

## DAY 1 (UPPER BODY 1)

STRENGTH: (Set Rest 2 min)

## Push Press

### CIRCUIT 1:

- 1A. Eccentric DB push-up  
1B. DB alternating bent-over row  
1C. Pull-up/chin-up

### CIRCUIT 2:

- 2A. DB hammer curl  
2B. DB neutral-grip shoulder press  
2C. Incline close-grip push-up

CORE:

- 3A. Mountain Climbers  
3B. Lying Leg Raise  
3C. Hollow Hold w/ Single Arm Press

[illegible]

## DAY 2 (LOWER BODY 1)

STRENGTH: (Set Rest 2 min)

## Barbell Step Up

CIRCUIT:

- 1A. DB Rev Lunge/Goblet Pistol Squat  
1B. Eccentric DB Suitcase Squat  
1C. DB Single Leg RDL

CORE:

- 2A. Plank Shoulder Tap  
2B. Glue Bridge Sit Up  
3C. Toe Reach

[illegible]

## DAY 3

(Ex: Type=Run, Time=45:00, State=Steady)

CARDIO

[illegible]

## DAY 4 (UPPER BODY 2)

STRENGTH: (Set Rest 2 min)

## Bench Press

### CIRCUIT 1:

- 1A. Pull-up/Chin-up  
1B. Eccentric DB Bent-over Row  
1C. Eccentric DB Floor Press

### CIRCUIT 2:

- 2A. DB Side/Front Lateral Raise  
2B. DB Supinated (open palm) Curl  
2C. DB Lying Tricep Extension

CORE:

- 3A. DB Plank Row  
3B. V-Crunch  
3C. Roll Out

[illegible]

## DAY 5 (LOWER BODY 2)

STRENGTH: (Set Rest 2 min)

## Barbell Deadlift

CIRCUIT:

- 1A. Eccentric DB Front Squat  
1B. Ecc DB Bulgarian Split Squat  
1C. Eccentric DB RDL

CORE:

- 2A. Plank Reach  
2B. Single Leg Glute Bridge  
2C. V-Up

[illegible]

## DAY 6

(Ex: Type=Run, Time=45:00, State=Steady)

CARDIO

[illegible]