

Name	Date	Week	Day
Complete Strength	05/30/16	4	1

Order	Warm-up	Sets	Reps	Work	Rest
	Foam Roller Series	1			
	Hamstring Kicks *in place*	3	5e		
	Triangles	3	5e		
	Yoga Plex	3	5e		
	Jump Squats	3	10		

Notes:

Movement	Exercise	Sets	Reps	Work	Rest	Tempo	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Power Dev	MB Cyclone Slam	4	5e									
Core	KB TGU	3	3e									
Quad Dominant	BB Back Squat	4	5e									
Horizontal Pull	Chin Up *underhand*	3	5									
Hip Dominant	DB/BB RDL *HEAVY*	4	5									
Vertical Press	1/2 Kneeling SA KB Press	3	5e									
Alt	Toe Touch to Squat *after squat*	3	10									
Alt	TRX Y	3	10									

Notes:

Order	Finisher	Sets	Reps	Work	Rest
	MB/DB/KB Squat to Press	4		20	10
	X-Climbers	4		20	10

Notes:
Tabata Style: 1 Round