	Group B	В		Ontelle				WEEK 7	
	·								
Workout 1								Notes for Workout 1	
Primary Exercises		1			-			Notes for Workout 1	
1 MB OH Throw	Sets %	11	2	3	4	5	6	Form	
· MID OIT THIOW	Reps	8	8	8	8			1	
	Weight	-							
2 Bench Press	%							*Add weight to each set	
	Reps	6	6	6	6	6			
	Weight								
<sup>3</sup> Pulls	%	_	_					*Add weight to each set	
Lat - Hammer - DB	Reps Weight	6	6	6	6	6		+	
Assistance Exercises	Weight	Sots	y Rons	Time	<u>R/I</u>				
1 Plate Pulls	vveigitt	Sets x Reps 3 rounds - 20 vds & Bck		IIIIIE	101				
2 Arnold Press		3 x 12							
3 Tri Extensions		3 x 15							
4 SB 4 Direction Lifts		3 x 20							
5 "X" OH Band Pulls		3 x 15						1	
Workout 2								Notes for Workout 2	
Primary Exercises	Sets	1	2	3	4	5	6		
1 1 Arm DB Clean	%								
	Reps	5	5	5	5			Progressions	
	Weight								
<sup>2</sup> Squat	%						-		
	Reps Weight	6	6	6	6	6	-	11	
3 Cross Over	weight %							<del>-</del>	
3 Cross Over Step Up	Reps	8	8	8				DB - Knee Over Toe	
Step op	Weight	0	0	0				DB TAILEE OVER 166	
Assistance Exercises	Weight	Sets	x Reps	Time	R/I			<u> </u>	
1 Good Morning		3 x 8							
2 Band Pull Ups		3 x 12						<b> </b>	
3 T-Bar/Bar Row		3 x 6							
Back Hyper     Roll Outs - 3 wav		3 x 15 3 x 10						each way do 10	
			X 10						
Workout 3								Notes for Workout 3	
Primary Exercises	Sets	1	2	3	4	5	6		
1 Incline	%							<u> </u>	
	Reps	6	6	6	6			11	
2 1 Arm DB Chest Press	Weight %								
1 Arm DB Chest Press	Reps	6	6	6	6	6		++	
	Weight	0	0	0	- 0	0		††	
3 DB Clean to Press	%							1	
		5	5	5	5				
	Weight								
Assistance Exercises	Weight		x Reps	<u>Time</u>	<u>R/I</u>			1	
Shoulder Wall Slide 2 I's - Y's - T's - W's		3 x 15 3 x 10 each						If they can - hold weight/DB	
Rope		3 x 30 sec w/movement							
4 Mt Climbers to Plank Ro	ockers	kers 3 x 30 sec to 20						DO THREE AS A COMPLEX	
5 Hollow Rockers		3	x 25						
Workout 4								Notes for Workout 4	
Primary Exercises	Sets	1	2	3	4	5	6		
1 Wall Sits w/ Plate Press		•	-		-		ا ا	H	
Reverse Lunge	Reps	1m/10	1m/10	1m/10			1	Hold & Press for 1 min	
.to.o.oo Eurigo	Weight	10	#10	10				10 each reverse lunge	
<sup>2</sup> Bulgarian Squat	%								
	Reps	6	6	6	6	6		each leg	
	Weight								
3 SB Trifectta	%							<b>H</b>	
try Single Leg	Reps	8	8	8			-	11	
Assistance Exercises	Weight Weight	Sata	x Reps	Time	R/I				
1 Band Ankle Pulls	vveigni		х кер <u>s</u> 0 each	<u> inne</u>	<u>r\/I</u>				
2 w/Band Ankle Push		3 x 10 each							
3 Heavy Bar Row - Hamm	er Pull	Pull 3 x 8 each							
4 Partner MB Side Toss			ach side					1	
5 Side Plank Complex		4 x 15 e	each side					Bridge-Leg Lift-Taps-Cherry Pick	