

WEEK 9

Day 1

Warmup: jog 3-5 minutes

Workout:

Hng Sn + OH Lunge + Press 3x3ea

Bench 10/ 8/ 6/ 5/ 5/
BW Leg Circuit x3 (20 sqts, 20 lunges, 20 pwr stepups, 10 sqt jumps)—complete in 1:30

DB High Alt. Incline Press 3x8

Hammer Pullups 3x8

TRX Ham 3x6

MB Drop Pass 3x8

MB Abs 4x40

Day 2

Bike or Jump Rope 3-5 minutes

Workout:

Plate warmup

Hng Cln + F Lunge + Gdmrn Press 3x3ea

Cleans 3/ 3/ 3/ 2/ 2/

DB Shoulder Press 3x8/

Bar Reverse Lunge 3x8/

Hanging Leg Raises 3x10

DB Dorsiflex 3x15

Day 3

Jump Rope 300 reps

Workout:

DB Complex 3x6ea

Squat 10/ 8/ 6/ 5/ 5/

DB High Alt. Bench 3x8/

Bar Rows 3x12

Sn grip RDL 3x6/

Body Holds 3x:40 ea

¼ Sqt on Disc 3x4

Stretch afterwards for 10 minutes

WEEK 10

Day 1

Warmup: jog 3-5 minutes

Workout:

Hng Sn + OH Lunge + Press 3x5ea

Bench 10/ 8/ 6/ 5/ 3/ 3/
BW Leg Circuit x4 (20 sqts, 20 lunges, 20 pwr stepups, 10 sqt jumps)—complete in 1:30

DB High Alt. Incline Press 4x4

Hammer Pullups 4x8

TRX Ham 3x10

MB Drop Pass 3x10

MB Abs 4x45

Day 2

Bike or Jump Rope 3-5 minutes

Workout:

Plate warmup

Hng Cln + F Lunge + Gdmrn Press 3x5ea

Cleans 3/ 3/ 2/ 2/ 2/

DB Shoulder Press 4x4/

Bar Reverse Lunge 4x4/

Hanging Leg Raises 4x10

DB Dorsiflex 3x20

Day 3

Jump Rope 300 reps

Workout:

DB Complex 3x6ea

Squat 10/ 8/ 6/ 5/ 5/

DB High Alt. Bench 4x4/

Bar Rows 4x8

Sn grip RDL 4x5/

Body Holds 3x:40 ea

¼ Sqt on Disc 3x8

Stretch afterwards for 10 minutes