

Name	Date
Complete Strength	Wk-1, Day-3

Order	Range of Motion, Activation, Movement Prep	Sets	Reps	Work	Rest
	Foam Roll Series	1			
	Lateral band walking	1	20e		
	Toe touch to squat	3	10		
	Kneeling rock backs (groin)	3	10		
	Around the world (shoulder) (plate OR KB Halo)	3	10e		
	Gate Swings	3	10		

Notes:

Order	Movement	Exercise	Sets	Reps	Work	Rest
A1	Power	Hang Cleans	1	5		30 sec
B1	Core	Sitouts	1	10e		30 sec
C1	Quad	DB/KB/BB Walking Lunge	1	8e		30 sec
D1	Press	BB Bench press	1	8		30 sec
E1	Hip	DB/KB SL RDL	1	8e		30 sec
F1	Pull	Band Pull Apart	1	10		30 sec
G1	Core	Side Plank w/ Hip Ext	1	10e		30 sec

Notes:
40 minutes on the circuit Maximize your weights on each lift.

# of rounds	5 Rounds
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Order	Finisher	Sets	Reps	Work	Rest

Notes:
OMIT