

WEEKS 7 - 9

LOWER BODY

CNS 8X4

1 LATERAL JUMP

2 UNILATERAL JUMP

3 UNILATERAL JUMP + BAND

MAIN FOCUS 2-4 REP

1 SUMO DEADLIFT

2 SUMO DEADLIFT + CHAIN

3 SUMO DEADLIFT + BAND

REPOUT 10 SEC ISO PULL

SPECIALS

4X8 BULGARIAN SPLIT SQUAT

3X10 OLYMPIC SQUAT

2X20 STEP UP

CORE 4X20

SITUP

REVERSE HYPER

FULL BODY

CNS 10-1 PYRAMID

1 DEADLIFT

2 BENCH

3 THRUSTER

MAIN FOCUS 10X2-4

1 FULL CLEAN

2 BOX JUMP

3 FRONT SQUAT

REPOUT 2X10 SQUAT CLEAN

SPECIALS 5-7-9 MIN AMRAP

WALKING LUNGE X10

KIPPING PULL UP / RING ROW X5-10

WALL BALL X10

CORE 50X

LEG RAISES

UPPER BODY

CNS 5X2

1 HANGING HIGH PULL

2 HANG CLEAN

3 HANG CLEAN + JERK

MAIN FOCUS

1 ISOMETRIC PULL UP

2 PARTIAL RANGE PULL UP

3 ASSISTED/RESISTED PULL UP

REPOUT PRONE VERTICAL PULL DOWN

SPECIALS

4X8 DB BENCH PRESS

3X10 REV GRIP ROW + LAT RAISE

3X20 TRICEP PUSHDOWN

CORE 4X30 SEC

DYNAMIC PARTNER PLANK