

Set Up Meeting Each Week for 30 mins by Sunday EOD								
Warmup								
Foam Roll								
Hurdles								
Theraband Side Plank Clams w Twist 20 ea side								
Inch Worms								
Groiners		20 ea side						
OH Squats 20								
Iron T		20 ea side						
Scorpions		20 ea side						
Courtsey Lunges		20 ea side						
Ab Wheel/ Hang Leg Raise (alternate days)			3x15	**Do not do on WOD Day**	**ARX Day VP DB**			
Monday								
WOD- AM/ PM		See WOD Chart		1 for each of the 4 weeks				
Tuesday								
Hip Thrusters		See Chart (Press)						
Deadlifts		See Chart						
Squats		See Chart						
RDL		3x15						
Bent Over Row		3x15						
Super 8								
Wednesday								
WOD- AM/PM		See WOD Chart		1 for each of the 4 weeks		10 mins/13 mins		
Thursday								

LSC- wear weight vest	1 hr	HR 120					
Friday							
ARX							
Super 8							
Saturday or Sunday							
Rock Climbing							
*** Use Vibration Plate Every Day for 15 Mins							
WODS							
Do WOD 1 and 2 for the first 2 weeks/ 3 and 4 for the second 2 weeks							
1	150 Wall Ball Shots			22/16/10			
2	Single Arm DB Clean to Press (25 lbs)/ Toe to Bar/ Chest to Bar			22/16/10	*Do Half OH Squats w/ R and Half OH Squats w/ L		
3	Single Arm OH Squat (25 lbs)/ Chest to Bar/ HSPU			22/16/10			
4	Thrusters (45 lbs)/ DL (135 lbs)						