

WEEK 7

Day 1

Warmup: jog 3-5 minutes

Workout:

Hng Sn + OH sqt + Row 3x3ea

Bench 10/ 10/ 10/
BW Leg Circuit x1 (20 sqts, 20 lunges, 20 pwr stepups, 10 sqt jumps)—complete in 1:30

DB Incline Press 3x8

Reg. Pullups 3x8

Glute Ham 3x6

MB Chest Pass 3x8

MB Abs 4x25

Day 2

Bike or Jump Rope 3-5 minutes

Workout:

Plate warmup

Hng Cln + F Sqt + Press 3x3ea

Cleans 3/ 3/ 3/ 3/

Bar Shoulder Press 3x8/

1-leg Box Sqt 3x8/

Back Extensions 3x10

Hanging Tuckups 3x10

DB Dorsiflex 3x15

Day 3

Jump Rope 300 reps

Workout:

DB Complex 3x6ea

Squat 10/ 10/ 10/

DB Bench 3x8/

Inv. Rows 3x12

DB RDL 3x6/

Body Holds 3x:30 ea

Ankle on Disc 3x:30

Stretch afterwards for 10 minutes

WEEK 8

Day 1

Warmup: jog 3-5 minutes

Workout:

Hng Sn + OH sqt + Row 3x5ea

Bench 10/ 10/ 8/ 8/

BW Leg Circuit x2 (20 sqts, 20 lunges, 20 pwr stepups, 10 sqt jumps)—complete in 1:30
(2:00 rest between sets)

DB Incline Press 4x4/

Reg. Pullups 4x8

Glute Ham 3x10

MB Chest Pass 3x10

MB Abs 4x30

Day 2

Bike or Jump Rope 3-5 minutes

Workout:

Plate warmup

Hng Cln + F Sqt + Press 3x5ea

Cleans 3/ 3/ 3/ 3/ 2/

Bar Shoulder Press 4x4/

1-leg Box Sqt 4x4/

Back Extensions 3x12

Hanging Tuckups 3x15

DB Dorsiflex 3x20

Day 3

Jump Rope 300 reps

Workout:

DB Complex 3x6ea

Squat 10/ 10/ 8/ 8/

DB Bench 4x4/

Inv. Rows 4x12

DB RDL 4x5/

Body Holds 3x:30 ea

Ankle on Disc 3x:30

Stretch afterwards for 10 minutes