



MONDAY - Upper			Tuesday - Lower			WEDNESDAY - Upper			THURSDAY - CV & Abs		
Activity	Reps	Sets	Activity	Reps	Sets	Activity	Reps	Sets	Activity	Reps	Sets
1a. Alternative dumbbell floor press tempo 3110 - non working arm not rested on floor but held just off to work chest/triceps	failure	4	Back Squats tempo 3210 - pause squats	15reps	2	1a. Alternate dumbbell floor press tempo 3110	failure	4	1. 3-5 miles run best effort		
1b. Pull-ups tempo 3110 - legs held forward	failure	4	Back squats tempo 3210 - pause squats (10kg added)	12reps	2	1b. Pull-ups tempo 3110 - legs held forward	failure	4	OR		
2a. Press-ups tempo 4110	failure	3	Back squats tempo 3210 - pause squats (10kg added)	10reps	2	2a. Press-ups tempo 4110	failure	3	1. Tabata intervals at best effort speed		
2b. Chin-ups tempo 3110 - legs held forward	failure	3	Back squats tempo 3210 - pause squats	failure	2	2b. Chin-ups tempo 3110 - legs held forward	failure	3	2. Kettlebell swing EMOM (every minute on the minute)	20s	10
3a. Single arm inverted kettlebell press tempo 3110	failure	3	Single leg, leg press tempo 3110	failure	3	3a. Reverse cable flys tempo 3110	failure	3	3. Weighted plank Tabata timings	20s	8
3b. Inverted row tempo 3110	failure	3	Leg press calf raise tempo 3110	failure	4	3b. Underhand grasp lat pull down tempo 3110	failure	3	4. Exhaled crunch Arms behind head. Hands on shoulder blades. Exhale and contract abs then crunch up slowly, then control down to start position over 3 count keeping abs contracted. Reset.	failure	3
4a. Dips tempo 3110	failure	3	Split squat tempo 3110 - failure on one leg, then into the other leg then back to start leg to failure again then back to second leg to failure again.	failure	3	4a. Inverted kettlebell press tempo 3110	failure	3	5. Reverse crunch on incline bench Same exhale as above and 3010 tempo	failure	3
4b. Triceps cable ext tempo 3110	failure	3	Walking lunges	16-20	3	4b. Renegade row tempo 3110	failure	3	6. Cable crunch Same exhale as above and 3010 tempo	failure	3
5a. Lateral raise tempo 3110 - arms never touch sides, always tension in shoudler	failure	3	TRX hamstring extension	failure	3	5a. Upright row tempo 3110	failure	3			
5b. Biceps full rotation curl tempo 3110 - hammer up, normal down, normal up, hammer down etc	failure	3	Pistol squats 3010 tempo	failure	3	5b. Biceps curl tempo 3110	failure	3			