

Week 1 Day 1

Exercise	Set 1	Set 2	Set 3	Notes
1) Hang Clean	/6	/6	/6	
2a) Back Squat	/10	/10	/10	
2b) Pull-Ups	/10	/10	/10	
3a) Walking Lunges	/10	/10	/10	Each leg
3b) Dumbbell Incline Press	/10	/10	/10	
3c) Dumbbell Hammer Curl	/10	/10	/10	

Day 2

Exercise	Set 1	Set 2	Set 3	Notes
1) Kettlebell Swing	/6	/6	/6	
2a) Deadlift	/10	/10	/10	
2b) Dumbbell Bench Press	/10	/10	/10	
3a) Barbell Hip Thrust	/10	/10	/10	
3b) Inverted Row	/10	/10	/10	
3c) Tricep Extension	/10	/10	/10	

Day 3

Exercise	Set 1	Set 2	Set 3	Notes
1) Tuck Jumps	/6	/6	/6	
2a) Rear-Foot-Elevated Split-Squat	/10	/10	/10	Each leg
2b) Dumbbell Military Press	/10	/10	/10	
3a) Step-Ups	/10	/10	/10	Each leg
3b) Dumbbell Row	/10	/10	/10	
3c) Push-Ups	/10	/10	/10	

Notes:

- Perform grouped exercises in superset fashion with no rest between exercises.
- Rest as needed between each set, but no more than two minutes.

Week 2 Day 1

Exercise	Set 1	Set 2	Set 3	Notes
1) Hang Clean	/6	/6	/6	
2a) Back Squat	/10	/10	/10	
2b) Pull-Ups	/10	/10	/10	
3a) Walking Lunges	/10	/10	/10	Each leg
3b) Dumbbell Incline Press	/10	/10	/10	
3c) Dumbbell Hammer Curl	/10	/10	/10	

Day 2

Exercise	Set 1	Set 2	Set 3	Notes
1) Kettlebell Swing	/6	/6	/6	
2a) Deadlift	/10	/10	/10	
2b) Dumbbell Bench Press	/10	/10	/10	
3a) Barbell Hip Thrust	/10	/10	/10	
3b) Inverted Row	/10	/10	/10	
3c) Tricep Extension	/10	/10	/10	

Day 3

Exercise	Set 1	Set 2	Set 3	Notes
1) Tuck Jumps	/6	/6	/6	
2a) Rear-Foot-Elevated Split-Squat	/10	/10	/10	Each leg
2b) Dumbbell Military Press	/10	/10	/10	
3a) Step-Ups	/10	/10	/10	Each leg
3b) Dumbbell Row	/10	/10	/10	
3c) Push-Ups	/10	/10	/10	

Notes:

- Perform grouped exercises in superset fashion with no rest between exercises.
- Rest as needed between each set, but no more than two minutes.

Week 3 Day 1

Exercise	Set 1	Set 2	Set 3	Notes
1) Hang Clean	/6	/6	/6	
2a) Back Squat	/10	/10	/10	
2b) Pull-Ups	/10	/10	/10	
3a) Walking Lunges	/10	/10	/10	Each leg
3b) Dumbbell Incline Press	/10	/10	/10	
3c) Dumbbell Hammer Curl	/10	/10	/10	

Day 2

Exercise	Set 1	Set 2	Set 3	Notes
1) Kettlebell Swing	/6	/6	/6	
2a) Deadlift	/10	/10	/10	
2b) Dumbbell Bench Press	/10	/10	/10	
3a) Barbell Hip Thrust	/10	/10	/10	
3b) Inverted Row	/10	/10	/10	
3c) Tricep Extension	/10	/10	/10	

Day 3

Exercise	Set 1	Set 2	Set 3	Notes
1) Tuck Jumps	/6	/6	/6	
2a) Rear-Foot-Elevated Split-Squat	/10	/10	/10	Each leg
2b) Dumbbell Military Press	/10	/10	/10	
3a) Step-Ups	/10	/10	/10	Each leg
3b) Dumbbell Row	/10	/10	/10	
3c) Push-Ups	/10	/10	/10	

Notes:

- Perform grouped exercises in superset fashion with no rest between exercises.
- Rest as needed between each set, but no more than two minutes.

Week 4 Day 1

Exercise	Set 1	Set 2	Notes
1) Hang Clean	/6	/6	
2a) Back Squat	/10	/10	
2b) Pull-Ups	/10	/10	
3a) Walking Lunges	/10	/10	Each leg
3b) Dumbbell Incline Press	/10	/10	
3c) Dumbbell Hammer Curl	/10	/10	

Day 2

Exercise	Set 1	Set 2	Notes
1) Kettlebell Swing	/6	/6	
2a) Deadlift	/10	/10	
2b) Dumbbell Bench Press	/10	/10	
3a) Barbell Hip Thrust	/10	/10	
3b) Inverted Row	/10	/10	
3c) Tricep Extension	/10	/10	

Day 3

Exercise	Set 1	Set 2	Notes
1) Tuck Jumps	/6	/6	
2a) Rear-Foot-Elevated Split-Squat	/10	/10	Each leg
2b) Dumbbell Military Press	/10	/10	
3a) Step-Ups	/10	/10	Each leg
3b) Dumbbell Row	/10	/10	
3c) Push-Ups	/10	/10	

Notes:

- Perform grouped exercises in superset fashion with no rest between exercises.
- Rest as needed between each set, but no more than two minutes.

Week 5 Day 1

Exercise	Set 1	Set 2	Set 3	Notes
1) Hang Clean	/5	/5	/5	
2a) Back Squat	/8	/8	/8	
2b) Pull-Ups	/8	/8	/8	
3a) Walking Lunges	/8	/8	/8	Each leg
3b) Dumbbell Incline Press	/8	/8	/8	
3c) Dumbbell Hammer Curl	/8	/8	/8	

Day 2

Exercise	Set 1	Set 2	Set 3	Notes
1) Kettlebell Swing	/5	/5	/5	
2a) Deadlift	/8	/8	/8	
2b) Dumbbell Bench Press	/8	/8	/8	
3a) Barbell Hip Thrust	/8	/8	/8	
3b) Inverted Row	/8	/8	/8	
3c) Tricep Extension	/8	/8	/8	

Day 3

Exercise	Set 1	Set 2	Set 3	Notes
1) Tuck Jumps	/5	/5	/5	
2a) Rear-Foot-Elevated Split-Squat	/8	/8	/8	Each leg
2b) Dumbbell Military Press	/8	/8	/8	
3a) Step-Ups	/8	/8	/8	Each leg
3b) Dumbbell Row	/8	/8	/8	
3c) Push-Ups	/8	/8	/8	

Notes:

- Perform grouped exercises in superset fashion with no rest between exercises.
- Rest as needed between each set, but no more than two minutes.

Week 6 Day 1

Exercise	Set 1	Set 2	Set 3	Notes
1) Hang Clean	/5	/5	/5	
2a) Back Squat	/8	/8	/8	
2b) Pull-Ups	/8	/8	/8	
3a) Walking Lunges	/8	/8	/8	Each leg
3b) Dumbbell Incline Press	/8	/8	/8	
3c) Dumbbell Hammer Curl	/8	/8	/8	

Day 2

Exercise	Set 1	Set 2	Set 3	Notes
1) Kettlebell Swing	/5	/5	/5	
2a) Deadlift	/8	/8	/8	
2b) Dumbbell Bench Press	/8	/8	/8	
3a) Barbell Hip Thrust	/8	/8	/8	
3b) Inverted Row	/8	/8	/8	
3c) Tricep Extension	/8	/8	/8	

Day 3

Exercise	Set 1	Set 2	Set 3	Notes
1) Tuck Jumps	/5	/5	/5	
2a) Rear-Foot-Elevated Split-Squat	/8	/8	/8	Each leg
2b) Dumbbell Military Press	/8	/8	/8	
3a) Step-Ups	/8	/8	/8	Each leg
3b) Dumbbell Row	/8	/8	/8	
3c) Push-Ups	/8	/8	/8	

Notes:

- Perform grouped exercises in superset fashion with no rest between exercises.
- Rest as needed between each set, but no more than two minutes.

Week 7 Day 1

Exercise	Set 1	Set 2	Set 3	Notes
1) Hang Clean	/5	/5	/5	
2a) Back Squat	/8	/8	/8	
2b) Pull-Ups	/8	/8	/8	
3a) Walking Lunges	/8	/8	/8	Each leg
3b) Dumbbell Incline Press	/8	/8	/8	
3c) Dumbbell Hammer Curl	/8	/8	/8	

Day 2

Exercise	Set 1	Set 2	Set 3	Notes
1) Kettlebell Swing	/5	/5	/5	
2a) Deadlift	/8	/8	/8	
2b) Dumbbell Bench Press	/8	/8	/8	
3a) Barbell Hip Thrust	/8	/8	/8	
3b) Inverted Row	/8	/8	/8	
3c) Tricep Extension	/8	/8	/8	

Day 3

Exercise	Set 1	Set 2	Set 3	Notes
1) Tuck Jumps	/5	/5	/5	
2a) Rear-Foot-Elevated Split-Squat	/8	/8	/8	Each leg
2b) Dumbbell Military Press	/8	/8	/8	
3a) Step-Ups	/8	/8	/8	Each leg
3b) Dumbbell Row	/8	/8	/8	
3c) Push-Ups	/8	/8	/8	

Notes:

- Perform grouped exercises in superset fashion with no rest between exercises.
- Rest as needed between each set, but no more than two minutes.

Week 8 Day 1

Exercise	Set 1	Set 2	Notes
1) Hang Clean	/5	/5	
2a) Back Squat	/8	/8	
2b) Pull-Ups	/8	/8	
3a) Walking Lunges	/8	/8	Each leg
3b) Dumbbell Incline Press	/8	/8	
3c) Dumbbell Hammer Curl	/8	/8	

Day 2

Exercise	Set 1	Set 2	Notes
1) Kettlebell Swing	/5	/5	
2a) Deadlift	/8	/8	
2b) Dumbbell Bench Press	/8	/8	
3a) Barbell Hip Thrust	/8	/8	
3b) Inverted Row	/8	/8	
3c) Tricep Extension	/8	/8	

Day 3

Exercise	Set 1	Set 2	Notes
1) Tuck Jumps	/5	/5	
2a) Rear-Foot-Elevated Split-Squat	/8	/8	Each leg
2b) Dumbbell Military Press	/8	/8	
3a) Step-Ups	/8	/8	Each leg
3b) Dumbbell Row	/8	/8	
3c) Push-Ups	/8	/8	

Notes:

- Perform grouped exercises in superset fashion with no rest between exercises.
- Rest as needed between each set, but no more than two minutes.