



Monday's Workout

1. Abs

1. Bicycles 1 x 50
2. V-Ups 1 x 20
3. Sky Crunch 1 x 22
4. Oblique Sky Crunch 1 x 16
5. Opposite Elbow to Opposite Knee 1 x 16
6. Lateral Bridge with Hip ABD
1 x 22 seconds each side

4. Lift

1. Front Squat 8-6-8
2. Pull-Ups – Wide Grip 2 x MAX
3. Biceps – Wide Grip 2 x 8
4. Pull-Ups – Close Grip 2 x MAX
5. Biceps – Close Grip 2 x 8
6. Bent-Over Row 2 x 5
7. Inverted Row 2 x 5

2. Plyometrics

1. Double Leg Box Jumps 1 x 5
2. Cord Jumps 1 x max

3. Olympic Lifting Combo

1. Deadlift 1 x 5
2. Power Pull 1 x 5
3. Hang Clean 1 x 5
4. Hang Snatch 1 x 5
5. Overhead Squat 1 x 5
6. Snatch 1 x 5
7. Multidirectional Lunges 1 x 2 each exercise
8. Split and Jerk 1 x 6 total
9. Stiff-Legged Deadlift 1 x 5
10. Bent-Over Row 1 x 5

5. Cool-Down

1. Assisted Russian Crunch 1 x 4
2. Russian Crunch 2 x 8
3. Isometric Russian Crunch 4 x 8 seconds
4. Hyperextensions 1 x 8
5. Oblique Hyperextensions 1 x 8 total
6. Off-Bench Obliques 1 x 6 each side
7. PB Bosu Bridge or Double PB Bridge
1 x 30 seconds

6. Conditioning

1. 100 yards in 16 seconds x 4

KEY:

RB = resistance band

MB = medicine ball

SL = single leg

PB = physio ball

ADD = adduction

ABD = abduction