



Dowel Warm Up: <https://youtu.be/ciq-FHwnlYw>

Rest: 90-120 seconds

Exercise Day 1	Week One			Week Two			Week Three			Week Four			Exercise Day 2	Week One			Week Two			Week Three			Week Four		
	Rep	Set	WT	Rep	Set	WT	Rep	Set	WT	Rep	Set	WT		Rep	Set	WT	Rep	Set	WT	Rep	Set	WT	Rep	Set	WT
KettleBell Swing	6	1		7	1		8	1		9	1		Bench Press	6	1		5	1		5	1		4	1	
	6	2		7	2		8	2		9	2			6	2		5	2		5	2		4	2	
	6	3		7	3		8	3		9	3			6	3		5	3		5	3		4	3	
	6	4		7	4		8	4		9	4			6	4		5	4		5	4		4	4	
Back Squat	6	1		5	1		5	1		4	1		Bulgarian Split Squat	6	1		6	1		5	1		5	1	
	6	2		5	2		5	2		4	2			6	2		6	2		5	2		5	2	
	6	3		5	3		5	3		4	3			6	3		6	3		5	3		5	3	
	6	4		5	4		5	4		4	4			6	4		6	4		5	4		5	4	
Push Press	6	1		6	1		5	1		5	1		Landmine Press	6	1		6	1		5	1		5	1	
	6	2		6	2		5	2		5	2			6	2		6	2		5	2		5	2	
	6	3		6	3		5	3		5	3			6	3		6	3		5	3		5	3	
	6	4		6	4		5	4		5	4			6	4		6	4		5	4		5	4	
DB Lateral Split	6	1		6	1		5	1		5	1		Single Leg RDL	6	1		6	1		5	1		5	1	
	6	2		6	2		5	2		5	2			6	2		6	2		5	2		5	2	
	6	3		6	3		5	3		5	3			6	3		6	3		5	3		5	3	
Weighted Push Up	6	1		6	1		5	1		5	1		Inverted Row	8	1		10	1		12	1		12	1	
	6	2		6	2		5	2		5	2			8	2		10	2		12	2		12	2	
	6	3		6	3		5	3		5	3			/	/	/	/	/	/	/	/	/	/	/	/
Farmers Walk	2 x 50m (Half BW)												Bicep Curls	2x12			2x12			2x10			2x10		
V-Ups with weight	2 x 10												Tricep Push Down	2x12			2x12			2x10			2x10		

Pair DB Lateral Split & Weighted Push Up

Pair Farmers Walk & V-Ups with Weight

Pair Bench Press & Bulgarian Split Squat

Pair Landmine Press & RDL

Triset Inverted Row, Bicep Curls & Tricep Push Down

Full Pack includes: Hypertrophy Day 1+2+3 Strength Day 1+2+3 Power Day 1+2+3 Maintenance Phase

Hypertrophy

Squat Jumps: <https://youtu.be/2thBHXWpg1Y>
Bent Over Row: <https://youtu.be/92EicEth23w>
Good Morning: <https://youtu.be/k36qWQYPZY0>
Pull Ups: <https://youtu.be/eDVxSQzHsiU>
Single Leg RDL: <https://youtu.be/xtaExkpApLQ>
One Arm Cable: https://youtu.be/vtIctA_bFd0
Pallof Press: <https://youtu.be/wpbsInIt6I4>

Strength New Exercises Introduced

Push Press: <https://youtu.be/spogKZUD4pU>
V-Ups: <https://youtu.be/wpbsInIt6I4>
Hip Thrusts:
Landmine Rotations: <https://youtu.be/wpbsInIt6I4>

Hypertrophy

KettleBell Swing: https://youtu.be/js_mq2rctbo
Back Squat: <https://youtu.be/87tJNxRwYQ>
Military Press: <https://youtu.be/spogKZUD4pU>
DB Lateral Split Squat: <https://youtu.be/2w5FgGuGTdk>
Weighted Push Up: <https://youtu.be/qpOhCnk-WMY>
Bicep Curl: https://youtu.be/QEW_O4tVz2s
Tricep Extension: <https://youtu.be/OI9XrRyLXTE>

Power New Exercises Introduced

Push Jerk: <https://youtu.be/spogKZUD4pU>
Speed Skater: <https://youtu.be/j1ztUttRie8>
Landmine Rotations: <https://youtu.be/wpbsInIt6I4>
Clap or Band Push Up: <https://youtu.be/bxmicXzhWuM>
Split Squat Jump: <https://youtu.be/7NYI8ytz6DE>
Landmine Push Press: https://youtu.be/eUVJX9Jr-_k
Hanging Leg Raises: <https://youtu.be/wpbsInIt6I4>

Hypertrophy

Bulgarian Split Squat: https://youtu.be/v_dUSuFnuKM
Bench Press: <https://youtu.be/pUqdKj7o1TY>
DB Row: <https://youtu.be/P3mGB9tT0cQ>
Swiss Ball Glute Bridge:
Inverted Row:
Farmers Walk:
Plank: <https://youtu.be/wpbsInIt6I4>

Maintenance:

Hip Mobility: <https://youtu.be/8YaDxkkNOdo?list=PL4-IEugzWkh3Ryy1vGAXFwxU2xcr0bgLR>