

Week 4 – 5

**change weights as needed for all sets – at, or about at failure on last rep for all sets*

WO# 1

SS	1. Bench Press	8	6	6	4
	Pull-down (1:00 – start next set of bench)	8	6	6	4
SS	2. Incline Db Press	6	6	6	
	Seated Row (1:00 –start next set of Inc.)	6	6	6	
	3. Mb/Plate/ or Pole Trunk Twist	30 total			
SS	4. Plyo Push-up (explode hands off ground)	max		max	
	Pull-ups	max		max	
	Or Assisted Pull-ups pin#	8	8		
	5. Mb or Plate High/Low	12 each side		12 each side	

WO# 2

	1. Hang Clean to Split Jerk (2:00-3:00)	6	6	6	
	*alternate lead foot on each rep – 6 total overhead lifts				
	2. Squats (3:00-4:00)	8	6	6	6
	3. 1-leg Db or Bb S-L-D-L (continuous)	10 each leg		10 each leg	
	4. Db Squat Jumps (reset after each jump)(1:30)	8	8	8	
	5. Standing Pro Press (2:00)	8	8	6	6
	6. Bicycles	50 total			
	7. Front Plate Raise to Triceps Extension (1:00)	10-12	10-12	10-12	
	8. Wrist Rolls or Wrist Curls	WC - 10	10	10	
	*roll up/down until failure	WR – max cycles		max cycles	max
	cycles				
	9. Glute/Ham (1:30)	12	12		

WO# 3

	1. Close-grip Bench (2:00-3:00)	8	6	4	
	2. 1-arm Bent-over Row (2:00) (hand on knee)	8	8	8	
SS	3. Push-ups (5 sec. down/5 sec. up)	5	5		
	Clap Push-ups	max		max	
	4. Weighted Pull-ups (10-25 lbs.) (2:00-3:00)	max		max	
	5. Pull-ups (2:00)	max		max	
	or Assisted Pull-ups pin#	6	6	6	6
Tri Set	6. Weighted V-ups	20	20		
	L-Crunch	10	10		
	Mb/Plate/or Pole Trunk Twist	20 total		20 total	

WO# 4

	1. Power Clean (3:00-4:00)	4	4	3	3
	2. Front Squat (3:00)	6-7	6-7	4-5	4-5
	3. Barbell Military Press (2:30-3:00)	6-7	6-7	6-7	6-7
	4. Box or Barrier Jumps (1:30)	6-8	6-8	6-8	6-8
	*both types of jumps can be done in a continuous manner – set at between 18-42 inches				
	5. Standing Back Extension/Twist (35-45 plate)	24 total		24 total	