

| Name              | Date     | Week | Day |
|-------------------|----------|------|-----|
| Complete Strength | 06/03/16 | 4    | 5   |

| 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: |
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| Movement         | Exercise                  | Sets | Reps | Work | Rest | Tempo | Set 1 | Set 2 | Set 3 | Set 4 | Set 5 | Set 6 |
|------------------|---------------------------|------|------|------|------|-------|-------|-------|-------|-------|-------|-------|
| Power Dev        | BB Hang Clean             | 4    | 3    |      |      |       |       |       |       |       |       |       |
| Core             | Knee Grab                 | 3    | 10   |      |      |       |       |       |       |       |       |       |
| Single Leg       | TRX SL Squat w/ Jump      | 4    | 5e   |      |      |       |       |       |       |       |       |       |
| Vertical Pull    | Pull Up *Overhand*        | 3    | 5    |      |      |       |       |       |       |       |       |       |
| Unilateral Hip   | SL Bridge *back on bench* | 3    | 10e  |      |      |       |       |       |       |       |       |       |
| Horizontal Press | BB Bench press            | 4    | 5    |      |      |       |       |       |       |       |       |       |
| Bicep (opt.)     | DB Hammer curls           | 4    | 15   |      |      |       |       |       |       |       |       |       |
| Tricep (opt.)    | Bench dips                | 4    | 15   |      |      |       |       |       |       |       |       |       |

| Notes: |
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| Order | Finisher         | Sets | Reps | Work | Rest |
|-------|------------------|------|------|------|------|
|       | Suicides         | 3    |      |      |      |
|       | Mountain Climber | 3    | 30t  |      |      |
|       |                  |      |      |      |      |

| Notes: |
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