

**Day 2**

**A1) Rear Foot Elevated Split Squat Jumps**

Date	Week	Sets	Reps	Rest	Setting
	1	2	6 ea.		
	2	3	8 ea.		
	3	3	8 ea.		
	4	4	10 ea.		

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

**A2) Overhead MB Slams**

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

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

**B1) DB Push Press**

Week	Sets	Reps	Rest	Tempo
1	2	6 ea.		
2	3	6 ea.		
3	3	6 ea.		
4	3	6 ea.		

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

**B2) Russian Twists w/ MB**

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

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

**B3) Contralateral KB RDL**

Week	Sets	Reps	Rest	Tempo
1	2	6 ea.		
2	2	8 ea.		
3	3	6 ea.		
4	3	8 ea.		

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

**C1) Farmer's Carry**

AMSAP in Time

Week	Sets	Distance	Time	Weight
1	AMSAP	20 yd	2:30	
2	AMSAP	20 yd	2:30	
3	AMSAP	20 yd	5:00	
4	AMSAP	20 yd	5:00	

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

**C2) Low Handle Prowler Push**

Week	Sets	Distance	Rest	Weight
1	AMSAP	20 yd		
2	AMSAP	20 yd		
3	AMSAP	20 yd		
4	AMSAP	20 yd		

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

**D1) Repeat Bolded Exercises in Warm-up**