

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:

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:

Order	Finisher	Sets	Reps	Work	Rest
	Suicides	3			
	Mountain Climber	3	30t		

Notes: