

Name	Date	Week	Day
Complete Strength	06/01/16	4	3

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	DB SA Snatch *Hang Position*	4	5e									
Core	TRX Fallouts	3	10									
Unilateral Quad	DB Split Squat	4	5e									
Horizontal Pull Unilateral	Kneeling SA DB Row	3	5e									
Hip Dominant	BB Deadlift	4	5									
Vertical Press Unilateral	Alt. DB Incline Press	3	5e									
Alt	ASLR *after split squat*	3	10e									
Alt	Lat Band Walk *after deadlift*	3	10e									

Notes:

Order	Finisher	Sets	Reps	Work	Rest
	OH Lunge *in place or walking if there is room*	4		20	10
	Plank Wipers	4		20	10

Notes:
Tabata Style: 1 Round