

PUSH DAY

Med/light weight 3x12-15 reps

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Warm Up - PVC / Leg Stretches
(From previous videos)

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DB Flat Bench

Plate Press

DB lat raises

DB front raises

Skull crushers

Tricep Kick backs

Close push ups

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CORE

KB Halo 3x10 each direction

KB Over head March 3x10 each side

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30 MIN WALK

ACTIVE REST DAY

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10-15 min walk or light jog

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MOBILITY & STRETCHING

(do this as a circuit)

Circuit 1

Seated leg lifts 3x10-12 each leg

Banded marches 3x12 each leg

Frog Rocks 3x15

** WALL BALLS 3x15 **

Circuit 2

Step downs 3x10-12 each side

Tibialis raises 3x20

** Med weight Farmers Carry 30yds each arm **

LEG - QUAD FOCUSED

Med/light weight 3x12-15 reps

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Warm Up - PVC / Leg Stretches
(From previous videos)

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Sissy Squats BW 3x failure
BW Low elevated split squat
(3x12-15 each leg)
Narrow to wide squat 3x failure
DB/Heal elevated goblet squats

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CORE

KB Zombie sit ups 3x10
KB around the world
3x10 each direction

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30 MIN WALK

ACTIVE REST DAY

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10-15 min walk or light jog

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MOBILITY & STRETCHING

(do this as a circuit)

Circuit 1

90/90s 4x15 each side

Kneeling leg lifts 4x15 each side

** MOUNTAIN CLIMBERS ** 4x20

Circuit 2

Banded TKE 4x10

Banded side steps 4x10 each side

Tibialis raises 4x20

** Med weight Farmers Carry 30yds each arm **

PULL DAY

Med/light weight 3x12-15 reps

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Warm Up - PVC / Leg Stretches
(From previous videos)

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Single arm bent over rows
(3x12-15 each arm)
Face pulls
Twisted curls
(Reg up-Rev down)
Preacher curls

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CORE
KB overhead march 3x10 each side
DB wood choppers 3x10 each side

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30 MIN WALK

ACTIVE REST DAY

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10-15 min walk or light jog

MOBILITY & STRETCHING

(do this as a circuit)

Circuit 1 (4x10-12 each side)

Leg lift over KB

Cossack squats

(Side to side)

Shin hip extensions

(90s then sit up)

** WALL BALLS 4x15 **

Circuit 2

Step downs 3x10-12 each side

Banded squats 3x15

Tibialis raises 3x20

** Med weight Farmers Carry 30yds each arm **

LEGS - GLUTE FOCUSED

Med/light weight 3x12-15 reps

Warm Up - PVC / Leg Stretches
(From previous videos)

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Heal raised DB RDLS

KAS glute bridges

Light DB/BW step ups 3x12-15 each leg

Cable kick backs 3x12-15 each Leg

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CORE

KB Zombie sit ups 3xfailure

KB halo 3x10 each direction

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30 MIN WALK