

WEEK 1

Day 1

Warmup: jog 3-5 minutes

Workout:

DB Complex	3x6
Rev. Hypers	3x10
1-leg TRX Sqt	3x4 ea
Squats 10/ 8/ 6/ 5/ 5/	
BW Sqt Jumps	3x6
Pullups	3x10
DB Bench	3x10-12
Glute Ham	3x6
Handstand	3x:20
MB Abs	3x30

Day 2

Bike or Jump Rope 3-5 minutes

Workout:

Plate w/u

Hng Cln + F Sqt + Press	3x4
DB Swings	3x8
Calf Raises	3x20
Box or Hng Clns 5/ 5/ 5/	
Box Jumps	3x5
Pushups	3x20
Bar Rows	3x10
1-leg DB RDL	3x6 (25lbs+)
Hanging Tuckups	3x10
Body Holds 2x:30 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