

24.07. – 03.09.2023

GET STRONG 1: MONDAY

Max Reps Frontsquat (min.3 – max. 10 each)

Max Reps Heavy Hang Row (min.3 – max. 10)

Max Reps Shoulder Press (min.3 – max. 10)

Max Reps Weighted GHD (min.3 – max. 10)

GET STRONG 1: TUESDAY

Max Reps Pistolsquats (min.3 – max. 10 each)

Max Reps Pullups (min.3 – max. 10)

Max Reps KB Benchpress (min.3 – max. 10)

Max Reps Hip Thruster (min.3 – max. 10)

GET STRONG 3: THURSDAY

Max Reps Lunges (min.3 – max. 10each)

Max Reps Toes to Bar (min.3 – max. 10)

Max Reps Dips (min.3 – max. 10)

Max Reps Deadlift (min.3 – max. 10)