

Name	Date
Complete Strength	Wk 3- Day3

Order	Range of Motion, Activation, Movement Prep	Sets	Reps	Work	Rest
	Foam Roll Series	1			
	1/2 kneeling hip flexor stretch w/ rotation	1		30s	
	Hips Flexed/Hips Rocking	2	8e		
	SL RDL (both legs)	2	12e		
	Lunge w/ OH Reach	2	12e		
	Gate Swings	2	12		
	Band Pull A-part	2	12		

Notes:

Order	Movement	Exercise	Sets	Reps	Work	Rest
A1	Power	BB Hang Clean *stay light/work on technique*	1	4		30 sec
B1	Core	Reverse Crunch	1	15		30 sec
C1	Quad	DB Step Up	1	8e		30 sec
D1	Press	BB Bench Press	1	4		30 sec
E1	Hip	SL SB Leg Curl	1	8e		30 sec
F1	Pull	SA Landmine Row	1	8e		30 sec
G1	Core	MB Toe Touch *heavy MB or use a weight*	1	8		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