



Week 1

Day 1

3 Rounds

- 1 min Dead-Hang 60
- 10 Inverted Rows
- 10 Abdominal X-ups hard count
- 30sec left-side plank.
- 30sec right-side plank.
- 10 Dumbbell Hammer Curl hard count
- 10 Lying tricep Extension.

Day 2

3 rounds w/dumbbells

- 20 dead bug
- 60 sec rest
- 20 sit up to punch
- 60 sec rest
- 20 crunch extension
- 60 sec rest
- 20 (both sides) side plank reach through
- 60 sec rest

15 min 30sec sprint/30 sec jog outside

Day 3

5 Rounds

- 1 min dead-hang
- 200m 25lbs each farmers carry
- 8 overhand grip deadlifts
- 20 kettlebell swings

Day 4

3 rounds EMOM

- Plank toe taps
- Bicycles to V-up
- Plank to extended plank
- Left side plank
- Right side plank
- Skier hops
- Mountain climbers
- 1 min rest

15 min 30sec sprint/30 sec jog outside

Day 5

3 rounds

- 1:10 dead hang
- 10 inverted rows
- 15 machine lat pull-downs
- 15 seated machine rows
- 10 back extensions

Day 6

- Timed mile half run.
- Max pull ups

Week 2

Day 1

4 rounds

- 10 Dumbbell deadlift
- 200m 30lbs each farmers carry
- 10 dumbbell row hard count
- 15 dumbbell wrist curl hard-count

Day 2

3 rounds

- 20 jack knives
- 20 Russian twist to in & out
- 20 sit up bent leg hard count
- 20 leg raise to toe touch
- 20 2 plank jack 2 mountain climbers
- 60 sec rest

15 min 30sec sprint/30 sec jog outside

Day 3

5 Rounds

- 1 min dead-hang
- 200m 25lbs each farmers carry
- 8 overhand grip deadlifts
- 20 kettlebell swings

Day 4

4 rounds (30sec on 30sec off)

- 30s 2 push-up burpee
- 30s rest
- 30s Pop squat
- 30s rest
- 30 s Forward lunge twist
- 30s rest
- 30s V-up to suitcase
- 30s rest
- 30s Jack Knife Combo
- 1min rest

15 min 30sec sprint/30 sec jog outside

Day 5

4 rounds

- 30 sec bear crawl
- 16 push ups
- 15 bird dog each side
- 20 glute bridge
- 10 Suspension trainer bicep curls
- 2 min rest

Day 6

- Timed mile half run
- Max pull ups

Week 3

Day 1

3 Rounds

- 1:30 min Dead-Hang
- 15 Inverted Rows
- 15 Abdominal X-ups hard count
- 45sec left-side plank.
- 45 sec right-side plank.
- 15 Dumbbell Hammer Curl hard count
- 15 Lying tricep Extension.

Day 2

3 rounds w/dumbbells

- 20 dead bug
 - 30 sec rest
 - 20 sit up to punch
 - 30 sec rest
 - 20 crunch extension
 - 30 sec rest
 - 20 (both sides) side plank reach
 - 30 sec rest
 - 15 plank dumbbell pull through
- 15 min 30sec sprint/30 sec jog outside

Day 3

5 Rounds

- 1:30 min dead-hang
- 200m 25lbs each farmers carry
- 10 overhand grip deadlifts
- 30 kettlebell swings

Day 4

3 rounds EMOM

- Plank toe taps
- Bicycles to V-up
- Plank to extended plank
- Left side plank
- Right side plank
- Skier hops
- Mountain climbers
- 1 min rest

15 min 30sec sprint/30 sec jog outside

Day 5

3 rounds

- 1:30 dead hang
- 10 inverted rows
- 10 dead hang shrugs
- 15 seated machine row
- 10 back extensions

Day 6

- Timed mile half run and max pull ups.

Week 4

Day 1

5 rounds

- 10 Dumbbell deadlift
- 300m 25lbs each farmers carry
- 15 dumbbell row hard count
- 15 dumbbell wrist curl hard-count

Day 2

3 rounds

- 25 jack knives
- 25 Russian twist to in & out
- 25 sit up bent leg hard count
- 25 leg raise to toe touch
- 25 2 plank jack 2 mountain climbers
- 60 sec rest

15 min 30sec sprint/30 sec jog outside

Day 3

5 Rounds

- 1:30 min dead-hang
- 300m 25lbs each farmers carry
- 10 overhand grip deadlift
- 30 kettlebell swings

Day 4

3 rounds (45sec on 15sec off)

- 45s 2 push-up burpee
- 15s rest
- 45s Pop squat
- 15s rest
- 45s Forward lunge twist
- 15s rest
- 45s V-up to suitcase
- 15s rest
- 45s Jack knife combo
- 1:15min rest

15 min 30sec sprint/30 sec jog outside

Day 5

4 rounds

- 30 sec bear crawl
- 16 push ups
- 20 bird dog each side
- 25 glute bridge
- 12 Suspension trainer bicep curls
- 2 min rest

Day 6

- Timed mile half run
- Max pull ups