DAY 1 (UPPER BODY 1)	Week 1			Week 2			Week 3			Week 4			Week 5			Week 6		
STRENGTH: (Set Rest 2 min)	Weight	Reps	Rounds	Weight	Reps	Rounds	Weight	Reps	Rounds	Weight	Reps	Rounds	Weight	Reps	Rounds	Weight	Reps	Rounds
Push Press		5	5		5	5		5	5		5	5		5	5		5	5
CIRCUIT 1:	Rest:			Rest:			Rest:			Rest:			Rest:			Rest:		
1A. Eccentric DB push-up																		
1B. DB alternating bent-over row															1 1			
1C. Pull-up/chin-up																		
CIRCUIT 2:	Rest:			Rest:			Rest:			Rest:			Rest:			Rest:		
2A. DB hammer curl															1 1			
2B. DB neutral-grip shoulder press																		
2C. Incline close-grip push-up																		
Ī	Rest:			Rest:			Rest:			Rest:			Rest:			Rest:		
3A. Mountain Climbers																		
3B. Lying Leg Raise 3C. Hollow Hold w/ Single Arm Press															1			
Se. Hollow Hold Wy Siligle Attil Tress				<u></u>								<u> </u>						
DAY 2 (LOWER BODY 1)	,	Week :	1	Week 2			Week 3			Week 4			Week 5			Week 6		
STRENGTH: (Set Rest 2 min)	Weight		Rounds	Weight	Reps	Rounds	Weight		Rounds	Weight		Rounds	Weight	Reps	Rounds	Weight	Reps	Rounds
Barbell Step Up		5	5		5	5		5	5		5	5		5	5		5	5
CIRCUIT:	Rest:			Rest:			Rest:			Rest:			Rest:			Rest:		
1A. DB Rev Lunge/Goblet Pistol Squat																		
1B. Eccentric DB Suitcase Squat																		
1C. DB Single Leg RDL																		
CORE:	Rest:			Rest:			Rest:			Rest:			Rest:			Rest:		
2A. Plank Shoulder Tap																		
2B. Glue Bridge Sit Up																		
3C. Toe Reach																		
DAY 3	Week 1			Week 2			Week 3			Week 4			Week 5			Week 6		
		VVCCN.																
(Ex: Type=Run, Time=45:00, State=Steady)	Туре	Time	State	Туре	Time	State	Туре	Time	State	Туре	Time	State	Туре	Time	State	Type	Time	State
DAY 3		Week '			Week 2	_ 2		Week 3	_ 		Week 4			Week !			Neek 6	

DAY 4 (UPPER BODY 2)	Week 1			Week 2			Week 3			,	Week 4	ı	,	Week !	5	Week 6			
STRENGTH: (Set Rest 2 min)	Weight	Reps	Rounds	Weight	Reps	Rounds	Weight	Reps	Rounds	Weight	Reps	Rounds	Weight	Reps	Rounds	Weight	Reps	Rounds	
Bench Press		5	5		5	5		5	5		5	5		5	5		5	5	
CIRCUIT 1:	Rest:			Rest:			Rest:			Rest:			Rest:			Rest:			
1A. Pull-up/Chin-up																			
1B. Eccentric DB Bent-over Row																			
1C. Eccentric DB Floor Press																			
CIRCUIT 2:	Rest:			Rest:			Rest:			Rest:			Rest:			Rest:			
2A. DB Side/Front Lateral Raise																			
2B. DB Suppinated (open palm) Curl																			
2C. DB Lying Tricep Extension																			
CORE:	Rest:			Rest:			Rest:			Rest:			Rest:			Rest:			
3A. DB Plank Row																			
3B. V-Crunch																			
3C. Roll Out																			
DAY 5 (LOWER BODY 2)	,	Week :	L	Week 2			Week 3			Week 4			Week 5			Week 6			
STRENGTH: (Set Rest 2 min)												•		vvcci.	,		vecci c	•	
,	Weight	Reps	Rounds	Weight	Reps	Rounds	Weight	Reps	Rounds	Weight		Rounds	Weight	Reps	Rounds	Weight	Reps	Rounds	
Barbell Deadlift	Weight	Reps 5	Rounds 5	Weight	Reps 5	Rounds 5	Weight	Reps 5											
	Weight Rest:	ı		Weight Rest:			Weight Rest:		Rounds		Reps	Rounds		Reps	Rounds		Reps	Rounds	
Barbell Deadlift		ı							Rounds	Weight	Reps	Rounds	Weight	Reps	Rounds	Weight	Reps	Rounds	
Barbell Deadlift CIRCUIT:		ı							Rounds	Weight	Reps	Rounds	Weight	Reps	Rounds	Weight	Reps	Rounds	
Barbell Deadlift CIRCUIT: 1A. Eccentric DB Front Squat		ı							Rounds	Weight	Reps	Rounds	Weight	Reps	Rounds	Weight	Reps	Rounds	
Barbell Deadlift CIRCUIT: 1A. Eccentric DB Front Squat 1B. Ecc DB Bulgarian Split Squat		ı							Rounds	Weight	Reps	Rounds	Weight	Reps	Rounds	Weight	Reps	Rounds	
Barbell Deadlift CIRCUIT: 1A. Eccentric DB Front Squat 1B. Ecc DB Bulgarian Split Squat 1C. Eccentric DB RDL	Rest:	ı		Rest:			Rest:		Rounds	Weight Rest:	Reps	Rounds	Weight Rest:	Reps	Rounds	Weight Rest:	Reps	Rounds	
Barbell Deadlift CIRCUIT: 1A. Eccentric DB Front Squat 1B. Ecc DB Bulgarian Split Squat 1C. Eccentric DB RDL CORE:	Rest:	ı		Rest:			Rest:		Rounds	Weight Rest:	Reps	Rounds	Weight Rest:	Reps	Rounds	Weight Rest:	Reps	Rounds	
Barbell Deadlift CIRCUIT: 1A. Eccentric DB Front Squat 1B. Ecc DB Bulgarian Split Squat 1C. Eccentric DB RDL CORE: 2A. Plank Reach	Rest:	ı		Rest:			Rest:		Rounds	Weight Rest:	Reps	Rounds	Weight Rest:	Reps	Rounds	Weight Rest:	Reps	Rounds	
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	Rest:	5	5	Rest:	5	5	Rest:	5	5	Rest:	Reps 5	5	Rest:	Reps 5	5	Rest:	Reps 5	5	
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	Rest:	ı	5	Rest:		5	Rest:		5	Rest:	Reps	5	Rest:	Reps	5	Rest:	Reps	5	