


Group B								WEEK 7
Workout 1								Notes for Workout 1
Primary Exercises		Sets	1	2	3	4	5	6
1	MB OH Throw	%						
		Reps	8	8	8	8		
		Weight						
2	Bench Press	%						
		Reps	6	6	6	6	6	
		Weight						
3	Pulls	%						
	Lat - Hammer - DB	Reps	6	6	6	6	6	
		Weight						
Assistance Exercises		Weight	Sets x Reps		Time	R/I		
1	Plate Pulls		3 rounds - 20 vds & Bck					
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					
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		
		Weight						
2	Squat	%						
		Reps	6	6	6	6	6	
		Weight						
3	Cross Over Step Up	%						
		Reps	8	8	8			
		Weight						
Assistance Exercises		Weight	Sets x Reps		Time	R/I		
1	Good Morning		3 x 8					
2	Band Pull Ups		3 x 12					
3	T-Bar/Bar Row		3 x 6					
4	Back Hvoer		3 x 15					
5	Roll Outs - 3 way		3 x 10					each way do 10
Workout 3								Notes for Workout 3
Primary Exercises		Sets	1	2	3	4	5	6
1	Incline	%						
		Reps	6	6	6	6		
		Weight						
2	1 Arm DB Chest Press	%						
		Reps	6	6	6	6	6	
		Weight						
3	DB Clean to Press	%						
		Reps	5	5	5	5		
		Weight						
Assistance Exercises		Weight	Sets x Reps		Time	R/I		
1	Shoulder Wall Slide		3 x 15					If they can - hold weight/DB
2	I's - Y's - T's - W's		3 x 10 each					
3	Rope		3 x 30 sec w/movement					
4	Mt Climbers to Plank Rockers		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	%						
	Reverse Lunge	Reps	1m/10	1m/10	1m/10			
		Weight						
2	Bulgarian Squat	%						
		Reps	6	6	6	6	6	
		Weight						
3	SB Trifecta	%						
	try Single Leg	Reps	8	8	8			
		Weight						
Assistance Exercises		Weight	Sets x Reps		Time	R/I		
1	Band Ankle Pulls		3 x 10 each					
2	w/Band Ankle Push		3 x 10 each					
3	Heavv Bar Row - Hammer Pull		3 x 8 each					
4	Partner MB Side Toss		3 x 20 each side					
5	Side Plank Complex		4 x 15 each side					Bridge-Leg Lift-Taps-Cherry Pick