

|                 |  |              |           |        |            |            |
|-----------------|--|--------------|-----------|--------|------------|------------|
| X-Country       |  |              |           |        |            |            |
| NAME:           |  |              | Wt.       |        | Bench 1 RM | Squat 1 RM |
|                 | W1/4@10 75%, W2/4@8 80%, W3/4@6 85%, W4/4@4 90%              |              |           |        |            |            |
|                 | w5 10/8/6/4/4, W6 8/6/6/3/3, W7 6/6/8/10/12, W8 12/10/8/6/6/ |              |           |        |            |            |
| <b>Tuesday</b>  |  |              |           |        |            |            |
| Super Set       | Squat  |              |           |        |            |            |
|                 | Box or Tuck Jumps  |              |           |        |            |            |
| Super Set       | K-Bell Swings D/S/S  |              |           |        |            |            |
|                 | D-Bell Ham Curls   |              |           |        |            |            |
|                 | Hallway Lunges   | Bar          | P-Ball    | K-Bell | Body Wt.   |            |
|                 | Lat Ankle Bands 12/12 *(3)                                   |              |           |        |            |            |
| Super Set       | Good Mornings  |              |           |        |            |            |
|                 | One Arm Snatch   |              |           |        |            |            |
|                 | Pull Ups (Band Assisted)                                     |              |           |        |            |            |
| Core            | TRX ABS (3-sets)   | Knee Tuck    | A-T-World | Pike   |            |            |
| <b>Thursday</b> |  |              |           |        |            |            |
|                 | <i>Power/Hang Cleans</i>                                     |              |           |        |            |            |
|                 | <i>4 @ 6-8 Reps.</i>   |              |           |        |            |            |
| Superset        | Push Press   |              |           |        |            |            |
|                 | Frontal/Lat Raise  |              |           |        |            |            |
| Superset        | Bench Press  |              |           |        |            |            |
|                 | Seated Rows  |              |           |        |            |            |
| Superset        | Skull Crushers/CG-Bench                                      |              |           |        |            |            |
|                 | D-T-line Upright rows  | 30/10        | 25/12     | 20/15  |            |            |
|                 |  | <b>25/10</b> | 20/12     | 15/15  |            |            |
| Superset        | Band Assisted Chin-Ups                                       |              |           |        |            |            |
|                 | Overhead Tricep Ext.   |              |           |        |            |            |
| Core            | Ball Slams   |              |           |        |            |            |
|                 | Hanging Knee Tucks   |              |           |        |            |            |
| 3 by 30         | Walk up forearm/p-up   |              |           |        |            |            |
| Seconds         | planks   |              |           |        |            |            |
|                 |  |              |           |        |            |            |
|                 |  |              |           |        |            |            |