

24.04. – 04.06.2023

GET STRONG 3: MONDAY

Frontsquat (5 reps)
Heavy Row (8-10 total reps)

Weighted Push Ups (5 reps)
Single Leg Deadlift (8-10 reps)

GET STRONG 4: TUESDAY

Box Steps (low box, heavy weight) (8-10 total reps)
Weighted Chin Ups (5 reps)

Weighted Dips (5 reps)
Hip Thruster (5 reps)

GET STRONG 1: WEDNESDAY

Backsquats (5 reps.)
Weighted Pull ups (5 reps.)

Deadlift (5 reps.)
Bench Press (5 reps.)

GET STRONG 2: THURSDAY

Lunges (8-10 total reps)
Archer Pull Ups (6 total reps)

KB / LH Shoulder Press (5 reps)
Sumo Deadlift (5 reps)