

| Name | Date |
|-------------------|------------|
| Complete Strength | Wk 3- Day2 |

| 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 | | |
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| Notes: |
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| Order | Movement | Exercise | Sets | Reps | Work | Rest |
|-------|----------|---------------------------------|------|------|------|--------|
| A1 | Power | DB/BB High Pull (hang position) | 1 | 8 | | 30 sec |
| B1 | Core | Sitouts | 1 | 8e | | 30 sec |
| C1 | Quad | Valslide Reverse Lunge | 1 | 8e | | 30 sec |
| D1 | Press | DB SA Incline Press | 1 | 8e | | 30 sec |
| E1 | Hip | BB Deadlift | 1 | 4 | | 30 sec |
| F1 | Pull | Chinup *band asstd if needed* | 1 | 8 | | 30 sec |
| G1 | Core | SB/AB Wheel/BB Rollout | 1 | 15 | | 30 sec |
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| Notes: |
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| **40 minutes on the circuit** Maximize your weights on each lift. |

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| # of rounds | 5 Rounds |
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| Order | Finisher | Sets | Reps | Work | Rest |
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