WEEK: / – /

Workout Cycle: INDIA

DAY 1	SET 1,3 Lbs | Rep	SET 2,4 Lbs | Rep
Board Press (2-0-1) (3 sets , 5 reps)		
DB Row (2-0-1) (3 sets , 6 reps)		
Backoff Board Press (3-0-1) (1/3 weight 1 sets , X reps)		
Rest 120 seconds		
DB Incline Press (2-0-1) (3 sets, 8 reps)		
V-Chin (3-0-1) (3 sets, 8 reps)		
Rest 60 seconds		
DB Chest Press (2-0-1) (3 Sets, 12 Reps)		
BO Barbell Row (2-0-1) (3 sets , 15 reps)		

DAY 3	SET 1,3 Lbs | Rep	SET 2,4 Lbs | Rep
Sprint Intervals (6 ints, 3wu, 60/60, 3cd)		

DAY 5	SET 1,3 Lbs | Rep	SET 2,4 Lbs | Rep
Snatch-Grip Deadlift (3 sets , 6 reps)		
Kneeling Cable Crunch (3 sets , 15 reps)		
Rest 120 seconds		
Pistol/1 leg squat (3 sets, 8 reps)		
GHR on ball (2-0-1) (3 sets, 15 reps)		
Rest 60 seconds		
Barbell Shrug (3 sets , 8 reps)		
Swiss Ball Jackknife (3 sets , 12 reps)		

DAY 2	SET 1,3 Lbs | Rep	SET 2,4 Lbs | Rep
Narrow Squat (2-0-1) (3 sets , 8 reps)		
Swiss Ball Plank (3 sets , 60 sec.)		
Backoff Squat (1/3 weight)1 sets , X reps.)		
Rest 120 seconds		
Romanian Deadlift (4-0-1) (3 sets, 8 reps)		
Cable Chop (2-0-1) (3 sets, 12 reps)		
Rest 60 seconds		
Barbell Step-up (2 sets , 12 reps)		
Hanging Knee-up (2 sets , 12 reps)		

DAY 4	SET 1,3 Lbs | Rep	SET 2,4 Lbs | Rep
DB Stand Closegrp Shouldr Prs (3 sets , 6 reps)		
Reverse-grip pulldown (3 sets , 6 reps)		
Rest 120 seconds		
Weighted Dip (2-0-1) (3 sets, 8 reps)		
DB Standing Curl (2-0-1) (3 sets, 8 reps)		
Rest 60 seconds		
DB Incline Curls (3 sets , 8 reps)		
Standing Pullover (3 sets , 15 reps)		

DAILY WARMUP

(check off) ☐ ☐ ☐ ☐ ☐

Y Squat (2 sets , 10 reps)	
Pushup (2 sets , 10 reps)	
Diagonal Lunge (2 sets, 8 reps/side)	
Inverted Row (2 sets, 10 reps)	

WEEKEND Swimming