

## WEEK 7

### Day 1

Warmup: jog 3-5 minutes

Workout:

Hng Sn + OH Sqt + Row

3x3

DB Incline Press

3x8/

Reg grip Pullups

3x8

BW Leg Circuit

x1 (20 sqt, 20 lunges, 20 pwr stepups, 10 sqt jumps)

Glute Ham Raises

3x6

MB Chest Pass

3x10

MB Abs

4x25

### Day 2

Bike or Jump Rope 3-5 minutes

Plate warmup

Workout:

Hng Cln + F Sqt + Press

3x3

Hanging Tuckups

3x10

Cleans 3/ 3/ 3/ 3/

Bar Shoulder Press

3x8/

1-leg Box Sqt

3x8/ea leg

Back Extensions

3x10

### Day 3

Jump Rope 300 reps or Run for 3-5 minutes

Weightroom:

DB Complex

3x6

Ankle on disc

3x:30

Squats 10/ 10/ 10/

DB Bench

3x8/

Inverted Rows

3x10

DB RDL

3x6/

Body Holds

3x:30ea pos

Stretch afterwards for 10 minutes

## WEEK 8

### Day 1

Warmup: jog 3-5 minutes

Workout:

Hng Sn + OH Sqt + Row

3x5

DB Incline Press

4x4/

Reg grip Pullups

4x8

BW Leg Circuit

x2 (20 sqt, 20 lunges, 20 pwr stepups, 10 sqt jumps)

Glute Ham Raises

3x10

MB Chest Pass

3x15

MB Abs

4x30

### Day 2

Bike or Jump Rope 3-5 minutes

Plate warmup

Workout:

Hng Cln + F Sqt + Press

3x5

Hanging Tuckups

3x15

Cleans 3/ 3/ 3/ 3/ 2/

Bar Shoulder Press

4x4/

1-leg Box Sqt

4x4/ea leg

Back Extensions

3x12

### Day 3

Jump Rope 300 reps or Run for 3-5 minutes

Weightroom:

DB Complex

3x6

Ankle on disc

3x:30

Squats 10/ 10/ 8/ 8/

DB Bench

4x4/

Inverted Rows

4x10

DB RDL

4x5/

Body Holds

3x:30ea pos

Stretch afterwards for 10 minutes