

WEEK 5

Day 1

Warmup: jog 3-5 minutes

Workout:

Hng Sn + OH Sqt + OH Lunge	3x4
Back Extension + Hold	3x10+:10
MB Underhand Throws	3x8
Squats 10/ 8/ 6/ 5/ 5/	
Reverse Grip Pullups	4x10
DB Sqt Jumps	3x6
1-Arm DB Bench	4x8
MR Hamstring Curl	3x6
MB Abs	3x50

Day 2

Bike or Jump Rope 3-5 minutes

Workout:

Plate warmup

Hng Cln + F Lunge + Jerk	3x4
MB Sqt PP	3x8
TRX 3 pos. knee tucks	3x5ea
Box Cleans 5/ 5/ 5/ 5/ 5/	
BW Box Jumps	4x6
Inv. Rows	4x10
DB Alt. Inc. Low	3x8ea
Sn Grip RDL	3x5
DB Stepup + Press	3x8 ea leg
Body Holds	3x:50 ea

Day 3

Jump Rope 300 reps

Pick any Crossfit

Stretch afterwards for 10 minutes

WEEK 6

Day 1

Warmup: jog 3-5 minutes

Workout:

Hng Sn + OH Sqt + OH Lunge	3x5
Back Extension + Hold	3x10+:20
MB Underhand Throws	3x10

Squats 8/ 6/ 5/ 5/ 3/ 3/	
Reverse Grip Pullups	4x12

DB Sqt Jumps	3x8
1-Arm DB Bench	4x6
MR Hamstring Curl	3x8
MB Abs	3x55

Day 2

Bike or Jump Rope 3-5 minutes

Workout:

Plate warmup

Hng Cln + F Lunge + Jerk	3x5
MB Sqt PP	3x10
TRX 3 pos. knee tucks	3x8ea

Box Cleans 3/ 3/ 3/ 3/	
BW Box Jumps	4x8
Inv. Rows	4x12

DB Alt. Inc. Low	3x6ea
Sn Grip RDL	3x6
DB Stepup + Press	3x4 ea leg
Body Holds	3x:50 ea

Day 3

Jump Rope 300 reps

Pick any Crossfit

Stretch afterwards for 10 minutes