

WEEK 1

Day 1

Warmup: jog 3-5 minutes

Workout:

DB Complex	3x6
Rev Hypers	3x10
1-leg Bal Sqts	3x4 ea

Squats 10/ 8/ 6/ 5/ 5/	
BW Sqt Jumps	3x6
Pullups (Deadhang or Kipping)	3x10

DB Bench	3x12
Glute Ham	3x6
MB Abs	3x30

Day 2

Bike or Jump Rope 3-5 minutes

Workout:

Plate warmup

Hng Cln + F Sqt + Press	3x4
DB Swings	3x8
Hanging Tuckups	3x10

Box Cleans 5/ 5/ 5/	
BW Split Jumps	3x12T
Bar Rows	3x10-12

DB Alt. Inc. High	3x8 ea
1-leg DB RDL	3x6 ea
Bar Stepups	3x5/20-50kg
Body Holds	3x:30 ea

Day 3

Jump Rope 300 reps

Pick any Crossfit

Stretch afterwards for 10 minutes