

# TRAINING: DAY 13

Exercise	Sets	Reps	Comment
A BLOCK			
Row machine	1	500 meters	Performed in a circuit with no rest between individual moves, but for only 1 circuit.
Dumbbell thruster	1	10	
Box jump over*	1	10	
B BLOCK			
Pull-up	3	7-10	Performed in a circuit with no rest between individual moves, but with 60-90 seconds of rest between each circuit
Turkish get-up**	3	5 per side	
Hanging leg raise (toes to bar)	3	8	
C BLOCK			
Shoulder press	5	5	Rest about 60 seconds between sets
D BLOCK			
Dumbbell bench press	3	6-8	Performed in a circuit with no rest between individual moves, but with 60-90 seconds of rest between each circuit
Bulgarian split squat	3	10	
E BLOCK			
Glute-ham raise (GHD)	3	10	Performed in a circuit with no rest between individual moves, but with 60-90 seconds of rest between each circuit
Swimmer	3	20	

\* You can substitute a bench for the box.

\*\* You can substitute a dumbbell for the kettle bell.

## NOTES: