

WEEK 3

Day 1

Warmup: jog 3-5 minutes

Workout:

Hng Sn + OH Sqt + OH Lunge	3x4
Back Extensions	3x10
1-leg TRX Sqt	3x6 ea
Squats 10/ 8/ 6/ 5/ 5/	
BW Split Jumps	3x12T
Hammer Pullups	3x10
DB Alt. High Bench	3x8 ea
TRX Ham	3x6
MB Abs	3x40
BW Frog Jumps	3x10

Day 2

Bike or Jump Rope 3-5 minutes

Workout:

Plate w/u

Hng Cln + F Lunge + Press	3x4
MB Underhand Throws	3x8
DB Pwr Shrugs	3x8
Box or Hng Clns 5/ 5/ 5/ 5/ 5/	
Reverse Box Jumps	3x5
DB Incline Bench	3x12
1-arm DB Rows	3x12
DB RDL	3x6
Hanging Tuckups	3x15

Body Holds 2x:40 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 4

Day 1

Warmup: jog 3-5 minutes

Workout:

Hng Sn + OH Sqt + OH Lunge	3x5
Back Extensions	3x12
1-leg TRX Sqt	3x8 ea
Squats 8/ 6/ 5/ 3/ 3/	
BW Split Jumps	3x16T
Hammer Pullups	3x12
DB Alt. High Bench	3x6 ea
TRX Ham	3x8
MB Abs	3x45
BW Frog Jumps	3x12

Day 2

Bike or Jump Rope 3-5 minutes

Workout:

Plate w/u

Hng Cln + F Lunge + Press	3x5
MB Underhand Throws	3x10
DB Pwr Shrugs	3x10
Box or Hng Clns 3/ 3/ 3/ 3/	
Reverse Box Jumps	3x6
DB Incline Bench	3x10
1-arm DB Rows	3x10
DB RDL	3x8
Hanging Tuckups	3x20

Body Holds 2x:40 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 s