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|  | Week 1 | Week 2 | Week 3 | Week 4 |
| Monday | 5x5  Deadlifts Bench Press | 5x5  Deadlifts Assisted Dips | 5x5 Deadlifts Bench Press | 5x5 Deadlifts Assisted Dips |
| Tuesday | 16 minute AMRAP 8 Jump squats 20 oblique twists 8 Lunges 12 dumbbell curl and press | 10 rounds for time 20 b/w squats 5 roll outs 20 lunges 5 lying leg raises | 10 – 1  Burpees Pressups mountain climbers Reverse lunges Jump pullups | Hurricanes 30 sec hill sprint 10 shoulder press 10 bent over row |
| Thursday | 5x5 Squats Low pulley v-bar row | 5x5 Squats Bent over row | 5x5  Squats Barbell Shoulder Press | 5x5 Squats Low pulley v-bar row |
| Friday | 20 minute EMOM Odd minutes 8 burpees  Even minutes 12 Pressups | 20 minute AMRAP 200m row 8 dumbell shoulder press | 10 rounds for time 8 Assisted dips 30 oblique twists  10 high knees | 300 workout 25 pull downs 50 pressups 50 deadlifts  50 box jumps 50 clean and press 50 Floor sweepers 25 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.