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

**MONDAY**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| ***LIFT*** | ***WARM-UP*** | ***SETS X REPS*** | ***PERCENT/WT*** | ***NOTES*** |
| **BACK SQUAT** | BAR X 550 X 560 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’sOr 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**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| ***LIFT*** | ***WARM-UP*** | ***SETS X REPS*** | ***PERCENT/WT*** | ***NOTES*** |
| **BENCH PRESS** | BAR X 550 X 560 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 550% x 560% 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** | Medium95/115/135 | Barbell on back. Can use DB’s. Slight forward lean. Don’t step. Start in the split position. |
| **DB SNATCH** |  | 4x55 each arm | Light25/30/35 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**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| ***LIFT*** | ***WARM-UP*** | ***SETS X REPS*** | ***PERCENT/WT*** | ***NOTES*** |
| **Front Squat** | BAR X 530 X 540X 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 550% x 560% 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 | Medium95/115/135/155 | Reset every time. |
| **Cossack Squat** |  | 4x105 Rt/ 5 Lt | MediumHold a KB or DB25/35/45/55 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**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| ***LIFT*** | ***WARM-UP*** | ***SETS X REPS*** | ***PERCENT/WT*** | ***NOTES*** |
| **BENCH PRESS/ Push Ups to failure after last set** | BAR X 550 X 560 x 570 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 55 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 105 on each leg | LightCan 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 ROCKSYour choice. Have fun! |