

# TRAINING: DAY 6

Exercise	Sets	Reps	Comment
A BLOCK			
Sotts press	5	5	Rest 60 seconds between sets
B BLOCK			
Overhead squat	5	5	Rest 60 seconds between sets
C BLOCK			
Glute-ham developer with barbell row	5	15	Performed in a circuit with no rest between individual moves, but with 60-90 seconds of rest between each circuit
Pull-up	5	5	
Ball slam	5	20	
D BLOCK			Performed in a circuit with no rest between individual moves, but with 60-90 seconds of rest between each circuit
Row machine	1	1000 meters	Complete this as quickly as you can with good form

## NOTES:

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