**WORKOUTS 5/4-5/15**

**MONDAY**

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| --- | --- | --- | --- | --- |
| ***LIFT*** | ***WARM-UP*** | ***SETS X REPS*** | ***PERCENT/WT*** | ***NOTES*** |
| **BACK SQUAT** | BAR X 5  50 X 5  60 x 3 | 5 X 3 | 70% | **First rep is done with a 3 second negative and 3 second hold at the bottom.** |
| **Weighted Step Ups** | Bar x 5 | 5X 5  **(5 on each leg)** | Stay light. | Foot flat on box. Lock out on top. |
| **Barbell Push Press** | -Y,T,A 5 times  -1 light set of push press | 4X8 | LIGHT | Slight dip and lockout at the top. Don’t rebound. Reset after each rep. |
| **SINGLE LEG RDL** |  | 4x5 (each leg) | 20 lb DB’s  Or no weight | Hip hinge and bring back leg up. Turn foot of back leg slightly in to stop hip from opening. |
| **CHIN UPS** |  | 4X 5 with a 5 second negative |  | Full extension. Slow and controlled |
| **FOREARM PLANKS** |  | 4 X 1 MINUTE |  |  |

**TUESDAY**

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| ***LIFT*** | ***WARM-UP*** | ***SETS X REPS*** | ***PERCENT/WT*** | ***NOTES*** |
| **BENCH PRESS** | BAR X 5  50 X 5  60 X 3 | 5 X 3 | 70% | First rep is done with a 3 second negative and 3 second isometric hold at bottom. |
| **HANG HIGH PULLS** | Bar x 5  50% x 5  60% x 5 | 5X 5 | 75% | Not a clean. Don’t catch.  Fast and explosive. Reach triple extension. Reset after each rep. |
| **WEIGHTED LUNGES** | Bar x 5 | 5x5 (each leg)  **\*3 seconds down for each** | Medium  95/115/135 | Barbell on back. Can use DB’s. Slight forward lean. Don’t step. Start in the split position. |
| **DB SNATCH** |  | 4x5  5 each arm | Light  25/30/35 lb. | Keep the DB close to your body. Reach triple extension. Punch up and sit. |
| **SUPERMANS** |  | 4X 5  **\*3 second hold** | N/A | Arm’s and legs straight. Top of chest and bottom of quads off the ground. |
| **V Ups** |  | 4 X 10 |  | Legs and arms straight. Touch above head. |

**WEDNESDAY**

Make up any lifts if you missed them on Monday or Tuesday. Treat this as an active recovery day. Get your stretching and yoga in. This is also a good day to do some position work drills.

**THURSDAY**

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| ***LIFT*** | ***WARM-UP*** | ***SETS X REPS*** | ***PERCENT/WT*** | ***NOTES*** |
| **Front Squat** | BAR X 5  30 X 5  40X 5 | 5 X 3 | 60% of back squat max | First rep with a 3 second negative and a 3 second isometric hold at the bottom. |
| **Hang Power Clean** | Bar x 5  50% x 5  60% x 3 | 5X 3 | 70% of clean max. | Reset every time. Don’t starfish! Feet should not get wider than squat stance. |
| **Push Press** | Bar x 5 | 5x5 | Medium  95/115/135/155 | Reset every time. |
| **Cossack Squat** |  | 4x10  5 Rt/ 5 Lt | Medium  Hold a KB or DB  25/35/45/55 lbs | Hold weight like you would for a goblet squat. Keep back foot flat. Stand all the way up in between. |
| **CHIN UPS** |  | 4X Failure | N/A | Full extension. Use a band for assistance if needed. |
| **FOREAM PLANKS** |  | 4 X 1 Minute |  |  |

**FRIDAY**

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| --- | --- | --- | --- | --- |
| ***LIFT*** | ***WARM-UP*** | ***SETS X REPS*** | ***PERCENT/WT*** | ***NOTES*** |
| **BENCH PRESS/ Push Ups to failure after last set** | BAR X 5  50 X 5  60 x 5  70 x 3 | 5 X 3 | 75% | First rep is done with a 3 second negative. Each after that should be at a normal pace.  Max effort push-ups at the end. |
| **DB ROWS/ Barbell Row** | Y,T,A’S 5 times | 5X 5  5 each arm  **\*3 Second Isometric hold** | Medium/Heavy | Don’t round your back. Arm needs to be fully extended. Each rep with a 3 second negative. |
| **BULGARIAN SPLIT SQUAT** | Bodyweight for one set. 5 on each leg. | 3x 10  5 on each leg | Light  Can use DB’s if available | Back foot should be elevated and tucked behind. Down easy and controlled. Keep front foot flat and core tight. |
| **ARM’S AND AB’S** |  | 4 X 8 |  | 8 BICEP/8 TRICEP/8 ROCKS  Your choice. Have fun! |