

Date:	6/1/15
Name	John Smith
Workout Type:	PUSH DAY
Today will be your "push" day!	
Dynamic Warmup	

Date:	6/2/15
Name:	John Smith
Workout Type:	PULL DAY
Today you will "pull"	
Dynamic Warmup	

Date:	6/4/15
Name:	John Smith
Workout Type:	TOTAL BODY
Today is your combination day: Push and Pull!	
Dynamic Warmup	

Date:	
Team:	
Workout Type:	
Dynamic Warmup	

Total Body, Push/Pull Performance Lifts				
Explosive				
KB Swing	8x8x8x8			
Knee				
Box Front Squat	8x7x6x5x4			
Hips/Hams				
Horizontal Push				
Bench Press	8x7x6x5x4			
Horizontal Pull				
Vertical Push				
Barbell Strict Press	8x7x6x5x4			
Vertical Pull				
Rotational				
MB scoop lateral	10x10x10x10			
Core				
Hanging Leg Raise	10x10x10x10			
Complex, Density Lifts and Tabatas				
Explosive		Tabata		
Knee		Tabata		
Hip		Tabata		
Push		Tabata		
Pull		Tabata		
Core		Tabata		
Performance Drillwork				
Speed	Agility	Quickness		
Chaos	Plyometrics	Vertimax		

Total Body, Push/Pull Performance Lifts				
Explosive				
KB Snatch	6x5x4x3x3			
Knee				
Hip/Hams				
Glute Ham Raise	8x8x8x8			
Horizontal Push				
Horizontal Pull				
DB Bent Row	8x7x6x5x4			
Vertical Push				
Vertical Pull				
Pull Ups	10x10x10x10			
Rotational				
MB Chest Pass lat	10x10x10x10			
Core				
3-Way Plank	60 sec			
Complex, Density Lifts and Tabatas				
Explosive		Tabata		
Knee		Tabata		
Hip		Tabata		
Push		Tabata		
Pull		Tabata		
Core		Tabata		
Performance Drillwork				
Speed	Agility	Quickness		
Chaos	Plyometrics	Vertimax		

Total Body, Push/Pull Performance Lifts				
Explosive				
Sandbag Clean	8x8x8x8			
Knee				
DB Box Step Ups	8x8x8x8			
Hip/Hams				
DB 1-leg RDL	8x8x8x8			
Horizontal Push				
DB Alt Bench	8x8x8x8			
Horizontal Pull				
TRX Row	10x10x10x10			
Vertical Push				
DB Push Jerk	5x4x3x2x2			
Vertical Pull				
Band Pulls down	8x8x8x8			
Rotational				
Plate Corkscrew	10x10x10x10			
Core				
trx saw	60 sec			
Complex, Density Lifts and Tabatas				
Explosive		Tabata		
Knee		Tabata		
Explosive + Press		Tabata		
Push		Tabata		
Pull		Tabata		
Core		Tabata		
Performance Drillwork				
Speed	Agility	Quickness		
Chaos	Plyometrics	Vertimax		

Total Body, Push/Pull Performance Lifts				
Explosive				
Knee				
Hip/Hams				
Horizontal Push				
Horizontal Pull				
Vertical Push				
Vertical Pull				
Rotational				
Core				
Complex, Density Lifts and Tabatas				
Explosive		Tabata		
Knee		Tabata		
Hip		Tabata		
Push		Tabata		
Pull		Tabata		
Core		Tabata		
Performance Drillwork				
Speed	Agility	Quickness		
Chaos	Plyometrics	Vertimax		