

WEEKS 10 - 12

LOWER BODY

WARM UP SWITCH LUNGE + JUMPS
CNS SLED SPRINTS
1 4 SETS
2 6 SETS
3 8 SETS
MAIN FOCUS: 6 REP UNILATERAL
1 SPLIT SQUAT
2 SPLIT SQUAT + CHAIN
3 BULGARIAN SPLIT SQUAT
REPOUT 2 X 30-60 SEC WALKING
LUNGE
SPECIALS
5X5 POWER SQUAT + SITUP
4X8 DEADLIFT + NORDIC HAMSTRING
2X10 BB GOOD MORNING + SIDE LUNGE

FULL BODY

WARMUP 21-15-9
ROWS
WALL BALL
PLYO JUMP
MAIN FOCUS 10X2
CLEAN
BOX JUMP
KB SWING
SPECIALS 15-10-5
DEADLIFT
BURPEE
CORE 4 MIN
SHUTTLE
LEG RAISE

UPPER BODY

WARM UP VERTICAL PASS + GETUP
CNS PUSH PRESS + DB BENCH
1 4 SETS
2 6 SETS
3 8 SETS
MAIN FOCUS MILITARY PRESS + PALLOF
1 5 REP
2 4 REP
3 3 REP
REPOUT INCLINE BENCH 2 X 12-20
SPECIALS
4X8 SHRUG + FACE PULL
4X6 PULL UP + ROW
2X20 BB BENCH
CORE
HOLLOW HOLDS