
6.22.2020

Lift - Push Day 2

- Warm Up
- Quick Chest Presses 4x5
- Bench 4x5 (+5 from 5.25)
- Superset 1
 - Overhead Press 3x10
 - Dips 3x15
- Superset 2
 - Feet Elevated Push Up 4x15
 - Y's and T's 3x10
 - Tricep Extension 3x12

6.23.2020

Timed 2.5 mile run

Try to beat your best time

Follow up with 160 pushups (strict) and 80 pull-ups (strict)

Take as many sets as needed

When form breaks down take a rest then go again

7pm Online Practice

6.24.2020

Lift - Pull Day 2

- Warmup
- Quick Throws into the air 4x5
- Seated Row 4x5 (+5 from 4.29) [or bent over row]
- Superset 1
 - Barbell Curl 3x8
 - Pull-Up 3x15
- Superset 2
 - Inverted Row 4x15
 - Lat Pulldown 3x10 [or DB Pullover]
 - Hammer Curl 3x12

HIIT Option

6.25.2020

Rest Day

6.26.2020

Lift - Leg Day 2

- Warmup
- Box Jumps 4x5
- Squats 4x5 (+5 from 5.29)
- Superset 1
 - Trap Bar Deadlift 3x5 (or regular deadlift or sumo deadlift)
 - RDL 3x10
- Superset 2
 - Single Leg Split Squat 4x8
 - Good Morning 3x12
 - Lying DB Curl 3x8

Stance and Motion 12

- 150 pushups and 250 ab exercises (as many sets as needed)
- 3 sets of 2 minute stance and motion and 1 minute bear crawl
- 3 minute plank

6.27.2020

Slow Cardio 55 min (jog, bike, row, swim)

6.28.2020

Rest Day