exercise	Sets	Reps	Weight	Rest
A (12 min)	Power Clean (Timed) Weight +5% from last week	6	1		2 min
	Face Down Bridge On Stability Ball		30 sec		Intervals
B (10 min)	Low Cable Pull Throughs	3-4	6-8		3 min
	Quad Stretch off Bench		10/10/10 sec		Intervals
	Glute Ham Raise or Slide Board Body Curls		4-6		
C (10 min)	Speed Squat (from Scoops) 50% of 1 RM	4-5	3-4		3 min
	Box Jump Up		5		Intervals
D (12 min)	KB Goblet Hold Squats or PITSKARK Front Squat	3-4	6-8		3 min
	Internal Hip Rotation Holds on ROTEX		1		Intervals
E (8 min)	KB Farmers Walk (75- 124lb KB)	2-3	30 sec		2 min
	Calf Stretch on Double Rotex		10/10/10		Intervals

Day 4		THURSDAY or Friday			
Order	Exercise	Sets	Reps	Weight	Rest
A (12 min)	Power Clean 1/ Scoops (Timed)	6	3		2 min
	Ball or Slide Board Roll Outs		10-15		Intervals
B (10 min)	Back Squat (timed 20 min.) (add 1% from 4 weeks)	5-6	3		4 min
	Hip Flexor Stretch in between sets				Intervals
C (12 min)	BDL	3-4	6-8		3 min
	Quad Stretch off Bench		10/10/10 sec		Intervals
D (10 min)	Single Leg Squat (rear leg unsupported)	3-4	4-6/4-6		3 min
	Leg Curl		6-8		Intervals
E (8 min)	Cable or Band Anti Rotation w/ Press	2-3	30 sec		2 min
	Calf Stretch on Double Rotex		10/10/10		Intervals

NOTE: Cleans follow a weekly progression: Week 1- 3 reps/ Week 2- 2 reps/ Week 3- 1 rep/ week 4 start over. Each week working to a rep max

NOTE: Squats follow a weekly progression: Week 1- 5 reps/ Week 2- 4 reps/ Week 3- 3 reps/ week 4 start over. Each week working to a rep max.

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