

WEEK 3

Day 1

Warmup: jog 3-5 minutes

Ladder Agility: pick 6 exercises (3 straight ahead, 3 lateral) and do each exercise 2 times

Weightroom:

Hng Sn + OH Sqt + OH Lunge	3x4
Back Extension + Hold	3x10+:10
Band Rotation	3x8 ea
Sqt 10/ 8/ 6/ 5/ 5/	
Side Box Jumps	3x6
Reverse grip Pullups	4x10
1-arm DB Bench	4x8
MR Hamstring Curl	3x6
MB Abs	3x50
Swiss ABC's	2x12 ea
Bar finger curls	3x 25

Day 2

Bike or Jump Rope 3-5 minutes

Weightroom:

Ladder Agility: pick 6 exercises (3 straight ahead, 3 lateral) and do each exercise 2 times

Plate w/u

Hng Cln + F Lunge + Jerk	3x4
MB Sqt PP	3x8
L-Hold	3x:15
Box Clns 5/ 5/ 5/ 5/ 5/	
BW Pwr Steppers	3x16T
Inv Rows	3x10
DB Alt Inc Low	3x8
DB Stepup + Press	3x6 ea leg
Sn grip RDL	3x5
Body Holds	2x:50 ea pos
DB TYW	3x5 ea (3-5 lbs)
Pullup hang	3x max

Day 3

Pick any Crossfit

WEEK 4

Day 1

Ladder Agility: pick 6 exercises (3 straight ahead, 3 lateral) and do each exercise 2 times

Weightroom:

Hng Sn + OH Sqt + OH Lunge	3x4
Back Extension + Hold	3x10+:20
Band Rotation	3x10 ea

Sqt	8/	6/	5/	3/	3/
Side Box Jumps					4x6
Reverse grip Pullups					4x12

1-arm DB Bench	4x10
MR Hamstring Curl	3x8
MB Abs	3x55

Swiss ABC's	2x15 ea
Bar finger curls	3x 30

Day 2

Bike or Jump Rope 3-5 minutes

Weightroom:

Ladder Agility: pick 6 exercises (3 straight ahead, 3 lateral) and do each exercise 2 times

Plate w/u

Hng Cln + F Lunge + Jerk	3x5
MB Sqt PP	3x10
L-Hold	3x:20

Box Clns	3/	3/	3/	3/
BW Pwr Steppers				3x20T
Inv Rows				3x12

DB Alt Inc Low	3x6
DB Stepup + Press	3x8 ea leg
Sn grip RDL	3x6

Body Holds	2x:50 ea pos
DB TYW	3x6 ea (3-5 lbs)
Pullup hang	3x max

Day 3

Pick any Crossfit