

THE WOLFPAC TRAINING

1	2	3	4	5
4 rounds 3 min on/2min off 9 Lunges 6 KB SDHP 3 Plank Burpees	4 rounds no measure 20 Goblet Squats 15 Tuck Jumps 30 Sit-ups	10 rounds 1 every 2 minutes 10 Burpees 10 SA DB Push Press switch arms each round slowest round is your score	4 rounds no measure 10 DB Row Per Side 10 Upright Row 10 DB Cleans 10 Hollow Rocks	14 min AMRAP 100m Run 10 KB DL 10 Step-ups 10 DB Snatch

6	7	8	9	10
5 min AMRAP 10 DB Plank Rows 20 Jump Rope rest 2 minutes 5 min AMRAP 10 DB Snatch 10 Goblet Squats rest 2 minutes 5 min AMRAP 5 Plank Burpees 10 DB Snatch	4 rounds no measure 15 DB Bench Press 15 Toes TKB 15 Push-ups	4 rounds 3 min on/2 min off 10 Box Jumps 10 KB SDHP 10 V-ups	4 rounds no measure 10 Goblet Lunges per side 15 Jump Squats 20 Sit-ups 10 DB Strict Press	800m Run 50 KBS 800m Run

11	12	13	14	15
8 rounds 1 every 2 minutes slowest round is your score 8 Plank Burpees 16 Goblet Squats	no measure 4 rounds 8 DB Row per side 12 Dual DB DL 16 Glute Bridges	4 min on/1 min off 4 rounds 200m run 20 Jumping lunges 20 Push-ups	10 Burpees 20 DB Thrusters 30 KBS 40 Sit-ups 30 KBS 20 DB Thrusters 10 Burpees	4 rounds no measure 12 Kb bent over row 12 Box Dips 12 Goblet Step-ups 60 sec elbow plank

16	17	18	19	20
no measure 4 rounds 10 Push-ups 12 DB Bent Over Row per side 15 Dual Dumbbell High Pull 20 Goblet Good Morning	18 min AMRAP 50m Farmers Carry 20 Goblet Lunges 20 Air Squats	no measure 4 rounds 10 DB Floor Press 10 Dumbbell Push-ups 20 Hollow Rocks 10 DB Kickbacks per side	4 rounds 3 min on/2 min off 5 Single Arm Strict Press 5 KBS 20 Jump Rope	15 min AMRAP 200m Run 15 DB thrusters 10 Plank Burpees 5 Burpees

21	22	23	24	25
3 rounds 4 min on/1min off 9 Push-ups 15 SA DB Push Press 21 Jumping Jacks	no measure 4 rounds 8 Goblet Split Squats per side 10 Goblet Lunges 20 Hollow Rocks 20 Glute Bridges	4 sets 1 every 5 min 10 DB DL 400m Run slowest time is your score	18 min AMRAP 10 Push-ups 10 Devil's Press 10 Air Squats	no measure 10 SDHP 100m Farmers Carry 10 DB Row Per Side 15 Weighted Sit-ups 4 rounds

26	27	28	29	30
6 min AMRAP 10 DB Plank Rows 10 DB Snatch rest 3 min 6 min AMRAP 15 Step-ups 10 DB Snatch	16 min EMOM odd 45 sec KBS even 20 sec left side and 20 sec right side plank	no measure 10 Devils Press 12 SA DB Row per side 15 TTKB 20 KBS	4 rounds 3 min on/2 min off 50 Plank Burpees buy in then 5 Push-ups 10 KB SDHP 20 Lunges	10 min AMRAP 10 Goblet Squats 20 Lateral Hops rest 3 min 800m Run