

Day 1	Day 2	Day 3	Day 4
Warm up- Agilities	Warm up- Agilities	Warm up- Agilities	Warm up- Agilities
Hang Clean/Box Jumps (10, 8, 8, 6)	Bench (10, 8, 8, 6, failure)	Hang Clean/Box Jumps (4x6)	Incline Bench (10, 8, 8, 6, failure)
Squats (10, 8, 8, 6, failure)	Lat Pull down (3x10)	Front Squats (10, 8, 8, 6, failure)	Lat Pull down (3x10)
Hang Clean to Press (8, 8, 6)	Incline Bench (3x10)	DB Lunge Squat (3x10)	DB Bench (10, 8, 8, 6) Twist at top
Curls Tricep Ext. (superset 3x10)	DB Row (3x10; each arm)	Deadlift (4x6)	Bent over bar row (3x10)
Walking Lunges (3x10)	DB Ft Raises Lateral Raises Plate Raises (superset 3x10)	Bar Lunges (3x15)	Low Row (3x10)
DB Curl/Squat/ Press (3x10)	Seated Shoulder Press (3x10)	Leg Ext. Leg Curl Back Ext. (superset 3x10)	DB Curl to Press (3x10)
RDL (3x10)	Upright Row (3x10)	Core: Wood Chops (3x10)	Upright Row (3x10)
Core: 300 Abs	Towel Pull ups (3xfailure)	300 Abs	Core: DB Pushups (2x20) Pull up pyramid Up to 6 and back down
	Team Push ups Push up Pyramid Up to 8 and back down		
	300 Abs		

Day 5	Day 6	Day 7	Day 8
Warm up- Agilities	Warm up- Agilities	Warm up- Agilities	Warm up- Agilities
Hang Clean/Box Jumps (10, 8, 8, 6)	Close Grip Bench (10, 8, 8, 6, failure)	Hang Clean/Box Jumps (4x6)	Incline Bench (10, 8, 8, 6, failure)
Squats (10, 8, 8, 6, 4)	Lat Pull down (3x10)	Front Squats (10, 8, 8, 6, failure)	Lat Pull down (3x10)
Deadlift (4x6)	DB Incline (3x10)	DB Lunge Squat (3x10)	DB Bench (10, 8, 8, 6) Twist at top
DB Step Ups (3x10)	Hammer Row (3x10)	Walking Lunges (3x15)	Bent over bar row (3x10)
Walking Lunges (3x10)	DB Ft Raises Lateral Raises Plate Raises (superset 3x10)	Leg Press (3x10)	Shoulder Press (3x10)
DB Curl/Squat/ Press (3x10)	SB Curls/Tricep Ext. (3x10)	Leg Ext. Leg Curl Back Ext. (superset 3x10)	Hammer Row (3x10)
RDL (3x10)	Towel Pull ups (3xfailure)		DB Curl to Press (3x10)
Core: Turkish Get ups (3x10) each arm	Team Push ups Push up Pyramid Up to 8 and back down	Core: Wood Chops (3x10)	Core: DB Pushups T (2x20) Pull up pyramid Up to 6 and back down
200 Abs		300 Abs	

Day 9	Day 10	Day 11	Day 12
Warm up- Agilities	Warm up- Agilities	Warm up- Agilities	Warm up- Agilities
Hang Clean Box Jumps (4x6)	Bench (10, 8, 6, 5, 5, failure)	Hang Clean Box Jumps (4x6)	Incline Bench (10, 8, 8, 6, failure)
Squats (10, 8, 6, 5, 4, failure)	Push Press (4x8)	Front Squats (10, 8, 8, 6, failure)	Bent over Lat Raise (3x10)
DB Weighted Step ups (3x10)	DB Incline (3x10)	DB Split Squat (3x10)	Upright Row (3x10)
Leg Curls Leg Ext. Back Ext. (superset 3x10)	DB Row (3x10; each arm)	3 way lunge (3x8)	DB Bench (10, 8, 8, 6) Twist at top
Bent over row w/ bar (3x10)	DB Curl/Squat/ Press (superset 3x10)	Leg Ext. Leg Curl Back Ext. (superset 3x10)	Shoulder Shrugs (3x10)
4 way neck (3x10)	Upright Row (3x10)	Leg Press (5x5)	SB Curls (3x10)
Deadlift (5x5)	Reverse grip pull down (3x10)	Chops (3x10)	DB Curl to Press (3x10)
Core: 300 MB Abs	Towel Pull ups (3xfailure)	Core: MB DB Superman (3x10)	Core: DB Pushups (2x20) Pull up pyramid Up to 6 and back down
	Dips (3xfailure)	300 Abs	
	Team Push ups Push up Pyramid Up to 8 and back down		

Day 13	Day 14	Day 15	Day 16
Warm up- Agilities	Warm up- Agilities	Warm up- Agilities	Warm up- Agilities
Hang Clean Box Jumps (4x6)	Close Grip Bench (10, 8, 6, 5, 5, failure)	Hang Clean/ Box Jumps (4x6)	Incline Bench (10, 8, 8, 6, failure)
Squats (10, 8, 6, 5, 4, failure)	Push Press (4x8)	Front Squats (10, 8, 8, 6, failure)	Bent over Lat Raise (3x10)
DB Weighted Step ups (3x10)	DB Incline (3x10)	DB Split Squat (3x10)	Upright Row (3x10)
Leg Curls	Hammer Row (3x10)	3 way lunge (3x8)	DB Bench (10, 8, 8, 6) Twist at top
Leg Ext.	DB Curl/Squat/ Press (superset 3x10)	Leg Ext.	Shoulder Shrugs (3x10)
Back Ext. (superset 3x10)	Towel Pull ups (3xfailure)	Leg Curl	SB Curls (3x10)
Deadlift (5x5)	Dips (3xfailure)	Back Ext. (superset 3x10)	DB Curl to Press (3x10)
Glut Ham Raises (3x10)	Reverse Grip Pull downs (3x10)	RDL (3x10)	Overhead Tricep (3x10)
RDL (3x10) Core: 300 MB Abs	Team Push ups Push up Pyramid Up to 8 and back down	Core: MB DB Superman (3x10) 300 Abs	Core: DB Pushups (2x20) Pull up pyramid Up to 6 and back down