

TRAINING: DAY 18

Exercise	Sets	Reps	Comment
A BLOCK			
Drop snatch squat	5	5	Performed in a circuit with no rest between individual moves, but with 60-90 seconds of rest between each circuit
Goblet squat	5	15	
B BLOCK			
Overhead squat	4	10	Performed in a circuit with no rest between individual moves, but with 60-90 seconds of rest between each circuit
Barbell bent-over row	4	10	
Weighted glute-ham raise	4	10	
C BLOCK			
Burpee	5	20	Performed in a circuit with no rest between individual moves, going directly into the next circuit without rest, keeping track of your total time
Wall ball	5	20	
Dumbbell thruster	5	20	
Ball slam	5	20	
Kettle-bell swing	5	20	

NOTES:
