

Set Up Meeting Each Week for 60 mins by Sunday EOD				
<b>Warmup</b>				
Foam Roll	Tennis Ball for Groin		Roll R Gastrox Hard	
Hurdles				
Groiners	20 ea side			
OH Squats	20			
Theraband Side Plank Clams w Twist 20 ea side				
Iron T	20 ea side			
Scorpions	20 ea side			
<b>Sunday</b>				
<b>Rest</b>				
<b>Saturday</b>				
9 Round w/ 10 lbs vest		Something naughty w Coach ;)		
<b>Friday</b>				
<b>SUPERSET EVERYWHERE YOU CAN WITH PUSH/PULL MOVEMENTS</b>				
Hip Thrusters	(Follow PL Program)			
RDL	5x10	KAATSU		
Pull Through	5x10			
Thrusters	5x10	KAATSU	arms and legs	
Leg Press	5x10	KAATSU		
HSPU	5x10			
Seated DB Press	5x10			
Cable Rope Curl	5x10	KAATSU		

Concentration Curl	5x10	KAATSU			
Triceps Rope Pull Down	5x10	KAATSU			
TRX Tricep Ext	5x10	KAATSU			
TRX Push Ups	5x10				
Reverse Grip Pull Down	5x10	w/ 10 push ups			
V Bar High to Low Pull	5x10	w/ 10 push ups			
Standing Chest Rows	5x10	w/ 10 push ups			
Single Arm Rows	5x10				
Cable Chops	5x10				
Super 8					
<b>Thursday</b>					
9 Round w/ weight vest					
<b>Wednesday</b>	<b>SUPERSET EVERYWHERE YOU CAN WITH PUSH/PULL MOVEMENTS</b>				
On Bosu Ball:	50 Pulse Squats	use heavy band around kees		Front foot on Air-X Pad	
	w/ 50 BW Squats	use heavy band around kees			
			KAATSU		
Squat	Follow current powerlifting protocol				
Bulgarian lunges	5x15	DB over shoulders			
Glute Kick Back	5x15		KAATSU		
Pront HS Curl	5x15	Superset	KAATSU		
Leg Ext.	5x15		after each set		
Incline Flyes	5x15	10 Push ups	after each set		
Flat Flyes (on floor)	5x15	10 Push ups	after each set		
Decline Flyes	5x15	10 Push ups			

Arnold Press	5x15				
Incline Bench Lat Raise	5x15				
Seated Row	5x15				
Pull Ups	5x15				
Bent Row	5x15				
Hyperextension	5x15				
Hercules Curls	5x15	KAATSU			
Preacher Curls	5x15	KAATSU			
OH DB Tri Ext	5x15	KAATSU			
Tricep Kick Back	5x15	KAATSU			
Hanging Kee Raises	5x15				
Super 8					
<b>Tuesday</b>					
9 Round w/ 10 lb weight vest					
Deadbugs					
<b>Monday</b>					
ARX					
Super 8					