

Day 1

Dumbbell Clean and Press	6-8 Reps
Dumbbell Squat	12-15 Reps
Dumbbell Romanian Deadlift	12-15 Reps
Dumbbell Row	4-6 Reps
Pushup	60 Seconds
Rest/Repeat 3X's	

Day 2

Front Squat to Press	60 SECS
Burpee	30 SECS
Dumbbell Deadlift	60 SECS
Burpee	30 SECS
Half-Kneeling Single-Arm Dumbbell Curl to Press	60 SECS
Burpee	30 SECS
Dumbbell bent over row	60 SECS
Burpee	30 SECS
Pushup	60 SECS
Burpee	30 SECS
Plank	60 SECS
Rest/Repeat 3X's	

Day 3

Squat Curl and Press	12-15 REPS
Sumo Squats	12-15 REPS
Power Biceps Curl	12-15 REPS
One Arm Row	12-15 REPS
Deadlift to Overhead Press with Reverse Lunges	12-15 REPS
PUSHUPS	60 SECS
REVERSE TURNING LUNGE	15 REPS
LUNGE	15 REPS
Rest/Repeat 3X's	

DAY 4

Jump Squats + Explosive Push-Ups	60 SECS
Single-Leg Jump Squats + One-Foot-Elevated Push-Ups	60 SECS
60-Second High Rep Squats + Push-Ups	60 SECS
PUSHUPS	60 SECS
1-1/4 Method Squats + Push-Ups	12-15 REPS
Pausing Squats + Push-Ups	12-15 REPS
PUSHUPS	60 SECS
BURPEE	30 SECS
Rest/Repeat 3X's	

DAY 5 REST