



TEST ACCOUNT

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 1 set | | | | | | | | |
| | | Int: 60% | | | | | | |
| | 30minutes Lower intensity steady state cardio, any form, just keep moving | | | | | | | |