

## WEEK 1

### Day 1

Warmup: jog 3-5 minutes

Ladder Agility: pick 6 exercises (3 straight ahead, 3 lateral) and do each exercise 2 times

Weightroom:

DB Complex 3x6

Rev. Hypers 3x10

Ankle on disc 3x:30

Sqt 10/ 8/ 6/ 5/ 5/

BW Sqt Jumps 3x5

Kip or Regular Pullups 3x10

DB Bench 3x10-12

Glute Ham 3x6

MB Abs 3x30

Rot Cuff 2x10

Platehold 3x

### Day 2

Bike or Jump Rope 3-5 minutes

Weightroom:

Box Agility 2x10 each exercise (do 4 different exercises)

Plate w/u

Hng Cln + F Sqt + Press 3x4

DB Swings 3x8

Calf Raises 3x20

Box Clns 5/ 5/ 5/

BW Split Jumps 3x12T

Bar Rows 3x12

DB Alt. Inc High 3x8

DB Stepups 3x5

1-leg DB RDL 3x6 (20lbs+)

Body Holds 2x:30 each position (4 positions = face down, right, left, reverse)

BW TYW 2x6 ea

Double platehold 3x

### Day 3

Pick any Crossfit