

Set Up Meeting Each Week for 60 mins by Sunday EOD						
Warmup						
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					
Sunday						
Rest						
Saturday						
9 Round		Something naughty w Coach ;)				
Friday						
ARX						
Super 8						
Thursday						
9 Round w/ weight vest	10 lb					

Wednesday						
On Bosu Ball:	50 Pulse Squats	use heavy band around kees				
	w/ 50 BW Squats	use heavy band around kees				
Hip Thrusters	Follow current powerlifting protocol					
Squat	Follow current powerlifting protocol		KAATSU			
Bulgarian lunges	5x15	DB over shoulders		Front foot on Air-X Pad		
Kick Back	5x12					
RDL	5x10		KAATSU			
Pull Throughs	5x10					
Pront HS Curl	3x8	Superset	KAASTU			
Leg Ext.	3x8		KAATSU			
Thrusters	1x25					
Hanging Kee Raises	5x10					
Super 8						
Tuesday						
9 Round w/ 10 lb weight vest						
Single Arm Bent Row	2x15; 2x12; 2x8	(progressively increasing weight)				
Extensions	5x15					
Lat Pull Down	5x15					
Pull Ups	5x15					
Bent Row	5x8					
Hyper Extension	5x15					
Seated Row	5x10					

Db Bicep Curls	3x10	KAATSU				
Preacher Curl	3x10	KAATSU				
Deadbugs	3x non stop					
Monday						
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	after each set			
Arnold Press	5x15					
Incline Bench Lat Raise	3x15					
Seated Military Press	3x10					
Shoulder Complex	3x10	(non stop)				
HSPU	3x10	superset				
Alternating punches	3x0:60	5 lb				
Triceps kick back	5x15	KAATSU				
DB overhead tri	5x10	KAATSU				
Cable Chops	3x15					
Cardio						
DL	21-15-9	95 lb	barbell			
Thrusters	21-15-9	45 lb	barbell			