

WEEK 3

Day 1

Warmup: jog 3-5 minutes

Workout:

Hng Sn + Gdmrn + Press	3x4
Back Extensions	3x10
MB Underhand Throws	3x8
Squats 10/ 8/ 6/ 5/ 5/	
BW Box Jumps	3x6
Hammer Pullups	3x10
DB Alt. High Bench	3x8
TRX Hamstring Curl	3x6
MB Abs	3x40

Day 2

Bike or Jump Rope 3-5 minutes

Workout:

Plate warmup

Hng Cln + F Lunge + Press	3x4
MB Cln Sqt PP	3x8
L-hold	3x:15
Box Cleans 5/ 5/ 5/ 5/ 5/	
BW Pwr Stepups	3x16T
1-arm DB Rows	3x12
DB Inc.	3x10
DB RDL	3x6
1-leg Bar Sqts	3x5/20-50kg
Body Holds	3x:40 ea

Day 3

Jump Rope 300 reps

Pick any Crossfit

Stretch afterwards for 10 minutes

WEEK 4

Day 1

Warmup: jog 3-5 minutes

Workout:

Hng Sn + Gdmrn + Press	3x5
Back Extensions	3x12
MB Underhand Throws	3x10
Squats 8/ 6/ 5/ 3/ 3/	
BW Box Jumps	3x6
Hammer Pullups	3x12
DB Alt. High Bench	3x6
TRX Hamstring Curl	3x8
MB Abs	3x45

Day 2

Bike or Jump Rope 3-5 minutes

Workout:

Plate warmup

Hng Cln + F Lunge + Press	3x5
MB Cln Sqt PP	3x10
L-hold	3x:20
Box Cleans 3/ 3/ 3/ 3/	
BW Pwr Stepups	3x20T
1-arm DB Rows	3x10
DB Inc.	3x8
DB RDL	3x8
1-leg Bar Sqts	3x5/20-50kg
Body Holds	3x:40 ea

Day 3

Jump Rope 300 reps

Pick any Crossfit

Stretch afterwards for 10 minutes