

WEEK 2

Day 1

Warmup: jog 3-5 minutes

Workout:

DB Complex	3x6
1-leg Balance Sqt	3x5 ea
Reverse Hypers	3x12

Squats 8/	6/	5/	3/	3/
BW Sqt Jumps			3x6	
Kipping Pullups			3x12	

Pushups	3x20
Glute Ham	3x6
MB Abs	3x35

Day 2

Bike or Jump Rope 3-5 minutes

Plate warmup

Workout:

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

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

Bar Stepups	3x5/20kg
1-leg DB RDL	3x6(20lbs+)
BW Split Jumps	3x16T
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