



Weeks 1 – 2 – 3

**use appropriate weights for all sets – do not count warm-up sets*

WO# 1 *warm-up and stretching to be done before all workouts (see warm-up list)

1. Hang Clean (form-mod. wt.) (2:00) (form)	6	6	6
2. Squats (2:00-3:00) (week 3- do*4 th set) (form)	10-12	10-12	10-12 * (7-8)
3. Standing Pro Press (2:00)	10-12	10-12	10-12
4. Db Alt Leg Lunge (2:00) (week 3- do *3 rd set)	24 total	24 total	(*24 total)
SS 5. Shoulder Fly	10-12	10-12	10-12
Db Shrugs (1:30)	15	15	15
6. Any Triceps (choose exer./sets/reps)			
7. Core Circuit 6*	10	10	reverse order for 2 nd set
*90 degree crunch – foot taps – reverse crunch – ab push press – bicycles – oblique bridge			

WO# 2

1. Bench Press (2:00-2:30) (week 3- do 4 th set)	10-12	10-12	10-12 (7-8)
2. Pull-down (2:00-2:30) (week 3-do 4 th set)	10-12	10-12	10-12 (7-8)
3. Incline Db Press (2:00)	8-9	8-9	6-7
4. Body Weight Dips (week 3-do 3 rd set)	max	max	(max)
or Assisted Dip Machine(if needed)	10	10	(10)
5. Seated Row (2:00)	10-12	10-12	10-12
6. Any Biceps (choose exer./sets/reps)			
SS 7. Back Extensions	15	15	
Mb/Plate/or Pole Trunk Twist	24 total	24 total	

WO# 3

1. High Pull (week#1 – from hang position)	6	6	6
High Pull (week#2 – from floor)	6	6	6
Power Clean (week#3) (form)	5	5	5
2. Power Step-ups (2:00)	12 each leg	12 each leg	12 each leg
3. S-L-D-L (1:00) (week 3- do *3 rd set)	12	12	(*12)
SS 4. Curl to Press (roll to end of fingers)	10-12	10-12	10-12
Rear Delt (1:30)	10-12	10-12	10-12
5. Db Drop Squats (15-25 lb. Dbs.) (1:00)	15	15	
6. Bicycles	100 total – max sets		

WO# 4

1. Db Bench (1:30)	8-10	8-10	6-8
2. Pull-ups (2:00)	max	50% of max	
or Assisted Pull-ups	8-10	8-10	8-10
3. 1-leg Push-ups (1 leg is 6" off ground)	right leg -max	left leg - max	
4. 1-arm Bentover Row (continuous)	10-12	10-12	10-12
5. Wrist Rolls or Wrist Curls (roll to ends of fingers)	WR – do cycle		
	WC – 10-12	10-12	10-12
SS 6. V-ups	20	20	
Prone Alt. Arm/Leg Raise	30 total	30 total	