

TRAINING: DAY 19

Exercise	Sets	Reps	Comment
A BLOCK			
Wall run	10	10	Performed in a circuit with no rest between individual moves, but with 60-90 seconds of rest between each circuit
Push-up	10	15	
Kettle-bell swing	10	15	
B BLOCK			
Deadlift	5	5	Perform these moves in a circuit and keep rest to an absolute minimum since you're working different muscle groups
Dumbbell single-arm chest press	5	10 per side	
C BLOCK			
Single-arm dumbbell walking lunge	4	10 per side (switch arms after 5 lunges per side)	Performed in a circuit with no rest between individual moves, but with up to 60-90 seconds of rest between each circuit
Ring row	4	12	
Weighted pull-up	4	8	
D BLOCK			
Burpee	10	10	Performed in a circuit with no rest between individual moves, but with 60-90 seconds of rest between each circuit (if needed)
Machine row	10	100 meters	
Barbell squat	10	10	

NOTES:
