

Phase 1

Week 1

**ALAP– As Long As Possible*

**AMAP – As Many As Possible*

Day 1

1. Deadlift - 5x5

2. BB Glute Bridges - 2x8

3a. DB Rows - 3x8

3b. Parallel Grip Pull Ups - 3x8

3c. DB Rear Delt Flys - 3x8

4a. Planks - 2xALAP

4b. KB Swings – 2xAMAP (in 45 seconds)

Day 2

1. Bench Press - 5x5

2. Front Squats - 2x8

3a. Incline Push Ups – 3x10-15

3b. BB Lunge – 3x8/each leg

4a. Hand Stand Push Up Holds – 2x30-60 seconds

4b. Hanging Leg Raises - 2x10

5. Incline Planks – 1xALAP

Day 3

1. KB Snatch - 5x6

2. TRX Push Ups - 3x8

3a. High Pulls - 3x8

3b. Goblet Squats - 3x10

3c. Explosive Shrugs - 3x8

4. Dips - 2x10

5. Pallof Press – 2x10 (1511) *Tempo

Week 2

Day 1

1. Deadlift - 4x4
2. BB Glute Bridges – 3x8 (same weight as last week)
- 3a. DB Rows – 3x10
- 3b. Parallel Grip Pull Ups – 3x10
- 3c. DB Rear Delt Flys – 3x10
- 4a. Planks – 3xALAP
- 4b. KB Swings – 3xAMAP (in 45 seconds)

Day 2

1. Bench Press - 4x4
2. Front Squats – 3x8 (same weight as last week)
- 3a. Incline Push Ups – 3x10-15
- 3b. BB Lunge – 3x10/each leg
- 4a. Hand Stand Push Up Holds – 3x30-60 seconds
- 4b. Hanging Leg Raises - 3x10
5. Incline Planks – 1xALAP

Day 3

1. KB Snatch – 5x5 **(increase weight)**

2. TRX Push Ups – 3x10

3a. High Pulls – 3x10

3b. Goblet Squats – 3x12

3c. Explosive Shrugs – 3x10

4. Dips – 3x10

5. Pallof Press – 3x10 (1511) *Tempo

Week 3

Day 1

1. Deadlift - 3x3
2. BB Glute Bridges – 3x10 (**increase weight**)
- 3a. DB Rows - 4x10
- 3b. Parallel Grip Pull Ups - 4x10
- 3c. DB Rear Delt Flys - 4x10
- 4a. Planks - 3xALAP
- 4b. KB Swings – 3xAMAP (in 45 seconds)

Day 2

1. Bench Press - 3x3
2. Front Squats – 4x8 (**increase weight**)
- 3a. Incline Push Ups – 4x10-15
- 3b. BB Lunge – 4x10/each leg
- 4a. Hand Stand Push Up Holds – 3x30-60 seconds
- 4b. Hanging Leg Raises - 3x10
5. Incline Planks – 1xALAP

Day 3

1. KB Snatch – 5x4 **(increase weight)**

2. TRX Push Ups – 4x10

3a. High Pulls – 4x10

3b. Goblet Squats – 4x12

3c. Explosive Shrugs – 4x10

4. Dips - 4x10

5. Pallof Press – 4x10 (1511) *Tempo

Week 4

Day 1

1. Deadlift - 3x1
2. BB Glute Bridges – 3x8 **(increase weight)**
- 3a. DB Rows - 4x10
- 3b. Parallel Grip Pull Ups - 4x10
- 3c. DB Rear Delt Flys - 4x10
- 4a. Planks - 4xALAP
- 4b. KB Swings – 4xAMAP (in 45 seconds)

Day 2

1. Bench Press - 3x1
2. Front Squats – 4x8 **(increase weight)**
- 3a. Incline Push Ups – 4x10-15
- 3b. BB Lunge – 4x10/each leg
- 4a. Hand Stand Push Up Holds – 4x30-60 seconds
- 4b. Hanging Leg Raises - 4x10
5. Incline Planks – 1xALAP

Day 3

1. KB Snatch – 5x3 **(increase weight)**

2. TRX Push Ups - 4x10

3a. High Pulls - 4x10

3b. Goblet Squats - 4x10

3c. Explosive Shrugs - 4x10

4. Dips - 4x10

5. Pallof Press – 4x10 (1511) *Tempo