

Day 1

Pre-Work: see attached sheet

A1) DB Goblet Squat

Date	Week	Sets	Reps	Rest	Tempo
	1	2	10		
	2	3	15		
	3	3	10		
	4	4	15		

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

A2) Push Ups

Week	Sets	Reps	Rest	Tempo
1	2	MAX		
2	2	MAX		
3	3	MAX		
4	3	MAX		

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

B1) Inverted Rows

Feet on Bench

Week	Sets	Reps	Rest	Tempo
1	2	10		
2	3	15		
3	3	15		
4	3	20		

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

B2) Nordic Hamstring Curls

Week	Sets	Reps	Rest	Tempo
1	2	10		
2	3	10		
3	3	15		
4	3	15		

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

C1) Banded Triceps Push Downs

Complete total reps in fewest sets possible.

Week	Sets	Reps	Rest	Band
1	AFSAP	30		
2	AFSAP	40		
3	AFSAP	50		
4	AFSAP	50		

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

D1) Elevated Front Foot Lunges w/ Goblet DB

Complete 'D' Exercises in Shortest Time Possible.

Week	Sets	Reps	Rest	Weight
1	2	6 ea.	ALRAP	
2	3	6 ea.	ALRAP	
3	3	6 ea.	ALRAP	
4	4	6 ea.	ALRAP	

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

D2) KB Swings

Week	Sets	Reps	Rest	Weight
1	2	8	ALRAP	
2	3	8	ALRAP	
3	3	8	ALRAP	
4	4	8	ALRAP	

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

E1) Repeat Bolded Exercises in Warm-up