

## WEEK 2

### Day 1

Warmup: jog 3-5 minutes

Workout:

DB Complex	3x6
Rev Hypers	3x12
1-leg Bal Sqts	3x5 ea

Squats 8/ 6/ 5/ 3/ 3/	3/
BW Sqt Jumps	3x8
Pullups (Deadhang or Kipping)	3x12

DB Bench	3x10
Glute Ham	3x6
MB Abs	3x35

### Day 2

Bike or Jump Rope 3-5 minutes

Workout:

Plate warmup

Hng Cln + F Sqt + Press	3x5
DB Swings	3x10
Hanging Tuckups	3x12

Box Cleans 5/ 5/ 5/ 5/	5/
BW Split Jumps	3x16T
Bar Rows	3x10

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