

Day 1

Squats	3X10
Military Press	3X10
Deadlifts	3X10
Rows	3X10
No Rest between exercises and 2 minute rest between circuits	
Complete in order and then repeat 2X	

Day 2

Power Cleans	3X10
Bench Press	3X10
Lunges	3X10
Chins	3X10
Incline Bench Press	3X10
No Rest between exercises and 2 minute rest between circuits	
Complete in order and then repeat 2X	

Day 3

Squats	3X10
Military Press	3X10
Deadlifts	3X10
Rows	3X10
No Rest between exercises and 2 minute rest between circuits	
Complete in order and then repeat 2X	

DAY 4

Power Cleans	3X10
Bench Press	3X10
Lunges	3X10
Chins	3X10
Incline Bench Press	3X10
No Rest between exercises and 2 minute rest between circuits	
Complete in order and then repeat 2X	

DAY 5

Burpee	30 SECS
Pushups	60 SECS
Sit ups	60 SECS
Repeat 3X	