

Tier Three Tactical 7 Week Free Functional Bodybuilding Workout Plan

Session 26	Session 27	Session 28	Session 29	Session 30
Dumbbell Bench Press 1x14 2RR 1x12 2RR 1x10 1 RR 1x8 AHAP	Front Squat 6 every 2min on the min for 12 at 1 RR	Barbell Strict Press Work to 6RM then, 9 EMOM for 4min *try to use last weeks weight on EMOM	Weighted Jump Squats 3 EMOM for 9 min with 30% of bodyweight load *use barbell or dumbbell **quarter squat max jump	Bench Press Work to 6RM then, 9 EMOM for 4min *try to use last weeks weight on EMOM
Strict Chin Ups 3 sets at 1RR	Stiff Leg Deadlifts 1x8 2 RR 1x7 1 RR 1x6 1 RR	Weighted Pull Ups 4 max rep sets *choose weight that allows for 6-8 reps **beat last week	Deficit Hex Bar Deadlift 2-4in deficit Work to 6RM then, 2x7 at 1RR	Incline Dumbbell Chest Fly 3x14 at 2 RR
Weighted Dip 1x10 2 RR 1x8 1 RR 1x6 AHAP	Weighted Box Step Ups 3x8 at 1 RR *BL, RR leg	Lateral Delt Dumbbell Fly 4 x16 at 1RR	Single Leg Calf Raise 3x17L, 17R	Reverse Banded Pull Ups 4 sets between 6-10 reps each set *anchor band to floor, and loop around neck
Bent Over Barbell Row 1x10 2RR 1x8 1 RR 1x6 AHAP	Nordic Curl 3x8 negatives *Use arms to assist up and lower as slow as possible	Triceps Extensions 4 x 16 at 1RR	Hamstring Curl 3x20 at 1RR	Alternating DB Biceps Curl 5 minutes for max reps 30/20lbs dumbbells *beat last week
WOD 3 Rds, 1 min per for max reps 1. Push Press 75/55lbs 2. Sumo Deadlift High Pull 75/55lbs 3. Air Squats 4. Rest	WOD 15-12-9 Deadlift 275/185lbs Box Jumps 30/24in	WOD 4 Rounds for Time Row 500m 15 Strict Bar Dips	WOD AMRAP 9min 3 Hang Squat Clean 135/95lbs 6 Chest to Bar Pull ups	WOD 3 Rds Assault Bike for Max Duration *AB at 1.5x your body weight in watts. A 200 pound athlete has to hold 300 watts for as long as possible, rest 4 min between

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Hermann von Flottwell



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Research Awards Index ,1981 Nutrition for Health, Fitness, & Sport Melvin H. Williams,1999 *Federal Program Evaluations* ,1982 Contains an inventory of evaluation reports produced by and for selected Federal agencies including GAO evaluation reports that relate to the programs of those agencies Resources in Education ,1990 Ebony ,2002 Consultants & Consulting Organizations Directory Cengage Gale,2009-05-12 **Working Woman** ,1992

Journal of the American Dietetic Association ,1995 **The Working Press of the Nation** ,1991 **Handbook of**

Diabetes Nutritional Management Margaret A. Powers (RD.),1987 Here is solid practical advice with information on classification systems and diagnostic criteria management techniques step by step instructions for glucose testing exchange system guidelines dietary and soluble and insoluble fiber values for foods detailed information on carbohydrate s influence on blood glucose and more Included are tables charts graphs diagrams and practice aids Consultants & Consulting Organizations Directory: Descriptive listings and indexes ,2009 **National Guide to Funding for Women and Girls** ,1995 **Jet** ,2001-07-23 The weekly source of African American political and entertainment news **Illinois Libraries** ,1985 Publications list included in certain issues **Health Information Resources** ,1985 **Athletic Injuries and Rehabilitation** James E. Zachazewski,David J. Magee,William S. Quillen,1996 Over eighty world renowned physical therapists physicians and athletic trainers take a comprehensive step by step multidisciplinary approach to sports injury management from evaluation through rehabilitation This text not only provides a solid foundation in basic and applied science it also serves as a superb study source for sports certification exams and provides practical therapeutic advice

Program and Abstracts American Public Health Association. Annual Meeting,1975 **Food and Nutrition News** ,1973 Aus dem stromgebiet des Qyzyl-Yrmag (Halys). Hermann von Flottwell,1895

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