



Day 3

A1) BB Overhead Press

Date	Week	Sets	Reps	Rest	Tempo
	1	2	8		
	2	3	6		
	3	3	8		
	4	4	6		

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

A2) 180 Hip Extension

Load w MB

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

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

B1) Overhead MB Toss

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

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

B2) BB Roll Outs

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

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

C1) Front Plate Raise

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

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

D1) Stone to Shoulder

Week	Sets	Reps	Interval	Weight
1	3	5	1:00	
2	3	5	1:00	
3	4	5	1:00	
4	5	5	1:00	

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

E1) Concept 2 Rower

Week	Sets	Distance	Rest	Weight
1	1	500m		
2	1	500m		
3	1	500m		
4	1	1000m		

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

F1) Repeat Bolded Exercises in Warm-up