



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>STRENGTH</b>	<b>STRENGTH</b>	<b>STRENGTH</b>	<b>STRENGTH</b>	<b>STRENGTH</b>	<b>REST DAY</b>	<b>STRENGTH</b>
5 sets	None	4 sets	None	Every 1:00 (12:00 min)		4 sets
8 flat bench BB press/145#		8 BB strict press		Even minute: 7 BB muscle snatch/75#		6 back squats/205#
4-5 strict pull ups btwn each set		10-12 BB curls/55#		(min 0-2-4-6-8-10)		8 loaded tricep dips/35#
Rest 90s btwn sets		Rest 90s btwn sets		Odd minute: 5 BB snatch balance/75#		Rest 2 min btwn sets
5 sets		4 sets		(min 1-3-5-7-9-11)		4 sets
8 flat bench db fly/45#		10 db lateral flys/15#				8 kb single leg RDL/44#
12 seated bent over db rows/35		16 alt db hammer curls/40#				20 air squats
Rest 90s btwn sets		Rest 90s btwn sets				8 single arm db tricep press
4 sets		4 sets				Rest 2 min btwn sets
8 ring rows		12-15 kb shoulder shrugs/53#				4 sets
Max push ups		16 alt db bicep curls				16 db walking lungers/30#
Rest 2 min btwn sets		Rest 90s btwn sets				10-12 OH tricep pulley ext/40#
						Rest 2 min btwn sets
<b>CONDITIONING</b>	<b>CONDITIONING</b>	<b>CONDITIONING</b>	<b>CONDITIONING</b>	<b>CONDITIONING</b>		
3 sets	"12 Days of Christmas"	25-20-15-10-5	7 rounds	5 sets		
6 back squats (heavy)/185#	1 rope climb	Calorie row	7 front squats/95#	6 deadlifts/155#		
12 double db front rack lunges/25#	2 squat cleans/75#	Handstand push ups	10 toes to bars	8 bar facing burpees		
25 jumping air squats	3 chest to bar pull ups	Box jumps	Time cap: 15 min	10 cal air bike		
Rest 2 min btwn sets	4 burpees	Time cap: 20 min		Rest 1:1 btwn sets		
Then	5 deadlifts/75#			Time cap: 18 min		
5 sets	6 strict pull ups					
75 double unders	7 sit ups					
20 push ups	8 wall balls					
Rest 1 min btwn sets	9 box jumps					
Time cap/set: 2:30 min	10 back rack lunges/75#					
	11 handstand push ups					
	12 thrusters/75#					

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<b>STRENGTH</b>	<b>STRENGTH</b>	<b>REST DAY</b>	<b>SKILL</b>	<b>STRENGTH</b>	<b>STRENGTH</b>	<b>REST DAY</b>
20 min	4 sets		20 min	3 rounds	4 sets	
Free handstand hold practice	6-8 strict bb OH press		Free handstand hold practice	10 single arm tempo row/25#	8 barbell bench press	
	8-10 db lateral flys			Rest 30s	16 alt hammer curls	
	Rest 2 min btwn sets			10 inverted bb skull crushers	Rest 90s btwn sets	
				Rest 2 min btwn sets		
	4 sets				4 sets	
	16 hvy kb shrugs			4 sets	8 db flat bench flys	
	200m Farmers carry			8-10 seated db tri ext	12-15 barbell curls	
	Rest 2 min btwn sets			8 seated bent over db rows	Rest 90s btwn sets	
				Rest 2 min btwn sets		
					5 sets	
					10 push ups	
					4 strict pull ups	
<b>CONDITIONING</b>	<b>CONDITIONING</b>		<b>CONDITIONING</b>	<b>CONDITIONING</b>	<b>CONDITIONING</b>	
8 sets:	3 rounds		18 min AMRAP	5 sets	3 sets	
250m row	100ft single db walking lunge/35#		9 deadlifts/115#	6 deadlifts/155#	12 bar facing burpees	
5 squat snatch (80#)	30 db bench press/2x35#		12 box jumps/24"	8 bar facing burpees	12 thrusters/55#	
Rest 1:1 between sets	rest 5 min		15 V-ups	10 cal air bike	14 pull ups	
Time cap: 27 min	3 rounds			Rest 1:1 btwn sets	12 thrusters/55#	
	50ft front rack dble db walking lunge/35#			Time cap: 18 min	12 bar facing burpees	
	15 db bench press/50#				Reset 3 min btwn sets	
	Time cap: 23 min				Time cap: 24 min	
	Rest 5 min then					
	Max toes to bar					