

## WEEKS 4 - 6

(1/28 - 2/15)

### LOWER BODY

CNS 12 - 20 REP

1 KNEE TO FEET TO BOX + CLEAN

2 PRONE TO FEET + POWER CLEAN

3 DEPTH TO BOX + POWER CLEAN

MAIN FOCUS 6 REP

1 POWER SQUAT

2 POWER SQUAT + CHAINS

3 POWER SQUAT + BANDS

REPOUT 20 - 30 REP FRONT POWER

SPECIALS 4X8

RDL

SPLIT SQUAT

CORE 4X20 SEC/REP

HALF PLOW

TOE TOUCHER

### UPPER BODY

CNS 20 - 30 REP

1 GETUP - SPRINT + PUSH PRESS

2 GETUP - PASS + PUSH PRESS

3 VERTICAL PASS + PUSH PRESS

MAIN FOCUS

1 BENCH + BLOCK

2 BENCH + CHAINS

3 BENCH + BANDS

REPOUT 20 -30 REP PUSH UP

SPECIALS 4X15

DIP / TRICEP EXT

ROW + LAT RAISE

CURL + PRESS

CORE 4X20 SEC/REP

PALLOFF PRESS

RUSSIAN TWIST

### FULL BODY

WARMUP 12 MIN REP LADDER

LEG RAISE

BURPEE

CNS OLYMPIC WORK

1 PULLS + FRONT SQUAT

2 SHRUGS + FRONT SQUAT

3 HANG CLEAN

MAIN FOCUS 10X2

1 SPEED SQUAT + CHAINS

2 SPEED SQUAT + BANDS

3 SPEED SQUAT

SPECIALS

FARMER WALK

THRUSTER

PULLUP

CORE 5 MIN

PLANK