

WEEK: / - /

Workout Cycle: MIKE

MON		SET 1,3 Lbs Rep	SET 2,4 Lbs Rep	WED		SET 1,3 Lbs Rep	SET 2,4 Lbs Rep	FRI		SET 1,3 Lbs Rep	SET 2,4 Lbs Rep
Barbell Squat (3x8) R30->				Bench Press (3x6) R30->				Barbell Deadlift (3x8) R30->			
1 leg Swiss Ball Curl (3x15) R30->				Bent Over DB Row (3x8) R30->				Dips (3x-) R30->			
Overhead Dumbbell Squat (3x8) R30->				Barbell Curl (3x8) R30->				Clean and Press (3x6) R30->			
Bulgarian Split Squat (3x8) R30->				Triple Press (3x6) R30->				Pullups (3x-) R30->			
Good Morning+Reverse Lunge (3x8) R30->				Cable Crossovers (3x10) R30->				Swiss Ball Exchange (3x-) R30->			
Waterbury DB Row (3x10) R30->				Incline Curl (3x10) R30->				Incline reverse Crunch (3x-) R30->			
Burpee Intervals 30s WU 6x30/30				Tabata Bike Sprints 4mWU 2(20/10x8)				Kettlebell Swings (3x30)			

TUES/THURS: Sprint Intervals: 5mWU, 8x60/60, 5m CD

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Good Morning+Reverse Lunge (3x8) R30->				Cable Crossovers (3x10) R30->				Swiss Ball Exchange (3x-) R30->			
Waterbury DB Row (3x10) R30->				Incline Curl (3x10) R30->				Incline reverse Crunch (3x-) R30->			
Burpee Intervals 30s WU 6x30/30				Tabata Bike Sprints 4mWU 2(20/10x8)				Kettlebell Swings (3x30)			

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