

6-Week "Fat Loss Workout Plan"

WEEK 1:

Day 1:

Warm-up:

- Foam Roll Series x1 [Foam Roll Series](#)
- ½ Kneeling Hip Flexor/Ankle Mobility 1x20s [1/2 kneeling hip flexor/ankle mobility](#)
- Quadruped T-spine ext/flex 1x10e [Quadruped T spine ext/flexion](#)
- Quadruped Hip Circles 1x10e [Quadruped hip circles](#)
- Glute Bridges 1x20 [Glute bridges](#)
- Prisoner Squat 2x15 [Prisoner Squat](#)
- Jumping Jack 2x20 [Jumping Jacks](#)
- Yoga Pushup 2x10 [Yoga Push up](#)

Workout:

- A1) DB High Pull 3x15 [DB High Pull](#)
- A2) Knee Grab 3x15 [Knee grabs](#)

- B1) KB Goblet Squat 3x15 [KB Goblet Squat](#)
- B2) DB Bent-Over Row 3x15 [DB Bent-Over Row](#)
- B3) Knee Break/Ankle Mobilization 3x15e [Knee Break with ankle mobilization](#)

- C1) KB Deadlift 3x15 [KB Deadlift](#)
- C2) DB Curl to Press 3x15 [Standing DB Shoulder Press *curl before every press*](#)
- C3) Supine Bridge w/ Alt Reach 3x15 [Supine Bridge with Alt Reach](#)

Finisher:

- Wideouts 4x20s [Wide outs](#)
- Mountain Climbers 4x20s [Mountain Climbers](#)

- Tabata Style > 20s work/10s rest

Day 2:

Warm-up:

- Foam Roll Series x1 [Foam Roll Series](#)
- Toe Touch to Squat, Arms OH to stand 1x10 [Toe touch to squat arms OH to stand](#)
- Forearm Wall Sliders 1x20 [Forearm wall sliders](#)
- Side Lying Windmills 1x10e [Side lying Windmills](#)
- Bear Crawl 3x10e [Bear Crawl](#)
- Alt Lateral Lunge w/ OH Reach 3x10t [Alt lateral lunge w/ overhead reach](#)

- Seal Jumps 3x20 [Seal Jumps](#)
- KB Halo (around the world) 3x10e [Around the world \(shoulder\)](#)

Workout:

- | | | |
|---------------------|--------------------------------------|------------------------|
| A1) Jump Squats | Jump squats | <u>Circuit Style:</u> |
| B1) Rope Jacks | Rope Jacks | 40s of work |
| C1) TRX Fallouts | TRX Fallouts | 20s of rest |
| D1) DB Floor Press | DB Floor Chest Press | 6 rounds |
| E1) BB Inverted Row | BB Inverted Row | 1-2min rest b/t rounds |

Day 3:

Warm-up:

- Foam Roll Series x1 [Foam Roll Series](#)
- ½ Kneeling Hip Flexor/Ankle Mobility 1x20s [1/2 kneeling hip flexor/ankle mobility](#)
- Quadruped T-spine ext/flex 1x10e [Quadruped T spine ext/flexion](#)
- Quadruped Hip Circles 1x10e [Quadruped hip circles](#)
- Glute Bridges 1x20 [Glute bridges](#)
- Prisoner Squat 2x15 [Prisoner Squat](#)
- Jumping Jack 2x20 [Jumping Jacks](#)
- Yoga Pushup 2x10 [Yoga Push up](#)

Workout:

- | | | |
|---|-------|--|
| A1) MB Slams | 3x15 | Ball slams |
| A2) Wide Stance Anti-Rot. w/ Rope | 3x15e | Wide Stance anti rotation chip with rope |
| B1) OH Step Ups | 3x15e | OH Step-ups |
| B2) Lat Pulldown (wide) | 3x15 | Lat Pulldowns wide |
| C1) KB/DB Lateral Lunge
OH reach, use DB/KB instead* | 3x15e | Alt lateral lunge w/ overhead reach *no |
| C2) DB Incline Bench Press | 3x15 | DB Incline Bench Press |
| D1) DB Hammer Curl | 3x15 | DB Hammer curls |
| D2) Bench Dips | 3x15 | Bench dips |

Finisher:

- Burpees x8 [Burpees](#)

-Tabata Style >20s work/10s rest

Day 4:

Warm-up:

- Foam Roll Series x1 [Foam Roll Series](#)
- Toe Touch to Squat, Arms OH to stand 1x10 [Toe touch to squat arms OH to stand](#)

- Forearm Wall Sliders 1x20 [Forearm wall sliders](#)
- Side Lying Windmills 1x10e [Side lying Windmills](#)
- Bear Crawl 3x10e [Bear Crawl](#)
- Alt Lateral Lunge w/ OH Reach 3x10t [Alt lateral lunge w/ overhead reach](#)
- Seal Jumps 3x20 [Seal Jumps](#)
- KB Halo (around the world) 3x10e [Around the world \(shoulder\)](#)

Workout:

- | | | |
|----------------------|---------------------------------------|----------------------------|
| A1) MB Rot. Slams | Rotational ball Slams | <u>Circuit Style:</u> |
| B1) Gate Swings | Gate Swings | 40s of work |
| C1) Leg Raises | Leg raises | 20s of work |
| D1) Band Chest Press | Band Chest-Press | 6 rounds |
| E1) Alt Plank Row | Alternating Plank Row | 1-2 minute rest b/t rounds |

Day 5:

Warm-up:

- Foam Roll Series x1 [Foam Roll Series](#)
- ½ Kneeling Hip Flexor/Ankle Mobility 1x20s [1/2 kneeling hip flexor/ankle mobility](#)
- Quadruped T-spine ext/flex 1x10e [Quadruped T spine ext/flexion](#)
- Quadruped Hip Circles 1x10e [Quadruped hip circles](#)
- Glute Bridges 1x20 [Glute bridges](#)
- Prisoner Squat 2x15 [Prisoner Squat](#)
- Jumping Jack 2x20 [Jumping Jacks](#)
- Yoga Pushup 2x10 [Yoga Push up](#)

Workout:

- | | |
|----------------------------|--|
| A1) MB Ice-skaters | 3x15e Ice Skaters |
| A2) MB Toe Touch | 3x15 Med ball toe touches |
| B1) KB/DB Reverse Lunge | 3x15e KB/DB Reverse Lunge |
| B2) SA TRX Row | 3x15e TRX Single-Arm Row |
| B3) Kneeling Rock-backs | 3x15 Kneeling rock backs (groin) |
| C1) Trap Bar DL | 3x15 Trap Bar DL |
| C2) Tall Kneeling SA Press | 3x15e Tall Kneeling SA DB Press |
| C3) Band Pull-Aparts | 3x15 Band pull-aparts |

Finisher:

- Suicide Sprints x3
- Russian Twist 3x20t [Med ball Russian twists](#)
- V-ups 3x10 [V ups](#)

-As Fast As Possible

WEEK 2:

Day 1:

Warm-up:

- Foam Roll Series x1 [Foam Roll Series](#)
- ½ Kneeling T-spine Rot. x15e [1/2 kneeling T spine rotations](#)
- Inchworm w/ pushup 3x8 [Inchworm*do a pushup w/ each rep*](#)
- Prisoner Squat 3x12 [Prisoner Squat](#)
- Cuban Press 3x15 [Cuban Press](#)
- Gate Swings 3x10 [Gate Swings](#)

Workout:

- A1) Vertical Jump x10 [Vertical jump](#)
- B1) Farmer' Walk x30yd/x25s [Farmer's Walk](#)
- *do a hold if no room to walk*
- C1) SA KB Front Squat x10e [Offse KB Front Squat](#)
- D1) Alt. DB Incline Press x10e [Alternating DB Incline Bench Press](#)
- E1) Suitcase Deadlift x10e [Suitcase Deadlifts](#)
- F1) Kneeling SA DB Row x10e [Kneeling SA DB Row](#)
- G1) Hanging Knees to Elbows x10 [Hanging Knees to elbows](#)

>x5 rounds >no more than 30s rest b/t exercises & rounds! >maximize weights!

Day 2:

Warm-up:

- Foam Roll Series x1 [Foam Roll Series](#)
- Wall Hip Swings (lateral for groin) 1x15e [Wall hip swings \(lateral for groin\)](#)
- Wall Hip Swings (forward for hips) 1x15e [Wall hip swings \(forward for hips\)](#)
- Sumo Squat to Hold 2x30s [Sumo squat to hold](#)
- Fire Hydrants 1x15e [Fire Hydrants](#)
- SL Glute Bridges 1x12e [SL glute bridges](#)
- Supine Floor Sliders 1x15 [Supine floor slides \(shoulder\)](#)
- Yoga Pushup 1x15 [Yoga Push up](#)
- Triangles 1x12e [Triangles](#)
- Fling Jumps 1x15 [Fling Jumps](#)
- KB TGU 1x4e [KB Turkish Get Ups](#)

Workout:

- A1) Burpees x10 [Burpees](#)
- B1) Knee Grabs x20 [Knee grabs](#)
- C1) Prisoner Squat x30 [Prisoner Squat](#)
- D1) Wideouts x40 [Wide outs](#)
- E1) Low Pogos x50 [Low Pogos](#)

>x7Rounds >As Fast As Possible

Day 3:

Warm-up:

- Foam Roll Series x1 [Foam Roll Series](#)
- ½ Kneeling T-spine Rot. x15e [1/2 kneeling T spine rotations](#)
- Inchworm w/ pushup 3x8 [Inchworm*do a pushup w/ each rep*](#)
- Prisoner Squat 3x12 [Prisoner Squat](#)
- Cuban Press 3x15 [Cuban Press](#)
- Gate Swings 3x10 [Gate Swings](#)

Workout:

- A1) KB Swing x10 [KB Swing](#)
- B1) Scissor Kicks x10e [Scissor Kicks](#)
- C1) KB Front Loaded Step Up x10e [KB Front-Loaded Step-up](#)
- D1) ½ Kneeling SA Press x10e [1/2 Kneeling DB Press](#)
- E1) BB RDL x10 [BB RDL](#)
- F1) Pull-Up *band assisted if needed* x10 [Band-Assisted Chins](#)
- G1) Windmill x10e [Windmill](#)

>x5 rounds >no more than 30s rest b/t exercises & rounds! >maximize weights!

Day 4:

Warm-up:

- Foam Roll Series x1 [Foam Roll Series](#)
- Wall Hip Swings (lateral for groin) 1x15e [Wall hip swings \(lateral for groin\)](#)
- Wall Hip Swings (forward for hips) 1x15e [Wall hip swings \(forward for hips\)](#)
- Sumo Squat to Hold 2x30s [Sumo squat to hold](#)
- Fire Hydrants 1x15e [Fire Hydrants](#)
- SL Glute Bridges 1x12e [SL glute bridges](#)
- Supine Floor Sliders 1x15 [Supine floor slides \(shoulder\)](#)
- Yoga Pushup 1x15 [Yoga Push up](#)
- Triangles 1x12e [Triangles](#)
- Fling Jumps 1x15 [Fling Jumps](#)
- KB TGU 1x4e [KB Turkish Get Ups](#)

Workout:

- A1) High Knees x20e [High Knees](#)
- B1) DB/KB Squat to Press x20 [DB Squat to Press](#)
- C1) Plank Jacks x30 [Plank Jacks](#)
- D1) Jumping Jacks x40 [Jumping Jacks](#)
- E1) Flutter Kicks *big kicks* x50t [Flutter kicks](#)

>x7Rounds >As Fast As Possible

Day 5:

Warm-up:

- Foam Roll Series x1 [Foam Roll Series](#)
- ½ Kneeling T-spine Rot. x15e [1/2 kneeling T spine rotations](#)
- Inchworm w/ pushup 3x8 [Inchworm*do a pushup w/ each rep*](#)
- Prisoner Squat 3x12 [Prisoner Squat](#)
- Cuban Press 3x15 [Cuban Press](#)
- Gate Swings 3x10 [Gate Swings](#)

Workout:

- A1) SA DB Snatch x10e [SA DB Snatch](#)
- B1) Alt. V-ups x10e [Alt V ups](#)
- C1) DB/KB Reverse Lunge x10e [KB/DB Reverse Lunge](#)
- D1) BB Bench Press x10 [BB Bench press](#)
- E1) DB/KB Lateral Lunge x10e [Alt lateral lunge w/ overhead reach](#)
- *Use DB/KB instead of reaching OH*
- F1) TRX Face Pull x10 [TRX Face-Pull](#)
- G1) Bicycle Crunches x10e [Bicycle crunches](#)

>x5 rounds >no more than 30s rest b/t exercises & rounds! >maximize weights!

WEEK 3:

Day 1:

Warm-up:

- Foam Roll Series x1 [Foam Roll Series](#)
- Lat. Band Walk x15e [Lateral band walking](#)
- Monster Walks x15e [Monster band walking](#)
- Toe Touch to Squat, Arms OH to stand x15 [Toe touch to squat arms OH to stand](#)
- Iron Cross x8e [Iron Crosses](#)
- KB Goblet Squat 2x10 [KB Goblet Squat](#)
- KB Swing 2x10 [KB Swing](#)
- KB OH Press 2x10 [Standing DB Shoulder Press *use KB instead of DB*](#)
- Prone Y's *on floor* 2x10 [IYT](#)

Workout:

- A1) BB/DB Squat to Press x12 [BB Squat to Press / DB Squat to Press](#)
- B1) BB/DB RDL x12 [BB RDL](#)
- C1) BB/DB Bent-Over Row x12 [BB Bent-Over Row / DB Bent-Over Row](#)

D1) AB Wheel/SB/BB Rollout x12 [Rollout progression](#)
>x7 Rounds >maximize weights! >as little rest as possible!

Finisher:

-KB TGU 4x4e [KB Turkish Get Ups](#)
-MB Slam 4x15 [Ball slams](#)

>done as fast as possible!

Day 2:

Warm-up:

- Foam Roll Series x1 [Foam Roll Series](#)
- Prayer Squat 2x25s [Prayer Squat](#)
- SL Deadlift x20e [Single leg deadlift both legs](#)
- Glute Bridge x20 [Glute bridges](#)
- Scorpions x10e [Scorpions](#)
- Snow-angels x20 [Snow-angels](#)
- Pull back butt kick to lunge w/ OH Reach x10e [Pull back butt kick to lunge w/ overhead reach](#)
- High Knees *in place* x20e [High Knees](#)

Workout:

(Round 1) >x15minutes >as many rounds as possible

- Burpees x10 [Burpees](#)
- Wideouts x20 [Wide outs](#)
- Flutter Kicks x40t [Flutter kicks](#)

(Round 2) x15 minutes >as many rounds as possible

- KB Swings x20 [KB Swing](#)
- Alt Plank Row x10e [Alternating Plank Row](#)
- Low Pogos x40 [Low Pogos](#)

>3-5 minute break in between rounds

Day 3:

Warm-up:

- Foam Roll Series x1 [Foam Roll Series](#)
- Lat. Band Walk x15e [Lateral band walking](#)
- Monster Walks x15e [Monster band walking](#)
- Toe Touch to Squat, Arms OH to stand x15 [Toe touch to squat arms OH to stand](#)
- Iron Cross x8e [Iron Crosses](#)
- KB Goblet Squat 2x10 [KB Goblet Squat](#)
- KB Swing 2x10 [KB Swing](#)

- KB OH Press 2x10 [Standing DB Shoulder Press](#) *use KB
- instead of DB*
- Prone Y's *on floor* 2x10 [IYT](#)

Workout:

- A1) BB Back Squat x12 [BB Back Squat](#)
- B1) BB/DB Incline Bench Press x12 [BB Incline press/DB Incline Bench Press](#)
- C1) Chin Up *band assisted if needed* x12 [Chin-ups](#) / *see [Band-Assisted Chins](#) for proper band use*
- D1) MB V-Ups x12 [V ups](#) *use a MB to make it harder*
- E1) BB Curls x12 [BB curls](#)
- F1) Lying BB Extensions x12 [Lying BB extensions](#)

>x7 Rounds >maximize weights! >as little rest as possible!

Day 4:

Warm-up:

- Foam Roll Series x1 [Foam Roll Series](#)
- Prayer Squat 2x25s [Prayer Squat](#)
- SL Deadlift x20e [Single leg deadlift both legs](#)
- Glute Bridge x20 [Glute bridges](#)
- Scorpions x10e [Scorpions](#)
- Snow-angels x20 [Snow-angels](#)
- Pull back butt kick to lunge w/ OH Reach x10e [Pull back butt kick to lunge w/ overhead reach](#)
- High Knees *in place* x20e [High Knees](#)

Workout:

(Round 1) >15minutes >as many round as possible

- OH Lunges x10e [Overhead Lunges](#)
- Yoga Pushup x20 [Yoga Push up](#)
- Jumping Jack x40 [Jumping Jacks](#)

(Round 2) >15minutes >as many rounds as possible

- MB Rotational Slams x10e [Rotational ball slams](#)
- TRX Row x20 [TRX Inverted Row](#)
- Mountain Climbers x40t [Mountain Climbers](#)

>3-5 minute break in between rounds

Day 5:

Warm-up:

- Foam Roll Series x1 [Foam Roll Series](#)
- Lat. Band Walk x15e [Lateral band walking](#)

- Monster Walks x15e [Monster band walking](#)
- Toe Touch to Squat, Arms OH to stand x15 [Toe touch to squat arms OH to stand](#)
- Iron Cross x8e [Iron Crosses](#)
- KB Goblet Squat 2x10 [KB Goblet Squat](#)
- KB Swing 2x10 [KB Swing](#)
- KB OH Press 2x10 [Standing DB Shoulder Press](#) *use KB instead of DB*
- Prone Y's *on floor* 2x10 [IYT](#)

Workout:

- A1) BB/DB Push Press x12 [BB Push Press / DB Push Press](#)
- B1) BB/Trap Bar Deadlift x12 [BB Deadlift / Trap Bar DL](#)
- C1) Landmine/ SA DB Row x12e [Landmine Bent Over Row/DB Bent-Over Row](#) *only use one arm at a time*
- D1) Reverse Crunch x12 [Reverse Crunch](#)

>x7 Rounds >maximize weights! >as little rest as possible!

Finisher: >Tabata Style (20s work/10s rest) >4 Rounds

- MB Russian Twist [Med ball Russian twists](#)
- Knee Ups on Bench [Knee ups on bench](#)

WEEK 4:

Day 1:

Warm-up:

- Foam Roll Series x1 [Foam Roll Series](#)
- World's Greatest Stretch x30s [Worlds greatest stretch](#)
- Lateral Band Walks x20e [Lateral band walking](#)
- Toe Touch to Squat 3x10 [Toe touch to squat](#)
- Kneeling Rock-backs 3x10 [Kneeling rock backs \(groin\)](#)
- Prone I,Y,T 3x10e [IYT](#)
- Frogs *in place* 3x10 [Frog](#)

Workout:

- A1) BB/DB High Pull 4x15 [BB High Pull/DB High Pull](#)
- A2) Body Saw Sliders/TRX 3x10 [Sliders Body Saw/TRX Body Saw](#)
- B1) KB Goblet Staggered Stance Squat 4x15e [KB Goblet Staggered Stance Squat](#)
- B2) ½ Kneeling SA Cable Rows 3x15e [1/2 kneeling SA cable rows](#)
- B3) Wall Soleus Stretch 3x20s [Standing wall soleus stretch](#)
- C1) SA KB Swing 4x15e [Single-arm KB Swing](#)
- C2) Alt DB Incline Bench Press 3x15e [Alternating DB Incline Bench Press](#)

C3) Supine Bridge w/ Alt Reach 3x15 [Supine Bridge with Alt Reach](#)

Finisher: >Tabata Style (20s work/10s work) >x4 Rounds

- Chimp [Chimp](#)
- Knee Grab [Knee grabs](#)

Day 2:

Warm-up:

- Foam Roll Series x1 [Foam Roll Series](#)
- OH Squat (tubing) x15 [OH Squat \(tubing\)](#)
- Shinbox 2x10e [Shinbox](#)
- Side Lying Windmills 2x10e [Side lying Windmills](#)
- Fling Jumps 3x20 [Fling Jumps](#)
- Inchworm 3x10 [Inchworm](#)
- Wideouts 3x20 [Wide outs](#)

Workout:

- A1) Burpees x15 [Burpees](#)
- B1) DB Squat to Press x15 [DB Squat to Press](#)
- C1) Pushup x15 [Push up](#)
- D1) Leg Raises x15 [Leg raises](#)
- E1) BB Bent Row x15 [BB Bent-Over Row](#)
- F1) Low Pogos x45 [Low Pogos](#)

>x5 Rounds >try to hit it in 30 minutes or less!

Day 3:

Warm-up:

- Foam Roll Series x1 [Foam Roll Series](#)
- World's Greatest Stretch x30s [Worlds greatest stretch](#)
- Lateral Band Walks x20e [Lateral band walking](#)
- Toe Touch to Squat 3x10 [Toe touch to squat](#)
- Kneeling Rock-backs 3x10 [Kneeling rock backs \(groin\)](#)
- Prone I,Y,T 3x10e [IYT](#)
- Frogs *in place* 3x10 [Frog](#)

Workout:

- A1) MB Chest Passes *against wall* 4x30 [Med ball chest passes](#)
done fast and repetitive
- A2) MB Russian Twist 3x15e [Med ball Russian twists](#)
- B1) DB Step Up 4x15e [DB/KB Step-ups](#)
- B2) Reverse Grip Pulldown 3x15 [Reverse grip pulldowns](#)

- B3) Straight Leg Situp 3x15 [Straight leg sit ups](#)
- C1) SB Leg Curl 4x15e [Single-Leg Stability Ball Leg Curl](#) *use two legs if too hard*
- C2) Landmine Shoulder Press 3x15e [Landmine Shoulder Press](#)
- C3) Flutter Kicks 3x15e [Flutter kicks](#)
- D1) Incline DB Curls 4x15e [Incline DB curls](#)
- D2) Rope Press downs 4x15e [Rope press downs](#)
- >D1&D2 are done as fast as possible!

Day 4:

Warm-up:

- Foam Roll Series x1 [Foam Roll Series](#)
- OH Squat (tubing) x15 [OH Squat \(tubing\)](#)
- Shinbox 2x10e [Shinbox](#)
- Side Lying Windmills 2x10e [Side lying Windmills](#)
- Fling Jumps 3x20 [Fling Jumps](#)
- Inchworm 3x10 [Inchworm](#)
- Wideouts 3x20 [Wide outs](#)

Workout:

- A1) Wtd Jump Squats x15 [Jump squats](#)
- B1) SA Farmer's Walk x40y(e) [Single Arm Farmer's Walk](#)
- *do 30s hold each side if no room to walk*
- C1) Rope Jacks x30 [Rope Jacks](#)
- D1) Vertical Band Press x30 [Vertical Band Press](#)
- E1) KB DLHP x15 [KB DLHP](#)
- F1) SA 3pt Plank Row x15e [Single-Arm 3-point plank Row](#)

>x5 Rounds >try to hit it in 30 minutes or less!

Day 5:

Warm-up:

- Foam Roll Series x1 [Foam Roll Series](#)
- World's Greatest Stretch x30s [Worlds greatest stretch](#)
- Lateral Band Walks x20e [Lateral band walking](#)
- Toe Touch to Squat 3x10 [Toe touch to squat](#)
- Kneeling Rock-backs 3x10 [Kneeling rock backs \(groin\)](#)
- Prone I,Y,T 3x10e [IYT](#)
- Frogs *in place* 3x10 [Frog](#)

Workout:

- A1) Jump Shrugs 4x15 [Jump Shrugs](#)
 A2) KB TGU 3x5e [KB Turkish Get Ups](#)
- B1) DB Reverse Lunge to Curl to Press 4x10e [DB Reverse Lunge w/ SA Press](#)
 use both arms and curl to press every lunge
 B2) TRX Face Pull 3x15 [TRX Face-Pull](#)
 B3) ½ Kneeling Hip Flexor Stretch 3x25s(e) [1/2 kneeling hip flexor/ankle mobility](#)
- C1) KB/DB SL RDL 4x15e [Double DB SL RDL](#)
 C2) BB Bench Press 4x15 [BB Bench press](#)
 C3) Band Pull Aparts 3x15 [Band pull-aparts](#)
- Finisher: >done as fast as possible!
 -MB Slam 1x50 [Ball slams](#)

WEEK 5:

Day 1:

Warm-up:

- Foam Roll Series x1 [Foam Roll Series](#)
- Monster Walks x20e [Monster band walking](#)
- SL Deadlifts both Legs 3x12e [Single leg deadlift both legs](#)
- Knee Hugs *in place* 3x12e [Walking knee hugs](#)
- Walking lunge w/ OH Reach 3x12e [Walking lunge overhead reach](#)
- Jumping Jacks 3x12 [Jumping Jacks](#)

Workout:

- A1) SL Squat Jump 4x10e [SL squat jump/ TRX Single-Leg Squat w/ Jump](#)
 use TRX bands/modification if needed
 A2) TRX Pike 3x12 [TRX Pike](#)
- B1) BB Front Squat 4x10 [BB Front Squat/ BB Front-Loaded Box Squat](#)
 use box if needed
 B2) Resistance Band Row 3x12 [Resistance Band Row](#)
 standing / pull from high to low
 B3) Sumo Squat to Hold 3x20s [Sumo squat to hold](#)
- C1) SB SL Bridge 3x12e [SB Leg Bridge](#)
 C2) BB OH Press 4x10 [Standing BB Shoulder Press](#)
 C3) Sumpermans 3x10 [Superman](#)

Finisher: >done as fast as possible!

-DB Squat to Press
-Alt. V-ups

4x15 [DB Squat to Press](#)
4x12e [Alt V ups](#)

Day 2:

Warm-up:

- Foam Roll Series
- Quadruped T-Spine Flexion/Ext
- Fire Hydrants
- SL Leg Raises
- Iron Cross
- Prisoner Squat
- Bear Crawl
- High Pogos

x1 [Foam Roll Series](#)
x15e [Quadruped T spine ext/flexion](#)
2x10e [Fire Hydrants](#)
2x10e [SL leg raises](#)
2x10e [Iron Crosses](#)
2x15 [Prisoner Squat](#)
2x10e [Bear Crawl](#)
2x20 [High Pogos](#)

Workout:

A1) MB Rot. Slams [Rotational ball slams](#)
B1) High Knees [High Knees](#)
C1) Knee Grabs [Knee grabs](#)
D1) DB Floor Press [DB Floor Chest Press](#)
E1) TRX Face Pull [TRX Face-Pull](#)

Circuit Style:
45s of work
15s of rest
7 Rounds
45s rest b/t rounds

Day 3:

Warm-up:

- Foam Roll Series
- Monster Walks
- SL Deadlifts both Legs
- Knee Hugs *in place*
- Walking lunge w/ OH Reach
- Jumping Jacks

x1 [Foam Roll Series](#)
x20e [Monster band walking](#)
3x12e [Single leg deadlift both legs](#)
3x12e [Walking knee hugs](#)
3x12e [Walking lunge overhead reach](#)
3x12 [Jumping Jacks](#)

Workout:

A1) Speed Skater
A2) Plank Jacks

B1) Valslide Reverse Lunge
B2) DB Bent Row
B3) Wall Hip Swings (forward)

C1) BB Sumo Deadlift
C2) SA DB Incline Bench Press
[Bench Press](#)
C3) Wall Hip Swings (lateral)

4x10e [Ice Skaters](#)
3x12 [Plank Jacks](#)

4x10e [Slider Reverse Lunge](#)
3x12 [DB Bent-Over Row](#)
3x12e [Wall hip swings \(forward for hips\)](#)

4x10 [Sumo Deadlift](#)
3x12e [SA DB Incline Bench Press \(same as flat SA Bench Press\)](#)
3x12e [Wall hip swings \(lateral for groin\)](#)

- D1) DB Hammer Curl 1x100 [DB Hammer curls](#)
 try not to drop weight throughout all 100 reps!
 D2) OVD Rope Extensions 1x100 [OVD rope extensions](#)
 try not to drop weight throughout all 100 reps!

Day 4:

Warm-up:

- Foam Roll Series x1 [Foam Roll Series](#)
- Quadruped T-Spine Flexion/Ext x15e [Quadruped T spine ext/flexion](#)
- Fire Hydrants 2x10e [Fire Hydrants](#)
- SL Leg Raises 2x10e [SL leg raises](#)
- Iron Cross 2x10e [Iron Crosses](#)
- Prisoner Squat 2x15 [Prisoner Squat](#)
- Bear Crawl 2x10e [Bear Crawl](#)
- High Pogos 2x20 [High Pogos](#)

Workout:

- | | | |
|-------------------|-------------------------------------|-----------------------|
| A1) KB Swing | KB Swing | <u>Circuit Style:</u> |
| B1) Rope Waves | Rope Waves | 45s of work |
| C1) Scissor Kicks | Scissor Kicks | 15s of rest |
| D1) KB Push Press | KB Push Press | 7 Rounds |
| E1) Lat Pulldown | Lat Pulldowns close | 45s rest b/t rounds |

if no ropes, do squat thrust [Squat Thrust](#)

Day 5:

Warm-up:

- Foam Roll Series x1 [Foam Roll Series](#)
- Monster Walks x20e [Monster band walking](#)
- SL Deadlifts both Legs 3x12e [Single leg deadlift both legs](#)
- Knee Hugs *in place* 3x12e [Walking knee hugs](#)
- Walking lunge w/ OH Reach 3x12e [Walking lunge overhead reach](#)
- Jumping Jacks 3x12 [Jumping Jacks](#)

Workout:

- | | |
|----------------------------------|--|
| A1) MB Slam | 4x10 Ball slams |
| A2) Reverse Crunch | 3x12 Reverse Crunch |
| B1) BB Step Up | 4x10e BB Step-ups |
| B2) Chin-up *use band if needed* | 3x12 Chin-ups |
| B3) ½ Kneeling T-Spine Rot. | 3x12e 1/2 kneeling T spine rotations |
| C1) Vaslide Leg Curls | 3x12 Slider Leg Curls |

C2) BB Bench Press 4x10 [BB Bench press](#)
C3) Yoga Pushup 3x12 [Yoga Push up](#)

Finisher: >ladder style >10reps down to 1rep!

- Squat Thrust x10-1 [Squat Thrust](#)
- Mountain Climber x10-1t [Mountain Climbers](#)
- Frogs *in place* x10-1 [Frog](#)

Finisher is done like a circuit:

Perform 10 squat thrusts, 10 mountain climbers, 10 frogs>
Perform 9 squat thrusts, 9 mountain climbers, 9 frogs>
Perform 8,8,8>7,7,7>6,6,6>5,5,5... etc. all the way down to 1!

Week 6:

Day 1:

Warm-up:

- Foam Roll Series x1 [Foam Roll Series](#)
- Toe Touch to Squat 3x10 [Toe touch to squat](#)
- Triangles 3x10e [Triangles](#)
- Bear Crawl 3x10e [Bear Crawl](#)
- Seal Jacks 3x10 [Seal Jumps](#)

Workout:

A1) BB Deadlift x10 [BB Deadlift](#)
B1) Landmine Rainbows x10e [Landmine Rainbows](#)
C1) Wide Stance Anti-Rot x10e [Wide Stance anti rotation chip with rope](#)
D1) BB OH Press x10 [Standing BB Shoulder Press](#)
E1) Chin-up *use band if needed* x10 [Chin-ups](#)

>x7 Rounds >Maximize Weights >30s rest b/t sets

Day 2:

Warm-up:

- Foam Roll Series x1 [Foam Roll Series](#)
- Standing Wall Sliders x15 [Standing wall slides \(shoulder\)](#)
- Forearm Wall Sliders x15 [Forearm wall sliders](#)
- Walking hamstring Stretch x10e [Walking hamstring stretch](#)
- Heal to Butt-Kick to lunge w/OH reach x10e [Pull back butt kick to lunge w/ overhead reach](#)
- Rabbit 2x15 [Rabbit](#)

- Wideouts 2x15 [Wide outs](#)
- High Knees 2x30t [High Knees](#)
- Sprint 2x20y

Workout:

- A1) KB DLHP x15 [KB DLHP](#)
- B1) KB TGU x5e [KB Turkish Get Ups](#)
- C1) TRX SL Squat x10e [TRX Single-Leg Squat/SL Squat/SL Squat to bench counterbalanced](#)
- D1) Band Chest Press x30 [Band Chest-Press](#)
- E1) KB Deadlift x15 [KB Deadlift](#)
- F1) SA 3pt Plank Row x15e [Single-Arm 3-point plank Row](#)
- E1) AB Wheel/SB/BB Rollout x15 [Rollout progression](#)

>x5 Rounds >as fast as possible >Maximize Weights!

Day 3:

Warm-up:

- Foam Roll Series x1 [Foam Roll Series](#)
- Toe Touch to Squat 3x10 [Toe touch to squat](#)
- Triangles 3x10e [Triangles](#)
- Bear Crawl 3x10e [Bear Crawl](#)
- Seal Jacks 3x10 [Seal Jumps](#)

Workout:

- A1) BB Squat x10 [BB Back Squat](#)
- B1) KB Clean x10e [KB Clean](#)
- C1) Mountain Climber x10e [Mountain Climbers](#)
- D1) BB Incline Press x10 [BB Incline press](#)
- E1) BB Bent-Over Row x10 [BB Bent-Over Row](#)

>x7 Rounds >Maximize Weights >30s rest b/t sets

Day 4:

Warm-up:

- Foam Roll Series x1 [Foam Roll Series](#)
- Standing Wall Sliders x15 [Standing wall slides \(shoulder\)](#)
- Forearm Wall Sliders x15 [Forarm wall sliders](#)
- Walking hamstring Stretch x10e [Walking hamstring stretch](#)
- Heal to Butt-Kick to lunge w/OH reach x10e [Pull back butt kick to lunge w/ overhead reach](#)
- Rabbit 2x15 [Rabbit](#)
- Wideouts 2x15 [Wide outs](#)

- High Knees 2x30t [High Knees](#)
- Sprint 2x20y

Workout:

- A1) MB Rot Throws x15e [Med ball rotational throws](#)
- B1) Windmill x15e [Windmill](#)
- C1) DB/KB Walking Lunge x10e [Walking KB/DB Lunge](#)
- D1) Tall Kneeling SA DB Press x15e [Tall Kneeling SA DB Press](#)
- E1) DBL KB RDL x15 [KB RDL](#)
- F1) Wide Grip Lat Pulldown x15 [Lat Pulldowns wide](#)
- E1) Leg Raises x15 [Leg raises](#)

Day 5:

Warm-up:

- Foam Roll Series x1 [Foam Roll Series](#)
- Toe Touch to Squat 3x10 [Toe touch to squat](#)
- Triangles 3x10e [Triangles](#)
- Bear Crawl 3x10e [Bear Crawl](#)
- Seal Jacks 3x10 [Seal Jumps](#)

Workout:

- A1) BB Power Clean X10 [Power Cleans](#)
- B1) KB Swing x10 [KB Swing](#)
- C1) Knee Grabs x10 [Knee grabs](#)
- D1) BB Bench Press x10 [BB Bench press](#)
- E1) DB SA Row x10e [Single-Arm 3-Point Row](#)

>x7 rounds >Maximize Weights >30s rest b/t sets