



Monday

Movement	Reps/Sets	Tempo	Intensity (% of max)	Rest
DB Incline Bench Press	6-8 x 4	301	85%	15s
Narrow Grip Pushup	12-15 x 4	201	-	
DB Triceps Extension	12 r/l x 4	211	-	

***timed**

A1) Split Squat Jumps 8-10

A2) Inverted Row 8-10

A3) Air Squat (Narrow Stance)

A4) Plank Spiders (control tempo)

A5) Renegade Row

A6) Rear Delt DB Raise (bent over)

Procedure: Perform 8-10 reps for each exercise and proceed in a circuit fashion. If you can get through 4 or more complete circuits in 25 minutes, increase the weight the next time you perform that workout.

Tuesday



Movement	Reps/Sets	Tempo	Intensity (% of max)	Rest
Lat Pull Down Wide Grip	6-8 x 4	301	85%	15s
Decline Db Bench	12-15 x 4	201	-	
Bent over Reverse fly	12 x 4	211	-	

A1) Squat Jump

A2) DB Curl (both arms simultaneous)

A3) Dumbbell Woodchopper

A4) Single Arm Dumbbell Row on Bench R/L

A5) Standing DB Lateral Raise

A6) DB Deadlift

Procedure: Perform 10-12 reps for each exercise and proceed in a circuit fashion. If you can get through 4 or more complete circuits in 25 minutes, increase the weight the next time you perform that workout.



Wednesday

Movement	Reps/Sets	Tempo	Intensity (% of max)	Rest
Leg Press	6-8 x 4	401	85%	15s
V grip Pull Downs	12-15 x 4	201	-	
EZ Curl	12 x 4	211	-	

A1) Pushup

A2) Reverse Grip Pull Down

A3) DB Squat

A4) Hanging Leg Raise

A5) SA Plank Reach

A6) Weighted Crunch

Procedure: Perform 10-12 reps for each exercise and proceed in a circuit fashion. If you can get through 4 or more complete circuits in 25 minutes, increase the weight the next time you perform that workout.



Thursday

Movement	Reps/Sets	Tempo	Intensity (% of max)	Rest
Sumo Deadlift	6-8 x 4	401	85%	15s
Cable Fly	12-15 x 4	201	-	
Triceps triple drop	10-10-10	211	-	

A1) Ski Jumps (Lateral)

A2) Low Incline DB Bench Press (Parallel Grip)

A3) Overhand Close Grip PullDown

A4) DB Reverse Lunge

A5) Lying Leg Drops

Procedure: Perform 10-12 reps for each exercise and proceed in a circuit fashion. If you can get through 4 or more complete circuits in 25 minutes, increase the weight the next time you perform that workout.



Friday

Movement	Reps/Sets	Tempo	Intensity (% of max)	Rest
Seated Lateral Raise	12 x 4	401	85%	15s
Seated Curl	12 x 4	301	-	
Seated Curl (neutral grip)	12 x 4	211	-	

A1) Burpee (no pushup)

A2) Feet Elevated Pushup

A3) Ab Rollout (barbell or wheel)

A4) Lateral Lunge (w/dumbbell)

A5) Chest Supported DB Row on 45 Degree Bench

A6) Anti-Rotation

Procedure: Perform 10-12 reps for each exercise and proceed in a circuit fashion. If you can get through 4 or more complete circuits in 25 minutes, increase the weight the next time you perform that workout.