

Day 2 (Strength) Compound day + Shoulders & Arms

5 minute warmup

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

Part 1 (Core Activation)

- 30sec Leg Raises
- 30sec Flutter Kicks
- 30sec Plank to Palms
- 50sec Rev Crunches into single leg hip pop ups

Part 2 (Slow & Controlled)

- Hang Clean 5 sets 8-12reps (55-60%)
- 45sec Plank 5 sets

Part 3 (Hybrid Part 1) Back Focus

- Incline Bench 5 sets 10-8-6-6-12
- Barbell Bent over rows 5 sets 10-8-15-15-Fail (underhand grip)
- Front Squats 5 Sets 10-8-6-6-12

Part 4 (Hybrid Part 2) Full Body (3 rounds)

- Lateral Raises 15 Reps (90 degree Elbows)
- Rear Delt Fly's Plyometric (resistance band)
- 45sec In & Out Legs
- 50sec Lat Pulldowns (moderate weight)

Part 5 (Alone)

- DeadLifts 5 sets 5 (heavy)
- Jumping Jacks 15 reps 5 sets (stay warm)

Part 6 (Fatigue)

- Flat Bench 5sets (8-8-6-6-Fail)
- Plyometric Box Jumps High 30 sec
- Barbell Curls 5sets 12 reps

****3-4 min shoulders Bi's and Tri's****

20 Spider Curls

20 Bench Dips

25 Stiff arm pulldowns (EZ Bar)

20 Tricep Extension (EZ Bar)

25 Drag Curls (cable machine)

20sec Lateral Line Jumps

20sec Line Jumps (forward and back)

10 Squats to Oblique Sumo Step (each side)

10 Jump Squats (high as possible)

10 One Legged Long Jumps (each leg)

15 Pushups

20 Pike Position to Pushups