

## WEEK 3

### Day 1

Warmup: jog 3-5 minutes

Workout:

Hng Sn + OH Sqt + OH Lunge 3x4  
MB Side Throws 3x8  
Back Extensions 3x10

Squats 10/ 8/ 6/ 5/ 5/  
BW Box Jumps 3x6  
Kipping Pullups 3x12

DB Bench Press 3x12  
TRX Hamstring 3x6  
MB Abs 3x40

### Day 2

Bike or Jump Rope 3-5 minutes

Plate warmup

Workout:

Hng Cln + F Lunge + Press 3x4  
MB CXln Sqt PP 3x8  
DB Pwr Shrugs 3x8

Box Clns 5/ 5/ 5/ 5/ 5/  
Bar Rows 3x12  
DB Alt. Inc Bench 3x8 ea

Bar Lunges 3x5/20kg  
DB RDL 3x6  
BW Pwr Stepups 3x16T  
Body Holds 3x:40 ea

### Day 3

Jump Rope 300 reps or Run for 3-5 minutes

Pick any Crossfit

Stretch afterwards for 10 minutes

## WEEK 4

### Day 1

Warmup: jog 3-5 minutes

Workout:

Hng Sn + OH Sqt + OH Lunge	3x5
MB Side Throws	3x10
Back Extensions	3x12

Squats 8/	6/	5/	3/	3/
BW Box Jumps			3x8	
Kipping Pullups			3x12	

DB Bench Press	3x10
TRX Hamstring	3x8
MB Abs	3x45

### Day 2

Bike or Jump Rope 3-5 minutes

Plate warmup

Workout:

Hng Cln + F Lunge + Press	3x5
MB CXln Sqt PP	3x10
DB Pwr Shrugs	3x10

Box Clns	3/	3/	3/	3/
Bar Rows			3x10	
DB Alt. Inc Bench			3x6 ea	

Bar Lunges	3x5/20kg
DB RDL	3x8
BW Pwr Stepups	3x20T
Body Holds	3x:40 ea

### Day 3

Jump Rope 300 reps or Run for 3-5 minutes

Pick any Crossfit

Stretch afterwards for 10 minutes