

Weight Training (Day One)	Set x Reps
Front Squat Super Set With Push Press	3 x 8 For Both
Incline cable hammer curl Super Set With Standing alternating hammer curls	3 x 10 For Both
Dumbbell Flat Chest Press Super Set With Seated Row	3 x 10 For Both
Core Strength (Do along with day one) (this is more so a circuit so try not to take that much rest)	
Trunk Rotation Super Set With High Cable Hip Rotations	2 x 10 (Tuck Rotation) 2 x 10 (2 x 6 each side)
Power Drop Super Set With Alternating toe touch	2 x 10 For both
Sit-Up toss	2 x 20
Weight Training (Day Two)	
Back Squat	3 x 12 With One Set (4th) 70% of your PR (4RM)
Lat Pull-Down Super Set With Standing Hammer Curls	3 x 10
Behind The Neck Press Super Set With Torso Rotation	4 x 6
Hip Abduction Super Set With Side Lunges	3 x 10 For Both (Each leg for lunges)
Core Strength (Do along with day on Two) (this is more so a circuit so try not to take that much rest)	
Trunk Rotation Super Set With High Cable Hip Rotations	2 x 10 (Tuck Rotation) 2 x 10 (2 x 6 each side)
Power Drop Super Set With Alternating toe touch	2 x 10 For both
Standing Side Throw	2 x 20
Feel Free to switch to this up, you switch these exercises with (Russian Twist, Hip Rolls, Standing Side Throw, Push- Up with hands-on ball	
Weight Training (Day Three)	
Step-Ups Super Set With Side lunges	3 x 10 For Both (Each leg for lunges)
Hang Clean	4 x 6
Landmine Explosive Press Super Set With Landmine Rotations	4 x 8
Hamstring curl Super Set With Front Raises (Dumbbell) (For the front raises go slow on the way down and explode up)	4 x 8 (Hamstring curl) 4 x 12 (Front Raises)
Chest Press on Machine	3 x 10
Core Strength (Do along with day on Two) (this is more so a circuit so try not to take that much rest)	
Trunk Rotation Super Set With High Cable Hip Rotations	2 x 10 (Tuck Rotation) 2 x 10 (2 x 6 each side)
Power Drop Super Set With Alternating toe touch	2 x 10 For both
Standing Side Throw	2 x 20
Feel Free to switch to this up, you switch these exercises with (Russian Twist, Hip Rolls, Standing Side Throw, Push- Up with hands on ball	
	<i>RohitRamFitness</i>
REPEAT PROGRAM IF YOU WANT TO DURING THE WEEK SO A 6 DAY SPILT INSTEAD OF 3 BUT IT IS YOUR CHOICE LISTEN TO YOUR BODY	