



SUNDAY - JAN. 3, 2021

Workout	Set 1		Set 2		Set 3		Set 4		Set 5	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps
Strength & HIIT	General Preparation									

MONDAY - JAN. 4, 2021

Workout	Set 1		Set 2		Set 3		Set 4		Set 5	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps
Upper Body #1	2 Rounds Quadruped T-Spine Rotations x5 e/s Plank KB Pull-Throughs x5 e/s Banded Bench Press x10 No rest between rounds.									
A DB Neutral Grip L-Sit Press		5		5		5				
	(3 Second Eccentric + 3 Second Concentric) Keep the weight light and move slowly. - Rest 45 secs. between sets									
B Seated BB Overhead Press		12		10		8		8		8
		35%		45%		53%		53%		53%
	Go as heavy as possible on your last 3 sets. - Rest 90 secs. between sets									
C BB Supinated Rows		12		12		12				
	(Normal Concentric + 3 Second Eccentric) Use a slow tempo and go as heavy as possible. - Rest 30 secs. between sets									
C Single Arm DB Upright Row		6 (ea.)		6 (ea.)		6 (ea.)				
	(Normal Concentric + 3 Second Eccentric) Use a slow tempo and go as heavy as possible. Perform 6 reps with your left arm before switching to your right. - Rest 30 secs. between sets									
D Med Ball Push Up		10		10		10				
	No rest between rounds. Perform 3 sets of 10 reps.									
D Assault Bike		10		10		10				
	No rest between rounds. Perform 3 sets of 10 calorie max sprints.									

TUESDAY - JAN. 5, 2021

Workout	Set 1		Set 2		Set 3		Set 4		Set 5	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps
Lower Body #1	2 Rounds 90/90 Rotations x5 e/s Banded Bridge w/ Marching x5 e/s Squat Plate Press x5 No rest between rounds.									
A Kang Squat		3		3		3				
	(3 Second Eccentric + 3 Second Concentric) Use an empty barbell or work up to a light weight. - Rest 45 secs. between sets									
B Back Squat		12		10		8		8		8
		35%		45%		53%		53%		53%
	Go as heavy as possible on your last 3 sets. - Rest 90 secs. between sets									
C Front Rack Dumbbell Step Ups		6 (ea.)		6 (ea.)		6 (ea.)				
	(Normal Concentric + 3 Second Eccentric) Use a slow tempo and go as heavy as possible. Perform 6 reps with your left leg before switching to your right. - Rest 30 secs. between sets									
C Back Squat (Close Stance)		12		12		12				
	(Normal Concentric + 3 Second Eccentric) Use a slow tempo and go as heavy as possible. Squat with your feet inside of shoulder width and only go as low as you can without losing positions. - Rest 30 secs. between sets									
D KB/DB Farmers Carry		100		100		100				
	No rest between rounds. Perform 3 sets of 100 yards and go as heavy as possible.									
D 3-Way Forearm Plank		15 secs (ea.)		15 secs (ea.)		15 secs (ea.)				
	No rest between rounds. Keep your back flat and your core tight.									

WEDNESDAY - JAN. 6, 2021

Workout	Set 1		Set 2		Set 3		Set 4		Set 5	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps
HIIT Metcon	8 Rounds - DB Snatches x6 e/s Burpees x12 DB Clean & Jerks x6 Push-Ups x12 - (Perform as fast as possible) (KB/DB's: 55lbs/35lbs)									

THURSDAY - JAN. 7, 2021

Workout	Set 1		Set 2		Set 3		Set 4		Set 5	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps
Upper Body #2	2 Rounds Prone Swimmers x5 Banded DB Bench Press x10 Plate Halos x5 each side No rest between rounds.									

THURSDAY - JAN. 7, 2021

Workout	Set 1		Set 2		Set 3		Set 4		Set 5	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps
A Chin Ups	AMAP	AMAP	AMAP	AMAP	AMAP	AMAP				
Perform 3 sets of max reps. Equipment Substitution: Lat Pulldown Machine - Rest 120 secs. between sets										
B BB Bench Press		12		10		8		8		8
		35%		45%		53%		53%		53%
Go as heavy as possible on your last 3 sets. - Rest 90 secs. between sets										
C SA DB Neutral Grip Incline Press		6		6		6				
(Normal Concentric + 3 Second Eccentric) Use a slow tempo and go as heavy as possible. Perform 6 reps with your left arm before switching to your right. - Rest 30 secs. between sets										
C Decline Push-Ups	AMAP	AMAP	AMAP	AMAP	AMAP	AMAP				
Perform 3 sets of max reps. - Rest 30 secs. between sets										
D Med Ball Slam		10		10		10				
No rest between rounds. Use a "12lbs" or "25lbs" medicine ball.										
D Weighted Sit Ups		10		10		10				
No rest between rounds. Move slow and stay in control.										

FRIDAY - JAN. 8, 2021

Workout	Set 1		Set 2		Set 3		Set 4		Set 5	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps
Lower Body #2	2 Rounds Banded Air Squat + Int/Ext Rotations x5 Single Arm Kettlebell Pause Front Squat x5 Scorpions x5 each side No rest between rounds.									
A Banded Good Morning		4		4		4				
(3 Second Eccentric + 3 Second Concentric) Use a heavy resistance band and move slowly. - Rest 45 secs. between sets										
B Deadlift		12		10		8		8		8
		35%		45%		53%		53%		53%
Go as heavy as possible on your last 3 sets. - Rest 90 secs. between sets										
C Single Arm DB Lunges (Walking)		8 (ea.)		8 (ea.)		8 (ea.)				
Use a slow tempo, stay in control and go as heavy as possible. - Rest 30 secs. between sets										
C SA Overhead KB Carry		50 (ea.)		50 (ea.)		50 (ea.)				
Perform 3 sets of 50 yards e/s and go as heavy as possible. - Rest 30 secs. between sets										
D Med Ball Hamstring Curls		8		8		8				
No rest between rounds. Move slow and stay in control.										
D Shoulder Taps		10 (ea.)		10 (ea.)		10 (ea.)				
No rest between rounds. Move slow and stay in control.										

SATURDAY - JAN. 9, 2021

Workout	Set 1		Set 2		Set 3		Set 4		Set 5	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps
HIIT Metcon	(Part A) 4 Rounds - KB/DB Farmers Carry x100 yards KB/DB Deadlifts x10 Max Cal Row x10 calories - (Perform as fast as possible) (KB/DB's: 55lbs/35lbs) - (Rest: 180 Seconds) - (Part B) 4 Rounds - KB/DB Farmers Carry x100 yards KB/DB Goblet Squat x15 Max Cal Row x10 calories - (Perform as fast as possible) (KB/DB's: 55lbs/35lbs)									