

Day 2 (Strength) Core, Upper & Middle Back, Lower Back & Butt

5 minute warmup

3 minute static/ dynamic stretch 2 minutes strict stretch (Major Muscles used)

Part 1 (Core Activation)

- 30sec Leg Raises
- 30sec Bicycle Crunches (Explosive 30 sec)
- 50sec Rev Crunches into single leg hip pop ups
- 20sec Hip Popup
- 20sec Oblique Hip Touch (each side)

Part 2 (Slow & Controlled)

- Hang Clean 5 sets 8-12reps (55-60%)
- Pushpress 5 sets 6-8reps
- Bent Over Rows 5 sets 8-12 reps
- Medium Box Jumps 3 sets 8-10 reps

Part 3 (Hybrid Part 1) Back Focus

- Lat Pulldowns 6 sets 8-8-6-6-4- 12(drop set)
- Single Arm Bent Rows Dumbbell 8-8-6-6-4-12(drop set)
- Toes to Bar 7-12 reps

Part 4 (Hybrid Part 2) Full Body

- Light Shrugs 4 sets 20 reps hold
- 45sec Plyometric Resistance Band Rows 4 sets
- 45sec In & Out Legs 4 sets
- Lateral Fly's 4 sets 20 reps
- Rear Delt Fly's (bent over) 4 sets 10-12 (Slow)

Part 5 (Fatigue)

- Clean & Jerk 5sets (8-8-6-6-6)
- Donkey Kicks (Cable) 5 sets 12 reps slow (Hold)
- Weighted Oblique extensions 5 sets 15 reps (each side)

****3-4 min Core****

25 Reps Leg Raises

20 Reps Crunches (legs)

20 Reps Criss Cross Ankles

15 Flutter Kicks with Crunches

15 Oblique Hip Touches

10 Leg Raise, Hells to sky (pick up hips)

10 Spiderman Knees pushup position

5 Toes to bar

5 Toes to bar (oblique each side)