

Name	Date
Complete Stregnth	Wk 2- Day 3

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	KB Swing	1	10		30 sec	**40 minutes on the circuit** Maximize your weights on each lift.
B1	Core	Scissor Kicks	1	10e		30 sec	
C1	Quad	KB F.L Step Up	1	10e		30 sec	
D1	Press	1/2 Kneeling SA Press	1	10e		30 sec	
E1	Hip	BB Deadlift	1	5		30 sec	
F1	Pull	Pull Up *band assisted if needed*	1	10		30 sec	
G1	Core	Windmill	1	10e		30 sec	

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