

TRAINING: DAY 14

Exercise	Sets	Reps	Comment
A BLOCK			
Handstand walk	3	10 yards	Performed in a circuit with no rest between individual moves, but with 60-90 seconds of rest between each circuit
Wall ball	3	20	
Hanging leg raise	3	10	
Burpee box jump	3	15	
B BLOCK			
Deadlift	10	3	Performed in a circuit with no rest between individual moves, but with 60-90 seconds of rest between each circuit
Push-up	10	10	
Handstand push-up	10	10	
Box dip	10	10	
C BLOCK			
Dumbbell walking lunge	3	10 reps per leg	Performed in a circuit with no rest between individual moves, but with 60-90 seconds of rest between each circuit
Pull-up	3	Failure	
Hanging leg raise	3	Failure	
D BLOCK			
Push-press	7	5	Performed in a circuit with no rest between individual moves, but with 60-90 seconds of rest between each circuit
Kettle-bell swing	7	7	
Kettle-bell (goblet) squat	7	9	