

WEEK 5

Day 1

Warmup: jog 3-5 minutes

Workout:

Hng Sn + OH Sqt + Press	3x4
Band Rotation	3x8 ea
Back Extension + Hold	3x10+:10

Squats 10/ 8/ 6/ 5/ 5/	
BW Split Jumps	3x12T
Kipping Pullups	3x15

DB Alt. High Bench	3x6 ea
MR Hamstring Curl	3x6
MB Abs	3x50

Day 2

Bike or Jump Rope 3-5 minutes

Plate warmup

Workout:

Hng Cln + F Sqt + Jerk	3x4
MB Sqt PP	3x8
TRX 3 pos. knee tucks	3x5 ea

Box Clns 3/ 3/ 3/ 3/ 2/	
Inv. Rows	3x10
1-arm DB Inc	3x10

DB Stepup + Press	3x5 ea
Sn grip RDL	3x5
Side Box Jumps	3x6 ea
Body Holds	3x:50 ea

Day 3

Jump Rope 300 reps or Run for 3-5 minutes

Pick any Crossfit

Stretch afterwards for 10 minutes

WEEK 6

Day 1

Warmup: jog 3-5 minutes

Workout:

Hng Sn + OH Sqt + Press	3x5
Band Rotation	3x10 ea
Back Extension + Hold	3x10+:20

Squats 8/	6/	5/	5/	3/	3/
BW Split Jumps	3x20T				
Kipping Pullups	3x15				

DB Alt. High Bench	3x8 ea
MR Hamstring Curl	3x8
MB Abs	3x55

Day 2

Bike or Jump Rope 3-5 minutes

Plate warmup

Workout:

Hng Cln + F Sqt + Jerk	3x5
MB Sqt PP	3x10
TRX 3 pos. knee tucks	3x8 ea

Box Clns	3/	3/	3/	3/	2/
Inv. Rows	3x12				
1-arm DB Inc	3x8				

DB Stepup + Press	3x8 ea
Sn grip RDL	3x5
Side Box Jumps	3x8 ea
Body Holds	3x:50 ea

Day 3

Jump Rope 300 reps or Run for 3-5 minutes

Pick any Crossfit

Stretch afterwards for 10 minutes