

ADVANCED PROGRAM MONTH 3

Dynamic Warm-up x 2	
Squat & Swing up	10 (20)
Squat Rot & Press	10 (20)
Lunge & Press up	10 (20)
Squat & Swing	10 (20)

Circuit x 2	
Alt KB Cleans	10 (20)
2KB Swings	10
2KB Squat & Press	10
2KB Jump Squats	10
Jump Lunges	20
Jump Squats	20
Burpee Push-ups	20
Jump for & 2 Jumps back	10
W/G Pull-ups	10
Clap Push-ups	20
U/G Pull-ups	10
N/G Jump Push-ups	20

Exercise – DAY 1 Superset	Sets	Reps		Reps
KB Split Lunge	3	10 (20)	BB Clean & Press	10
S/A Overhead Squat	3	10 (20)	BB Deadlift	10
Clean step & squat	3	10 (20)	Smith Squats / Back squats	10
S/A U/G Pull-ups	3	10 (20)	BB Curls	10

Exercise – DAY 2 Superset	Sets	Reps		Reps
S/A Bosu jump push-up	3	10 (20)	Smith Bench Press / Bench Press	10
S/A TRX Pulls	3	10 (20)	BB Bent Over Rows	10
S/A Rotation Press	3	10 (20)	BB Shoulder Press	10
S/A DB Skull Crusher	3	10 (20)	Dips (weighted)	10