

Day 1

Day 1

Warmup

3 rounds

20m/arm Filly Carry @ mod weight

Banded TKE/leg (high reps, stop before failure)

30 second/leg Lunge Isometric (hold knee one inch off floor)

20 Hollow Rocks

A1 Seated Filly Press

[↻ View exercise history](#)

@31X1; 8/arm x 4 sets

Rest 1 min.

A2 Bench Supported SA Landmine Row

[↻ View exercise history](#)

@20X2; 8/arm x 4 sets

Rest 1 min.

B Back Squat

[🕒 View exercise history](#)

@2020; 8 x 4 sets

Rest 2-3 min.

C Chase the Pump

[🕒 View exercise history](#)

3 rounds

Strict Pull Up @20X2 (-1)

Ring Push Up @ 31X1 (-1)

10-12 Incline Bench Tricep Kickback (pause 2 seconds with arms extended)

10/arm SA Cuban Rotation @ 3030 (video is both at same time, I want it single arm)

Hollow Rocks (-1)

(-1) means stop one rep short of failure

Day 3

Day 2

Warmup

3 rounds

10 Ring Push Ups

10 GHD Hip Extensions

30 second Goblet Wall Sit @ AHAP

20 second/arm Star Plank

A1 DB Bench Press

[↻ View exercise history](#)

@22X0; 8 x 4 sets

Rest 1 min.

A2 Snatch Grip Rows

[↻ View exercise history](#)

@20X1; 8 x 4 sets

Rest 1 min.

B1 Front Rack Split Squat

[↻ View exercise history](#)

@30X0; 6/leg x 4 sets

Rest 1 min.

B2 DB SL RDL

[↻ View exercise history](#)

@30X0; 6/leg x 4 sets

DB in each hand.

Rest 1 min.

Day 6

Day 3

Warmup

3 rounds

15 cal AB

10 Dolphin Press

10 RKBS @ AHAP

5 Strict T2B

A1 Incline Bench Press

[↻ View exercise history](#)

@31X1; 8 x 4 sets

Rest 1 min.

A2 Strict Chin Up

[↻ View exercise history](#)

@3030; 4 sets

Rest 1 min.

Pick a consistent number of reps you can repeat.

B Deadlift

[↻ View exercise history](#)

@31X1; 6 x 4 sets

Rest 2-3 min.

Focus is on proper positioning. Not letting your back round even slightly.

C Chase the Pump

[↻ View exercise history](#)

3 rounds

10-12 Seated Tricep Extension @ 30X0

10-12 Incline DB Bicep Curl @ 30X0

Slider Hamstring Curl (-1)

Barbell Roll Out (-1)
