

Mon. Leg Focus warm-up 3x5 Hor. Row TRX

- 3x10 Squats
- 3x10 Hor. Pull-Up
- 3x10 Hip Thrust
- 3x5 leg Curls
- 3x5 leg Ext.
- 3x5 Handstand Push-Up
- 3x10 Hor. Chin Up
- 3x10 Romanian Deadlift
- 3x15 Calf Raises
- 3x20 Step-Ups
- 3x20 DB Swing
- Stretches

Wed. Chest Focus warm-up 3x5 Hor. Row TRX

- 3x10 Push-Ups
- 3x5 Dips
- 3x5 Handstand Push-Ups
- 3x10 Butterflies
- 3x10 Hip Thrusts
- 3x20 DB Row
- 3x5 Tricep Ext.
- 3x10 Hor. Chin Ups
- 3x10 Romanian Deadlift
- Stretches

FRI. Back Focus

- Warm-up 3x5 Hor. Row TRX
- 3x10 Squats
- 3x20 DB Row
- 3x20 ~~Step-Ups~~ Box Lunges
- 3x10 Hor. Pull-Up (Par. Bar)
- 3x10 Hor. Pull-Up (Norm.)
- 3x10 Romanian Deadlift
- 3x15 Hor. Pull-Up one hand
- 30 ea. Grip Squeeze
- 40 ea. Grip Rotations
- Stretches

Tuesday:
Run 20 mins

Thursday:
Run 20 mins

1 SQUARE =