

**MONDAY - LEGS 1.2**

Exercise	Sets	Reps	Notes
A. Power - Jumps/throws	3-5 mins	Choose an explosive movement after your warm up like box jumps or med ball throws	
B. Barbell Back Squat	5	5	
C. Barbell Back Squat	1	12	
D1. RDL's	3	8 to 10	
D2. Split Squats	3	10	
E1. Step ups	3	8 to 10	Per leg
E2. Hip Thrusts	3	12	
F1. Calf Raises	3	20	Weighted
F2. Abs of your choice	3	20	

**Tuesday - PUSH 1.2**

Exercise	Sets	Reps	Notes
A. Barbell Bench Press	5	5	5 heavy, working sets
B. Barbell Bench Press	1	Max	Approx 50% of heaviest A wt
C1. Seated DB Shoulder Press	3	8 to 10	
C2. Weighted Bench Dips	3	12	
D1. Push ups	3	10	
D2. Shoulder Fly	3	10	
E1. Triceps of your choice	3	12	
E2. Abs of your choice	3	20	

**Wednesday - Intervals 1.2**

Exercise	Notes
Choose a cardio exercise you enjoy - 90 seconds HARD, 60 seconds rest x 10	After a good warm up, complete the intervals as prescribed. Don't overthink it. Go hard and then you're done. The warm up is important. You shouldn't feel the need to add extra stuff on this day.

**THURSDAY - Pull 1.2**

Exercise	Sets	Reps	Notes
A. Chin/Pull ups	5	4+	Use assistance if required
B. Ring/TRX rows	1	20	
C1. Barbell Rows	3	6 to 8	
C2. Face Pulls	3	15	
D1. Seated Rows	3	6 to 8	
D2. Bent over reverse fly's	3	10	Light DB's
E1. High Pulls	3	12	
E2. Biceps curls	3	20	

**Friday - Circuit**

Exercise	Notes
3 rounds:	Complete as many reps as possible at each 1 minute station. Move quickly to the next station with no rest time in between station. There is a 1 minute rest between rounds.
Wall balls - 1 min	
Shuttle runs - 1 min	
Alternating DB Snatch - 1 min	
Cals on Fan bike - 1 min	
Kettlebell swing - 1 min	
Rest - 1 min	