

MONDAY - OCT. 4, 2021

Workout	Set 1		Set 2		Set 3		Set 4	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps
Note	This week DROPSETS! Each exercise is 4 sets of 6 @ 80%, drop 10% then repeat. No break between drop set. Record your initial weight each set							
Warm-Up	Wall Angels 3x10 Banded in/ext rotations 3x10 Rhomboid rows 3x20							
A Banded bench		6		6		6		6
		80%		80%		80%		80%
A Banded bench		6		6		6		6
		70%		70%		70%		70%
B DB Chest Fly		6		6		6		6
		80%		80%		80%		80%
B DB Chest Fly		6		6		6		6
		70%		70%		70%		70%
C Kneeling landmine press		6		6		6		6
		80%		80%		80%		80%
C Kneeling landmine press		6		6		6		6
		70%		70%		70%		70%
D Cable single arm adduction		6 (ea.)		6 (ea.)		6 (ea.)		6 (ea.)
		80%		80%		80%		80%
D Cable single arm adduction		6 (ea.)		6 (ea.)		6 (ea.)		6 (ea.)
		70%		70%		70%		70%
E Bench medball throw		6		6		6		6
E Bench medball throw		6		6		6		6
Inch worm		10		10		10		
	Walk out as far as possible							
Cooldown	Deadweight hang TRX pull variations (shoulders, chest, back) Corner chest stretch							
LISS cardio <i>1 set</i>								
		Int: 60%						
30minutes Lower intensity steady state cardio, any form, just keep moving								

TUESDAY - OCT. 5, 2021

Workout	Set 1		Set 2		Set 3		Set 4	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps
Warm-Up	Wall angels 3x10 Stir the pot 3x10 Pull ups to fail							
A Chest supported rows		6		6		6		6
		80%		80%		80%		80%
A Chest supported rows		6		6		6		6
		70%		70%		70%		70%

TUESDAY - OCT. 5, 2021

Workout	Set 1		Set 2		Set 3		Set 4	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps
B Alternating grip pull up		6		6		6		6
	80%		80%		80%		80%	
	Use dip belt to add weight if needed							
B Alternating grip pull up		6		6		6		6
	70%		70%		70%		70%	
	Use dip belt to add weight if needed							
C Rack pull		6		6		6		6
	80%		80%		80%		80%	
C Rack pull		6		6		6		6
	70%		70%		70%		70%	
D Long lat pull		6		6		6		6
	80%		80%		80%		80%	
D Long lat pull		6		6		6		6
	70%		70%		70%		70%	
E Sled Row		6		6		6		6
	80%		80%		80%		80%	
E Sled Row		6		6		6		6
	70%		70%		70%		70%	
Windscreen wipers		10		10		10		
TRX stretch variations	TRX stretch variations: Back & Shoulders - Lean back, chest parallel to floor, head through arms + twist to stretch lats Chest & Shoulders - Lean forward, open arms to a 'T' stretch chest							

WEDNESDAY - OCT. 6, 2021

Workout	Set 1		Set 2		Set 3		Set 4	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps
Warm-Up	Banded 2 min walk 2.5mph, 10 incline Lunges 2x2lengths Hip airplane 4x3							
A KB/DB Bulgarian Split Squat		6 (ea.)		6 (ea.)		6 (ea.)		6 (ea.)
	80%		80%		80%		80%	
A KB/DB Bulgarian Split Squat		6 (ea.)		6 (ea.)		6 (ea.)		6 (ea.)
	70%		70%		70%		70%	
B GHD extension		6		6		6		6
	80%		80%		80%		80%	
B GHD extension		6		6		6		6
	70%		70%		70%		70%	
C Landmine goblet squat		6		6		6		6
	80%		80%		80%		80%	
C Landmine goblet squat		6		6		6		6
	70%		70%		70%		70%	
D Single Leg Calf Raises		6 (ea.)		6 (ea.)		6 (ea.)		6 (ea.)
	80%		80%		80%		80%	
D Single leg calf jump		6 (ea.)		6 (ea.)		6 (ea.)		6 (ea.)

WEDNESDAY - OCT. 6, 2021

Workout	Set 1		Set 2		Set 3		Set 4	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps
E GHD leg extension		6		6		6		6
	80%		80%		80%		80%	
E GHD leg extension		6		6		6		6
	70%		70%		70%		70%	
Yoke Carry		ALAP		ALAP		ALAP		
	80%		80%		80%			
Cooldown	Pigeon Supine hip flexor/quad 90/90 Hamstrings Calf's							
LISS cardio <i>1 set</i>								
	Int: 60%							
	30minutes Lower intensity steady state cardio, any form, just keep moving							

THURSDAY - OCT. 7, 2021

Workout	Set 1		Set 2		Set 3		Set 4	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps
Warm-Up	Banded in/ext rotations 3x10 Wall angels 3x10 Stir the pot 3x10							
A Single Arm Plate Lateral Raise		6 (ea.)		6 (ea.)		6 (ea.)		6 (ea.)
	80%		80%		80%		80%	
A Single Arm Plate Lateral Raise		6 (ea.)		6 (ea.)		6 (ea.)		6 (ea.)
	70%		70%		70%		70%	
B Landmine press		6 (ea.)		6 (ea.)		6 (ea.)		6 (ea.)
	80%		80%		80%		80%	
B Landmine press		6 (ea.)		6 (ea.)		6 (ea.)		6 (ea.)
	70%		70%		70%		70%	
C DB snatch		6 (ea.)		6 (ea.)		6 (ea.)		6 (ea.)
	80%		80%		80%		80%	
C DB snatch		6 (ea.)		6 (ea.)		6 (ea.)		6 (ea.)
	70%		70%		70%		70%	
D Steering wheels		6 (ea.)		6 (ea.)		6 (ea.)		6 (ea.)
	80%		80%		80%		80%	
D Steering wheels		6 (ea.)		6 (ea.)		6 (ea.)		6 (ea.)
	70%		70%		70%		70%	
Landmine Rotations		10 (ea.)		10 (ea.)		10 (ea.)		
TRX stretch variations	TRX stretch variations: Back & Shoulders - Lean back, chest parallel to floor, head through arms + twist to stretch lats Chest & Shoulders - Lean forward, open arms to a 'T' stretch chest							

FRIDAY - OCT. 8, 2021

Workout	Set 1	Set 2	Set 3	Set 4
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FRIDAY - OCT. 8, 2021

Workout	Set 1		Set 2		Set 3		Set 4	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps
Warm-Up	Battle rope 3x30sec 1. Alternating 2. Double hand 3. Hip slam							
A Incline DB Spider Curls		6		6		6		6
		80%		80%		80%		80%
A Incline DB Spider Curls		6		6		6		6
		70%		70%		70%		70%
B Cable push down		6		6		6		6
		80%		80%		80%		80%
B Cable push down		6		6		6		6
		70%		70%		70%		70%
C Seated barbell curl		6		6		6		6
		80%		80%		80%		80%
C Seated barbell curl		6		6		6		6
		70%		70%		70%		70%
D OH DB extension		6		6		6		6
		80%		80%		80%		80%
D OH DB extension		6		6		6		6
		70%		70%		70%		70%
E Cheat curl		6 (ea.)		6 (ea.)		6 (ea.)		6 (ea.)
		80%		80%		80%		80%
E Cheat curl		6 (ea.)		6 (ea.)		6 (ea.)		6 (ea.)
		70%		70%		70%		70%
GHD crunch		10		10		10		
Cooldown	Kneeling forearm stretch Standing barbell tricep stretch Shoulder ext bicep stretch							

SATURDAY - OCT. 9, 2021

Workout	Set 1		Set 2		Set 3		Set 4	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps
LISS cardio 1 set								
		Int: 60%						
	30minutes Lower intensity steady state cardio, any form, just keep moving							