

# WORKOUTS

PROGRAMMING - GET FIT 1									
TC: 20 min., work your way down									
alt. Shoulder Press	20	18	16	14	12	10	10	10	
Renegade Row	20	18	16	14	12	10	10	10	
KB Lunges	20	18	16	14	12	10	10	10	
<b>5 rounds for time, TC 10 min</b>									
8 Deadlifts									
16 V-Ups / 8 Ab Rolls (advanced)									

PROGRAMMING - GET LEAN 1						
15 min EMOM						
LEVEL	1	2	3	4	5	
Pull ups	2	3	4	5	6	
Push Ups	4	6	8	10	12	
Boxjumps	2	3	4	5	6	
<b>5 x 35/15</b>						
GHD (Glute Ham Developer)						
Plank to L-Sit						
Cossacksquats						

PROGRAMMING - GET FIT 2						
15 min EMOM						
Level	1	2	3	4	5	
Squat Clean	2	3	4	5	6	
Muscle Up or	2	3	4	5	6	
Pull Ups + Dips (reps. each)	2	3	4	5	6	
<b>5 x 35/10</b>						
KB Swings						
Core Trainer						
Broadjumps						

PROGRAMMING - GET LEAN 2									
TC: 15 min., work your way down									
Hanging Rows	20	18	16	14	12	10	10	10	
Pistol Squats (total)	20	18	16	14	12	10	10	10	
<b>5 rounds for time TC 10 min</b>									
8 Twisted Leg Raises (beg.) / 8 K2E Rotation (interm.) / 8 T2B Rotation (adv.) (total reps)									
8 Dips									
20 SL Hip thruster (total reps)									

# ACTIVATION

## GET FIT 1

**3x30/10**

Lunge + Shoulder Press R

Lunge + Shoulder Press L

Plank + Shoulder tap

Romanian KB Deadlift

## GET LEAN 1

**3x30/10**

Banded Jumping Squats

Walking Plank 2 L-Sit

Scapula Pull Ups with Hollow Body

Hollow Body to Superman

## GET FIT 2

**3x30/10**

Top Hold Single Bar

KB Stop Swing

KB / Bar High Pull

KB / Bar Clean Jerk (starting from  
High Pull Position)

## GET LEAN 2

**3x30/10**

Ring Top Hold Shrugs

Hanging Floor Taps

Skater Squats L + Yoga Block

Skater Squats R + Yoga Block

## PROGRAMMING 05/23

<b>Day</b>	<b>Date</b>	<b>Nr.</b>
Mon	1. Mai.	FIT 1 + LEAN 1
Wed	3. Mai.	FIT 2 + LEAN 2
Fri	5. Mai.	FIT 1 + LEAN 1
Sun	7. Mai.	FIT 2 + LEAN 2
Tue	9. Mai.	FIT 1 + LEAN 1
Thu	11. Mai.	FIT 2 + LEAN 2
Sat	13. Mai.	FIT 1 + LEAN 1
Mon	15. Mai.	FIT 2 + LEAN 2
Wed	17. Mai.	FIT 1 + LEAN 1
Fri	19. Mai.	FIT 2 + LEAN 2
Sun	21. Mai.	FIT 1 + LEAN 1
Tue	23. Mai.	FIT 2 + LEAN 2
Thu	25. Mai.	FIT 1 + LEAN 1
Sat	27. Mai.	FIT 2 + LEAN 2
Mon	29. Mai.	FIT 1 + LEAN 1
Wed	31. Mai.	FIT 2 + LEAN 2

## PROGRAMMING 06/23

Day	Date	Nr.
Fri	2. Jun.	FIT 1 + LEAN 1
Sun	4. Jun.	FIT 2 + LEAN 2
Tue	6. Jun.	FIT 1 + LEAN 1
Thu	8. Jun.	FIT 2 + LEAN 2
Sat	10. Jun.	FIT 1 + LEAN 1
Mon	12. Jun.	FIT 2 + LEAN 2
Wed	14. Jun.	FIT 1 + LEAN 1
Fri	16. Jun.	FIT 2 + LEAN 2
Sun	18. Jun.	FIT 1 + LEAN 1
Tue	20. Jun.	FIT 2 + LEAN 2
Thu	22. Jun.	FIT 1 + LEAN 1
Sat	24. Jun.	FIT 2 + LEAN 2
Mon	26. Jun.	FIT 1 + LEAN 1
Wed	28. Jun.	FIT 2 + LEAN 2
Fri	30. Jun.	FIT 1 + LEAN 1

## PROGRAMMING 07/23

Day	Date	Nr.
Sun	2. Jul.	FIT 2 + LEAN 2
Tue	4. Jul.	FIT 1 + LEAN 1
Thu	6. Jul.	FIT 2 + LEAN 2
Sat	8. Jul.	FIT 1 + LEAN 1
Mon	10. Jul.	FIT 2 + LEAN 2
Wed	12. Jul.	FIT 1 + LEAN 1
Fri	14. Jul.	FIT 2 + LEAN 2
Sun	16. Jul.	FIT 1 + LEAN 1
Tue	18. Jul.	FIT 2 + LEAN 2
Thu	20. Jul.	FIT 1 + LEAN 1
Sat	22. Jul.	FIT 2 + LEAN 2
Mon	24. Jul.	FIT 1 + LEAN 1
Wed	26. Jul.	FIT 2 + LEAN 2
Fri	28. Jul.	FIT 1 + LEAN 1
Sun	30. Jul.	FIT 2 + LEAN 2