

## Day 1

<b>A1-Front Squat (70%)</b>	<b>4x10-12</b>
<b>A2-RDL (70%)</b>	<b>4x10</b>
<b>B1-Dumbbell Lunges</b>	<b>3x5/per leg</b>
<b>B2-Weighted Hip Thruster</b>	<b>3x8</b>
<b>C1-Rev Hyper Extension</b>	<b>3x10</b>
<b>C2-Glute Ham Raise</b>	<b>3x10</b>

## Day 2

<b>A1-Military -press (70%)</b>	<b>4x10-12</b>
<b>A2-Pull-up (weighted)</b>	<b>4x5</b>
<b>B1-Seated Db press (70%)</b>	<b>4x8</b>
<b>B2-One arm Row (70-80%)</b>	<b>4x6/per arm</b>
<b>B3-Dips</b>	<b>4x8</b>
<b>C1-Shrugs</b>	<b>3x8</b>
<b>C2-Upright rows</b>	<b>3x10</b>

### Day 3

<b>A1-Bench press (70-85%)</b>	<b>4x 8-12</b>
<b>A2-DB Incline Row</b>	<b>4x8-12</b>
<b>B1-Incline DB Press (70-80%)</b>	<b>3x6</b>
<b>B2-Bent over row (70-80%)</b>	<b>3x6 per arm</b>
<b>B3-Pull up</b>	<b>3x8-10</b>
<b>C1-Med-ball chest pass</b>	<b>3x6</b>
<b>C2-Box Push up</b>	<b>3x until failure</b>

### Day 4

<b>A1-Back Squat (70-80%)</b>	<b>4x8-10</b>
<b>A2-Broad jump</b>	<b>4x3</b>
<b>B1-DB Step-up</b>	<b>3x6per leg</b>
<b>B2-Cable pull through</b>	<b>3x10</b>
<b>C1-Squat (Bodyweight)</b>	<b>3x15</b>
<b>C2-Lunges (Bodyweight)</b>	<b>3x8/per leg</b>
<b>C3-Wall seat</b>	<b>3x30sec</b>