



Tuesday, March 3, 2020

Strength

Push Day

Barbell Weighted Glute Bridge, 4x 8 Reps

DB Incline Bench Press, 4x 8 Reps

Single Arm KB Seated Strict Press, 4x 8 Reps (Each)

200 Banded Tricep Press Downs

Conditioning

5 Rounds For Time

400m Run

30 Box Jumps, 24/20

30 Walking Lunges

Thursday, March 5, 2020

Strength

Pull Day

3" Deficit Sumo KB Deadlift, 4x 8 Reps

Chest Supported Row, 4x 8 Reps

DB High Pulls, 4x 8 Reps

200 Banded Bicep Curls

Conditioning

20min AMRAP

15 KB Goblet Squats

15cal Assault Bike

20 Push-Ups

Tuesday, March 10, 2020

Strength

Push Day

Barbell Back Rack Reverse Lunge, 4x 8 Reps (Each Leg)

Bar/Bench Dips, 4x 8 Reps

Seated Z Press, 4x 8 Reps

Squeeze Press, 4x 8 Reps

Conditioning

10 Rounds For Time

100m Sprint

10 Pull-Ups

100m Sprint

10 Burpees

30sec Rest

Thursday, March 12, 2020

Strength

Pull Day

Romanian Deadlift, 4x 8 Reps

Underhand Bent Over BB Row, 4x 8 Reps

Double DB Standing Lateral Raise, 4x 8 Reps

Double DB Standing Front Raise, 4x 8 Reps

Conditioning

50-40-30-20-10

Wall Balls, 20/14

Box Jumps, 24/20

Tuesday, March 17, 2020

Strength

Push Day

Bulgarian Split Squat, 4x 8 Reps (Each Leg)

- Hold for :08 After Last Rep Each Set

Incline Close Grip Bench Press, 4x 8 Reps

Barbell Inverted Row, 4x 8 Reps

Weighted Bench Dips, 4x 8 Reps (HEAVY)

Conditioning

6 Rounds For Time

15 Pull-Ups / TRX Rows

21 Wall Balls, 20/14

30sec Rest

Thursday, March 19, 2020

Strength

Pull Day

DB Romanian Deadlift w/ Band Tension, 4x 8 Reps

DB Pull Over, 4x 8 Reps (HEAVY)

Banded Dante Pull, 4x 8 Reps (HEAVY BAND)

Alternating DB Hammer Curl, 4x 8 Reps

Conditioning

20min EMOM

8 Push-Ups

12 Air Squats

Tuesday, March 24, 2020

Strength

Push Day

Front Squat, 4x 8 Reps

Floor Press, 4x 8 Reps

DB Push Press, 4x 8 Reps

Barbell Skull Crusher, 4x 8 Reps

Conditioning

E4MOM x7 (28 Mins)

40 Double Unders

30 Air Squats

20 Burpees

10 V-Ups

Thursday, March 26, 2020

Strength

Pull Day

Barbell Shoulder Shrugs, 4x 8 Reps

DB Bent Over Reverse Fly, 4x 8 Reps

Barbell Bent Over Row, 4x 8 Reps

Barbell Reverse Curls, 4x 8 Reps

Conditioning

7 Rounds For Time

400m Run

21 Reverse Lunges (Each)

15 Pull-Ups

9 Burpees

Tuesday, March 31, 2020

Strength

Push Day

Double DB Box Step Ups, 4x 8 Reps (Each)

Incline DB Bench Press, 4x 8 Reps

Single Arm DB Strict Press, 4x 8 Reps (Each)

- Hold Opposite Arm in Support OH

DB Tricep Annihilation Complex, 4x 8 Reps

- 1 Rolling Tricep Extension + 1 Strict Skull Crusher + 1 Squeeze Press = 1 Rep

Conditioning

15min AMRAP

6 Burpee Box Jumps, 24/20

6 Wall Balls

9 Toes-to-Bar

9 Push-Ups