

Day or Date

Warm Up circuit - no (minimal) rest between exercises. Complete 2 entire circuits.

1. Box jumps 03122



		10	10	10	10	10	10	10	10	10	10	10	10									
Results																						

2. Push up claps 05278



		10	10	10	10	10	10	10	10	10	10	10	10									
Results																						

3. Single leg depth jumps stabilization 01371



		5	5	5	5	5	5	5	5	5	5	5	5									
Results																						

Main Session: Rest for the same amount of time it takes your partner to complete a set, or rest for 90sec between exercises.

4. Bench press 00341



Reps		4x8	4x8	4x8	4x6	4x6	4x6	4x6	4x8	3x6	3x6	3x6	3x6									
Load - kg																						
Results																						

5. Wide grip lat pulldown 05049



		3x10	3x10	3x10	3x10	3x8	3x8	3x8	3x8	3x6	3x6	3x6	3x6									
Results																						

6. Dumbbell split clean hang push press 03503



		3x6	3x6	3x6	3x8	3x8	3x8	3x10	3x10	3x10	3x8	3x8	3x8									
Results																						

7. Stability ball chest fly 04112



		3x10	3x10	3x10	3x10	3x8	3x8	3x8	3x8	3x6	3x6	3x6	3x6									
Results																						

8. Bent over row 03592



		3x10	3x10	3x10	3x10	3x8	3x8	3x8	3x8	3x6	3x6	3x6	3x6									
Results																						

