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|  | Week 1  | Week 2 | Week 3 | Week 4 |
| Monday | 5x5 DeadliftsBench Press | 5x5 DeadliftsAssisted Dips | 5x5DeadliftsBench Press | 5x5DeadliftsAssisted Dips |
| Tuesday | 16 minute AMRAP8 Jump squats20 oblique twists8 Lunges12 dumbbell curl and press | 10 rounds for time20 b/w squats5 roll outs20 lunges5 lying leg raises | 10 – 1 BurpeesPressupsmountain climbersReverse lungesJump pullups | Hurricanes30 sec hill sprint10 shoulder press10 bent over row  |
| Thursday | 5x5SquatsLow pulley v-bar row | 5x5SquatsBent over row | 5x5 SquatsBarbell Shoulder Press | 5x5SquatsLow pulley v-bar row |
| Friday | 20 minute EMOMOdd minutes 8 burpees Even minutes 12 Pressups | 20 minute AMRAP200m row8 dumbell shoulder press | 10 rounds for time8 Assisted dips30 oblique twists 10 high knees | 300 workout25 pull downs50 pressups50 deadlifts 50 box jumps50 clean and press50 Floor sweepers25 pull downs |

Key: AMRAP = As Many Rounds As Possible
 EMOM = Every Minute On the Minute
 Hurricanes = 3 x 5 minute rounds with 3 minute rest between rounds.