			IVIU	NDAY -	JC1. 4	ZUZ I					
Workout	Set 1			Set 2			Se		Set 4		
	Result	Rep	s R	tesult	Rep		Result	Reps	Resu	lt	Reps
INTA	This week between d							op 10%	then repeat	. No k	oreak
Warm-Up	Wall Angel: Banded in/ Rhomboid	ext rota		10							
A Banded bench	8	6		80	6 %		8	6		809	6
A Banded bench	7	6		70	6		7	6		709	6
B DB Chest Fly	8	6		80	6		8	6		809	6
B DB Chest Fly	7	6		70	6		7	6		709	6
C Kneeling andmine press		6		80	6			6		809	6
C Kneeling andmine press	7	6		70	6		7	6		709	6
D Cable single arm		6 (ea	.)	80	6 (ea	.)		6 (ea	.)	809	6 (ea.)
D Cable single arm		6 (ea	1.)	70	6 (ea	.)		6 (ea	.)	709	6 (ea.)
E Bench medball	,	6		,,	6		,	6		707	6
E Bench medball		6			6			6			6
nch worm	Walk out as f	10			10			10			
Cooldown	Deadweigh TRX pull va Corner che	it hang riations	(shoulde	ers, ches	t, back)						
_ISS cardio 1 set	Int: 30minutes	60%									
	Lower intens	ty steady					ring				
Workout	Set 1			TUESDAY - OCT. 5, 2021 Set 2			Set 3			Set 4	
vvoi kout	Re	sult	Reps	Resul	t	Reps	Result	Re	ps Res	ult	Reps
Warm-Up	Stir t	angels 3 he pot 3 ups to fa	x10								
A Chest supported i	rows	80%	6		80%	6		80%	5	80	6
A Chest supported i	rows		6			6			5		6
• •		70%			70%			70%		70	%

		T	UESDA	/ - OCT. 5	5, 2021					
Workout	Set 2			S	et 3		Set 4			
vvorkout	Result	Reps	Re	sult	Reps	Result	Rep	s Re	esult	Reps
B Alternating grip pull		6			6		6			6
p	80%	6		80%			80%		80%	ó
<u> </u>	Use dip belt to	add we	ight if need	ded						
B Alternating grip pull		6			6		6			6
p	70%	6		70%			70%		70%	Ď
<u> </u>	Use dip belt to	add we	ight if need	ded						
C Rack pull		6			6		6			6
e Rack pail	80%	6		80%			80%		80%	ó
C Rack pull		6			6		6			6
c Rack pull	70%	6		70%			70%		70%	Ď
N. Lamadak mudi		6			6		6			6
D Long lat pull	80%	6		80%			80%		80%	, 5
		6			6		6			6
D Long lat pull	70%			70%	-		70%			
		6			6		6			6
E Sled Row	80%			<u> </u> 80%			80%		 80%	
	1	6			6		6			6
E Sled Row	70%			<u> </u> 70%	-		70%		<u> </u> 70%	
Vindscreen wipers	707	10		7 0 70	10		10		7070	
	stretch lats Chest & Sho	oulders	: - Lean f							
							stretch cł	nest		
Workout			DNESD	AY - OCT	. 6, 2021				ı	
WOIKOU	t		DNESD	AY - OCT	. 6, 2021 Se	t 2	Se	t 3		et 4
- Worksu	t		Se Result	AY - OCT et 1 Reps	Se	t 2	Se Result		S Result	_
	t		Se Result	AY - OCT et 1 Reps 2 min wa	Se Result	t 2	Se Result	t 3		_
	t		Se Result Banded Lunges	AY - OCT t 1 Reps 2 min wa 2x2lengt	Se Result	t 2	Se Result	t 3		_
	t		Se Result Banded Lunges	AY - OCT t 1 Reps 2 min wa 2x2lengti	Se Result	t 2 Reps oh, 10 incl	Se Result	t 3 Reps		Rep
Varm-Up			Se Result Banded Lunges Hip airp	AY - OCT t 1 Reps 2 min wa 2x2lengti blane 4x3 6 (ea.)	Se Result alk 2.5mp	t 2 Reps h, 10 inc	Se Result line	6 (ea.)	Result	Rep
Varm-Up			Se Result Banded Lunges Hip airp	AY - OCT Reps 2 min wa 2x2lengtl lane 4x3 6 (ea.)	Se Result alk 2.5mp	t 2 Reps Oh, 10 incl 6 (ea.)	Se Result line	6 (ea.)	Result	6 (ea
Varm-Up A KB/DB Bulgarian Split	: Squat		Se Result Banded Lunges Hip airp	AY - OCT Reps 2 min wa 2x2lengti alane 4x3 6 (ea.)	Se Result alk 2.5mp	t 2 Reps h, 10 incl 6 (ea.)	Se Result line	6 (ea.)	Result	6 (ea
Varm-Up A KB/DB Bulgarian Split	: Squat		Se Result Banded Lunges Hip airp	AY - OCT Reps 2 min wa 2x2lengtl lane 4x3 6 (ea.)	Se Result alk 2.5mp	t 2 Reps Oh, 10 incl 6 (ea.)	Se Result line	6 (ea.)	Result	6 (ea
Varm-Up A KB/DB Bulgarian Split A KB/DB Bulgarian Split	: Squat		Se Result Banded Lunges Hip airp	AY - OCT Reps 2 min wa 2x2lengti alane 4x3 6 (ea.)	Se Result alk 2.5mp	t 2 Reps h, 10 incl 6 (ea.)	Se Result line	6 (ea.)	Result	6 (ea
Varm-Up A KB/DB Bulgarian Split A KB/DB Bulgarian Split	: Squat		Se Result Banded Lunges Hip airp	AY - OCT Reps 2 min wa 2x2lengti lane 4x3 6 (ea.) 0% 6 (ea.)	Se Result alk 2.5mp hs	t 2 Reps ch, 10 incl 6 (ea.) 6 (ea.)	Se Result line	6 (ea.)	Result	6 (ea
/arm-Up A KB/DB Bulgarian Split A KB/DB Bulgarian Split B GHD extension	: Squat		Se Result Banded Lunges Hip airp	AY - OCT Reps 2 min wa 2x2lengti alane 4x3 6 (ea.) 0% 6 (ea.)	Se Result alk 2.5mp hs	t 2 Reps h, 10 incl 6 (ea.) 6 (ea.)	Se Result line	6 (ea.) 6 (ea.)	Result	6 (ea
Varm-Up A KB/DB Bulgarian Split A KB/DB Bulgarian Split B GHD extension	: Squat		Se Result Banded Lunges Hip airp	AY - OCT Reps 2 min wa 2x2lengti lane 4x3 6 (ea.) 0% 6 (ea.) 0% 6 (oo) 0%	Se Result alk 2.5mp hs	t 2 Reps Oh, 10 incl 6 (ea.) % 6 (ea.)	Se Result line	6 (ea.)	Result	6 (ea
Varm-Up A KB/DB Bulgarian Split A KB/DB Bulgarian Split B GHD extension B GHD extension	: Squat : Squat		Se Result Banded Lunges Hip airp	AY - OCT Reps 2 min wa 2x2lengti alane 4x3 6 (ea.) 0% 6 (ea.) 0% 6	Se Result alk 2.5mp hs	t 2 Reps h, 10 incl 6 (ea.) 6 (ea.) 6 (ea.)	Se Result line	6 (ea.) 6 (ea.) 6 (ea.)	Result	6 (ea 80% 6 (ea 70% 6
Varm-Up A KB/DB Bulgarian Split A KB/DB Bulgarian Split B GHD extension B GHD extension	: Squat : Squat		Result Banded Lunges Hip airp	AY - OCT Reps 2 min wa 2x2lengti slane 4x3 6 (ea.) 0% 6 (ea.) 0% 6 (oo% 6 (oo%) 6 (oo%)	Se Result alk 2.5mp hs	t 2 Reps h, 10 inc. 6 (ea.) % 6 (ea.) % 6 (ea.)	Se Result line	6 (ea.) 0% 6 (ea.) 0% 6 0%	Result	6 (ea
Varm-Up A KB/DB Bulgarian Split A KB/DB Bulgarian Split B GHD extension B GHD extension C Landmine goblet squa	: Squat : Squat		Result Banded Lunges Hip airp	AY - OCT Reps 2 min wa 2x2lengti slane 4x3 6 (ea.) 0% 6 (ea.) 0% 6 0% 6 0% 6	Se Result alk 2.5mp hs	t 2 Reps Sh, 10 incl 6 (ea.) % 6 (ea.) % 6 1% 6	Se Result line	6 (ea.) 6 (ea.) 6 (ea.) 6 (ea.) 6 (ea.)	Result	6 (ea 80% 6 (ea 70% 6 80% 6
Varm-Up A KB/DB Bulgarian Split A KB/DB Bulgarian Split B GHD extension B GHD extension C Landmine goblet squa	: Squat : Squat		Result Banded Lunges Hip airp	AY - OCT Reps 2 min wa 2x2lengti blane 4x3 6 (ea.) 0% 6 (ea.) 0% 6 (ow) 6 (ow) 6 (ow)	Se Result alk 2.5mp hs	t 2 Reps Sh, 10 inc. 6 (ea.) 6 (ea.) 6 (ea.) 6 (ea.) 6 (ea.)	See Result line 80	6 (ea.)	Result	6 (ea 80% 6 (ea 70% 6 80%
Warm-Up A KB/DB Bulgarian Split A KB/DB Bulgarian Split B GHD extension	: Squat : Squat at		Result Banded Lunges Hip airp	AY - OCT Reps 2 min wa 2x2lengti slane 4x3 6 (ea.) 0% 6 (ea.) 0% 6 0% 6 0% 6 0% 6	Se Result alk 2.5mp hs	t 2 Reps Sh, 10 incl 6 (ea.) % 6 (ea.) % 6 1% 6 3% 6 3% 6	See Result line 80	6 (ea.)	Result	6 (ea 80% 6 (ea 6 6 6 6 6 6 6 6 6 6 6 6 6 6 6 6 6 6 6

80%

6 (ea.)

80%

6 (ea.)

80%

6 (ea.)

80%

6 (ea.)

D Single leg calf jump

	v	VEDNESD	A1 - OCI	. 0, 2021					
Workout			et 1	Set 2		Set 3		Set 4	
		Result	Reps	Result	Reps	Result	Reps	Result	Reps
E GHD leg extension			6		6		6		6
		8	0%	80		80)%	8	0%
E GHD leg extension			6 0%	70	6	70	6	7	6
	/	ALAP	70	MALAP	ALAP		/	U%	
oke Carry		8	0%	80		80			
Cooldown		Pigeon Supine 90/90 Hamstr Calf's	hip flexo	r/quad					
LISS cardio			60%						
1 set		30minute		dy state car	dio any fo	orm just kei	en moving	,	
		THURSDA			aro, arry re	in, jase ke	ep moving	<u> </u>	
	Set			et 2	<u> </u>	Set 3		Set	+ <i>1</i>
Workout	Result	Reps	Result	Reps	Resi		teps	Result	Reps
Varm-Up	Banded in/e Wall angels Stir the pot	3x10	ns 3x10						
A Single Arm Plate Lateral		6 (ea.)	6 (ea.)			6 (ea.)		6 (ea	
Raise	80%	ó		80%		80%		80%	
A Single Arm Plate Lateral		6 (ea.)	б (ea.)			6 (ea.)			6 (ea.)
Raise	70%	ó				70%		70%	
B Landmine press		6 (ea.)		6 (ea.)		6 (ea.)			6 (ea.)
	80%	6				80%		80	%
B Landmine press		6 (ea.)	6			6 (ea.)			6 (ea.)
	70%			70%		70%		70%	
C DB snatch		6 (ea.)		6 (ea.)			(ea.)		6 (ea.)
	80%			6 (ea.)		80%	-	80	
C DB snatch	700	6 (ea.)	6 (ea.)			6 (ea.)		6 (ea	
	70%		C			70%			
D Steering wheels	80%	6 (ea.)	b (ea.)			80%		80%	
	307	6 (ea.)						80	6 (ea.)
D Steering wheels	70%		. (ea.)			6 (ea.)		70%	
andmine Rotations		10 (ea.)		10 (ea.)) (ea.)	,,,	,,
RX stretch variations	TRX stretch Back & Sho stretch lats Chest & Sho	variations ulders - Le	an back,	chest par	allel to fl	oor, head	l throug		twist to
		FRIDAY	- OCT. 8	, 2021					
Workout				-					

		FRID	 	CT. 8,	2024lt	Reps	Result	Reps	Result	Reps
V	/orkout		Set 1			Set 2		Set 3		t 4
		Resu	ılt F	Reps	Result	Reps	Result	Reps	Result	Reps
Warm-Up			e rope ernatir ouble h o slam	_	ec					
A Incline DB Spider Curls			80%	6	80	6	80	6	80	6
A Incline DB Spider Curls			6		80% 6		6		6	
B Cable push down			70%		6		6		6	
			80%	6	80%		80%		80%	
B Cable push do	wn		70%		70%		70%		70%	
C Seated barbell curl			80%		80%		80%		80%	
C Seated barbell curl			6			6		6	70	6
D OH DB extension			6		6		6		80%	
			80%		80%		80%		6	
D OH DB extension			70%		70%		70%		70	
E Cheat curl			6 (ea.)		6 (ea.)		6 (ea.)		6 (ea.)	
E Cheat curl			6 (ea.)		6 (ea.)		6 (ea.)		70	6 (ea.
GHD crunch				10		10	70	10	70	770
Cooldown		Stand	ling for	rearm arbell t	stretch ricep str o stretch	etch		-		
		SATUR	DAY -	OCT.	9, 2021					
Workout	Set 1		Set 2		Set		t 3		Set 4	
	Result F	teps Res	sult	Rep	os	Result	Reps	Re	sult	Reps
_ISS cardio	Int: 60%									
1 set	30minutes Lower intensity stead	dy state cardio	any forr	n just k	een movir					
	Lower intensity stead			buildr		<u>'</u> රි				