

## WEEK 1

### Day 1

Warmup: jog 3-5 minutes

Workout:

DB Complex	3x6
1-leg Balance Sqt	3x4 ea
Reverse Hypers	3x10

Squats 10/	8/	6/	5/	5/
BW Sqt Jumps			3x6	
Kipping Pullups			3x10	

Pushups	3x20
Glute Ham	3x6
MB Abs	3x30

### Day 2

Bike or Jump Rope 3-5 minutes

Plate warmup

Workout:

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

Box Clns	5/	5/	5/
1-arm DB Rows			3x10
DB Bench			3x12

Bar Stepups	3x5/20kg
1-leg DB RDL	3x6(20lbs+)
BW Split Jumps	3x12T
Body Holds	3x:30 ea

### Day 3

Jump Rope 300 reps or Run for 3-5 minutes

Pick any Crossfit

Stretch afterwards for 10 minutes