

TRAINING: DAY 1

Exercise	Sets	Reps	Comment
A BLOCK			
Deadlift	5 sets	5	Rest 90 seconds between sets
B BLOCK			
Reverse lunge	3 rounds	6 per leg completing all for one side before the other	Performed in a circuit with no rest between individual moves, but with 60-90 seconds of rest between each circuit
Wall ball	3 rounds	10	
Man maker	3 rounds	10	
C BLOCK			
Box jump*	3 rounds	15	Performed in a circuit with no rest between individual moves, but with 60-90 seconds of rest between each circuit
Single-leg dumbbell deadlift	3 rounds	10 per side	
Negative pull-up	3	8	

* You can substitute a bench for a box, and you can do step-ups if you're not able to perform the jump version.

NOTES:
