

WEEK 3

Day 1

Warmup: jog 3-5 minutes

Cone Hops: front to back, side to side, 2x10 each

Weightroom:

Hng Sn + Gdmrn + Press	3x4
Back Extensions	3x10
MB Side Throws	3x8
Sqt	10/ 8/ 6/ 5/ 5/
BW Box Jumps	3x6
Hammer Pullups	3x10
DB Alt. High Bench	3x8
TRX Hamstring	3x6
MB Abs	3x40
Rot Cuff	2x12
Platehold	3x

Day 2

Bike or Jump Rope 3-5 minutes

Weightroom:

Line Hops 2x10 each exercise (do 4 different exercises)

Plate w/u

Hng Cln + F Lunge + Press	3x4
MB Cln Sqt PP	3x8
DB Pwr Shrug	3x8
Box Clns	5/ 5/ 5/ 5/ 5/
BW Pwr Stepups	3x16T
1-arm DB Rows	3x12
DB Inc	3x10
DB Lunges	3x5
DB RDL	3x6

Body Holds 2x:40 each position (4 positions = face down, right, left, reverse)

BW TYW	3x5 ea
Double platehold	3x

Day 3

Pick any Crossfit

WEEK 4

Day 1

Warmup: jog 3-5 minutes

Cone Hops: front to back, side to side, 2x10 each

Weightroom:

Hng Sn + Gdmrn + Press	3x5
Back Extensions	3x12
MB Side Throws	3x10
Sqt	8/ 6/ 5/ 3/ 3/
BW Box Jumps	3x8
Hammer Pullups	3x12
DB Alt. High Bench	3x6
TRX Hamstring	3x8
MB Abs	3x45
Rot Cuff	2x12
Platehold	3x

Day 2

Bike or Jump Rope 3-5 minutes

Weightroom:

Line Hops 2x10 each exercise (do 4 different exercises)

Plate w/u

Hng Cln + F Lunge + Press	3x5
MB Cln Sqt PP	3x10
DB Pwr Shrug	3x10
Box Clns	3/ 3/ 3/ 3/
BW Pwr Stepups	3x20T
1-arm DB Rows	3x10
DB Inc	3x8
DB Lunges	3x5
DB RDL	3x8
Body Holds	2x:40 each position (4 positions = face down, right, left, reverse)
BW TYW	3x5 ea
Double platehold	3x

Day 3

Pick any Crossfit