

WEEK 7

Day 1

Warmup: jog 3-5 minutes

Weightroom:

Hng Sn + OH Sqt + Row	3x3ea
Box Agility (4 exer.)	2x10ea
DB Bench Press	3x8/
BW Leg Circuit	x1
Reg grip Pullups	3x8
Glute Ham	3x6
MB Chest Pass	3x8
MB Abs	4x25

Day 2

Bike or Jump Rope 3-5 minutes

Weightroom:

Plate w/u

Hng Cln + F Sqt + Press	3x3ea
Cleans	3/ 3/ 3/ 3/
Bar Shoulder Press	3x8/
1-leg Box Sqt	3x8/
Back Extensions	3x10
Rot Cuff	2x10
Hanging Tuckups	3x10
DB Dorsiflex	3x15

Day 3

Jump Rope 300reps

Weightroom:

DB Complex	3x6ea
Sqt	10/ 10/ 10/
DB Incline Press	3x8/
Inverted Rows	3x10
DB RDL	3x6/
Body Holds	3x:30 ea
Ankle on Disc	3x:30

WEEK 8

Day 1

Warmup: jog 3-5 minutes

Weightroom:

Hng Sn + OH Sqt + Row

3x4ea

Box Agility (5 exer.)

2x10ea

DB Bench Press

4x4/

BW Leg Circuit

x2 (2:00 rest between sets)

Reg grip Pullups

4x8

Glute Ham

3x10

MB Chest Pass

3x10

MB Abs

4x30

Day 2

Bike or Jump Rope 3-5 minutes

Weightroom:

Plate w/u

Hng Cln + F Sqt + Press

3x5ea

Cleans

3/

3/

3/

3/

2/

Bar Shoulder Press

4x4/

1-leg Box Sqt

4x4/

Back Extensions

3x12

Rot Cuff

2x12

Hanging Tuckups

3x15

DB Dorsiflex

3x20

Day 3

Jump Rope 300reps

Weightroom:

DB Complex

3x6ea

Sqt

10/

10/

8/

8/

DB Incline Press

4x4/

Inverted Rows

4x10

DB RDL

3x5/

Body Holds

3x:30 ea

Ankle on Disc

3x:30