

TRAINING: DAY 9

Exercise	Sets	Reps	Comment
A BLOCK			
Push press	5	10	Rest 60 seconds between sets
B BLOCK			
Bent-over barbell row	3	10	Performed in a circuit with no rest between individual moves, but with 60-90 seconds of rest between each circuit
Kettle-bell windmill*	3	10 reps per side	
One-arm dumbbell shoulder floor press	3	10 reps per side	
C BLOCK			
Weighted step up	5	10 per leg	Performed in a circuit with no rest between individual moves, but with 60-90 seconds of rest between each circuit
Dumbbell thruster	5	15	
Machine row	5	200 meters	

* You can substitute a dumbbell for the kettle bell.

NOTES:
