

WEEK 5

Day 1

Warmup: jog 3-5 minutes

Workout:

Hng Sn + OH Sqt + Press	3x4
Back Extension + Hold	3x10+:10
MB Underhand Throw	3x8
Squats 10/ 8/ 6/ 5/ 5/	
Box Jumps	4x5
Reverse grip Pullups	4x10
1-arm DB Bench	4x10
MR Hamstring Curl	3x6
MB Abs	3x50
Handstand Hold	3x:30

Day 2

Bike or Jump Rope 3-5 minutes

Workout:

Plate w/u

Hng Cln + F Lunge + Jerk	3x4
MB Sqt PP	3x8
TRX 3 pos. tucks	3x5 ea
Clns 3/ 3/ 3/ 3/	
Reverse Box Jump w/ ½ twist	3x5
DB Alt. Inc. Bench Low	3x8 ea
Inv. Rows	3x12
Sn grip RDL	3x5
DB Stepup + Press	3x5 ea

Body Holds 2x:50 each position (4 positions = face down, right, left, reverse)

Day 3

Jump Rope 300 reps

Crossfit: pick one from list

Stretch afterwards for 10 minutes

WEEK 6

Day 1

Warmup: jog 3-5 minutes

Workout:

Hng Sn + OH Sqt + Press	3x5
Back Extension + Hold	3x10+:20
MB Underhand Throw	3x10
Squats 8/ 6/ 5/ 5/ 3/ 3/	
Box Jumps	4x5
Reverse grip Pullups	4x12
1-arm DB Bench	4x8
MR Hamstring Curl	3x8
MB Abs	3x55
Handstand Hold	3x:35

Day 2

Bike or Jump Rope 3-5 minutes

Workout:

Plate w/u

Hng Cln + F Lunge + Jerk	3x5
MB Sqt PP	3x10
TRX 3 pos. tucks	3x8 ea
Clns 3/ 3/ 3/ 3/ 2/	
Reverse Box Jump w/ ½ twist	3x8
DB Alt. Inc. Bench Low	3x6 ea
Inv. Rows	3x15
Sn grip RDL	3x5
DB Stepup + Press	3x8 ea

Body Holds 2x:50 each position (4 positions = face down, right, left, reverse)

Day 3

Jump Rope 300 reps

Crossfit: pick one from list

Stretch afterwards for 10 minutes