

Day 1

Warm up

**Hang Clean/
Box Jumps**
(5x5)/(5x10)

Squats
(5x5)

Bench
(5x5)

Ham Glut Raises
(3x10)

Lat Pull Down
(3x10)

Seated Shoulder Press
(3x10)

Curls/Triceps Ext.
(3x10)

Upright Row
(3x10)

4 way neck
(3x10)

DB Superman
(3x10)

Day 2

Warm up

DB Bench w/twist
(3x10)

DB Incline
(3x10)

Leg Extension
(3x10)

Leg Curl
(3x10)

Back Extension
(3x10)

3 way lunges
(3x10)

Hammer Row
(3x10)

Stover Sets (no rest)
(3x10)

Bent over Rows
Push Press
Cleans
Curls

Core:
Wood Chops
(3x10)
300 Abs

Day 3

Circuit or Plate

Press
Upright Row
Bench
Overhead Tricep Ext
Bent over Rows
Curls
Squats
Around the world
15, 14, 13, 12,.....1

Day 4

Warm up

**Hang Clean/Box
Jumps**
(4x6)**Front Squats**
(10, 8, 8, 6, 4)**Bench**
(10, 8, 8, 6, 4)**Deadlift**
(5x5)**RDL**
(3x10)**Towel pull ups**
(3x10)**Hammer Row**
(3x10)**DB Front Raises**
DB Lat Raises
DB Press (superset)
(3x10)Core:
DB T Pushups (2x20)
Turkish Get ups (3x10)
each arm**Day 5**

Warm up

DB Bench w/twist
(3x10)**DB Incline**
(3x10)**Leg Extension**
(3x10)**Leg Curl**
(3x10)**Ham Glut Raises**
(3x10)**3 way lunges**
(3x10)**DB Curl/Squat/Press**
(3x10)**Hammer Row**
(3x10)**Stover Sets**
(3x10)
Bent over Rows
Push Press
Cleans
CurlsCore:
Wood Chops
(3x10)
300 Abs**Day 6**

Warm up

Circuit or Plate
Press
Upright Row
Bench
Overhead Tricep Ext
Bent over Rows
Curls
Squats
Around the world
15, 14, 13, 12,.....1

Day 7

Warm up

**Hang Clean/Box
Jumps**
(4x6)**Squats**
(10, 8, 8, 6, failure)**Incline Bench**
(10, 8, 8, 6, 4)**Ham Glut Raises**
(3x10)**Low Row w/towel**
(3x10)**Lat Pull Down**
(3x10)**DB Shoulder Press**
DB Lat Raises
DB Front Raises
Superset (3x10)**DB Curls/Triceps Ext.**
(3x10)**Back Extension**
(3x10)**4 way Neck**
(3x10)Core:
DB T Pushups (2x20)
300 Abs**Day 8**

Warm up

DB Bench w/twist
(3x10)**DB Incline**
(3x10)**Leg Extension**
(3x10)**Leg Curl**
(3x10)**Ham Glut Raises**
(3x10)**3 way lunges**
(3x10)**DB Curl/Squat/Press**
(3x10)**Hammer Row**
(3x10)**Towel Pull-ups**
(3 sets)**Stover Sets**
(3x10)
Bent over Rows
Push Press
Cleans
CurlsCore:
Wood Chops
(3x10)
300 Abs**Day 9**

Warm up

**Hang Clean/Box
Jumps**
(4x6)**Front Squats**
(10, 8, 8, 6, failure)**Bench**
(10, 8, 8, 6, 4)**Ham Glut Raises**
(3x10)**Low Row w/towel**
(3x10)**Reverse Grip Pull
Down**
(3x10)**Back Extension**
(3x10)**Curls/Triceps Ext.**
(3x10)**4 way Neck**
(3x10)Core:
DB MB Superman
(3x10)
300 Abs

Day 10

Warm up

Close Grip Bench

(3x10)

Incline Bench

(3x10)

Leg Extension

(3x10)

Leg Curl

(3x10)

Ham Glut Raises

(3x10)

3 way lunges

(3x10)

Leg Press

(3x10)

Hammer Row

(3x10)

Towel Pull-ups

(3 sets)

Stover Sets

(3x10)

Bent over Rows

Push Press

Cleans

Curls

Core:

Wood Chops

(3x10)

300 Abs

Day 11

Warm up

Circuit or Plate

Press

Upright Row

Bench

Overhead Tricep Ext

Bent over Rows

Curls

Squats

Around the world

15, 14, 13, 12,.....1

Day 12

Warm up

Hang Clean/**Box Jumps**

(5x5)/(5x10)

Squats

(5x5)

Bench

(5x5)

Ham Glut Raises

(3x10)

Lat Pull

(3x10)

Seated Shoulder Press

(3x10)

Curls/Triceps Ext.

(3x10)

4 way Neck

(3x10)

Core:

300 Abs

Day 13

Warm up

DB Bench

(3x10)

DB Incline

(3x10)

Leg Extension

(3x10)

Leg Curl

(3x10)

Ham Glut Raises

(3x10)

3 way lunges

(3x10)

Leg Press

(3x10)

Hammer Row

(3x10)

Towel Pull-ups

(3 sets)

Stover Sets

(3x10)

Bent over Rows

Push Press

Cleans

Curls

Core:

Wood Chops

(3x10)

300 Abs

Day 14

Warm up

Hang Clean/**Box Jumps**

(5x5)/(5x10)

Squats

(5x5)

Bench

(5x5)

Ham Glut Raises

(3x10)

Lat Pull

(3x10)

Seated Shoulder Press

(3x10)

Curls/Triceps Ext.

(3x10)

Core:

300 Abs

Day 15

Warm up

DB Bench

(3x10)

DB Incline

(3x10)

Leg Extension

(3x10)

Leg Curl

(3x10)

RDL

(3x10)

3 way lunges

(3x10)

Leg Press

(3x10)

Hammer Row

(3x10)

Towel Pull-ups

(3 sets)

Stover Sets

(3x10)

Bent over Rows

Push Press

Cleans

Curls

Core:

Wood Chops

(3x10)

300 Abs

Day 16

Warm up

**Hang Clean/Box
Jumps**
(4x6)**Front Squats**
(10, 8, 8, 6, failure)**Bench**
(10, 8, 8, 6, 4)**Ham Glut Raises**
(3x10)**Low Row w/towel**
(3x10)**Reverse Grip Pull
Down**
(3x10)**Back Extension**
(3x10)**Curls/Triceps Ext.**
(3x10)**4 way Neck**
(3x10)Core:
DB MB Superman
(3x10)
300 Abs**Day 17**

Warm up

DB Bench
(3x10)**DB Incline**
(3x10)**Leg Extension**
(3x10)**Leg Curl**
(3x10)**RDL**
(3x10)**3 way lunges**
(3x10)**Leg Press**
(3x10)**Hammer Row**
(3x10)**Towel Pull-ups**
(3 sets)**Stover Sets**
(3x10)
Bent over Rows
Push Press
Cleans
CurlsCore:
Wood Chops
(3x10)
300 Abs**Day 18**

Warm up

Circuit or Plate
Press
Upright Row
Bench
Overhead Tricep Ext
Bent over Rows
Curls
Squats
Around the world
15, 14, 13, 12,.....1