

Name	Date
Complete Stregnth	Wk 2- Day 1

Order	Range of Motion, Activation, Movement Prep	Sets	Reps	Work	Rest	Notes:
	Foam Roll Series	1				
	1/2 Kneeling T-Spine Rotation	3	15e			
	Inchworm w/ Pushup	3	8			
	Prisoner Squat	3	12			
	Cuban Press	3	15			
	Frogs	3	10			

Order	Movement	Exercise	Sets	Reps	Work	Rest	Notes:
A1	Power	Jump squats	1	10		30 sec	**40 minutes on the circuit** Maximize your weights on each lift. ** valslide knee tucks OR SB tucks=regression for hanging knee to elbow**
B1	Core	Farmer's Walk	1	60yds		30 sec	
C1	Quad	BB Back Squat	1	5		30 sec	
D1	Press	Alternating DB Incline Bench Press	1	10e		30 sec	
E1	Hip	Sumo KB Deadlift	1	10		30 sec	
F1	Pull	Kneeling SA DB Row	1	10e		30 sec	
G1	Core	Hanging Knees to elbows	1	10		30 sec	

# of rounds	5 Rounds
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Order	Finisher	Sets	Reps	Work	Rest	Notes:
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