

BLOCK 1

Exercise 1A:	Kneel to SL Box Jump
Sets x Reps:	3 x 3 Per Leg
Weight:	Body Weight
Tempo:	

Exercise 1B:	Power Ring Pullups
Sets x Reps:	3 x 6
Weight:	Body Weight
Tempo:	2 Second "Stick" at Top

Exercise 1C:	Crossovers
Sets x Reps:	3 x 10 Seconds
Weight:	Body Weight
Tempo:	TRACK YOUR REPS

BLOCK 2

Exercise 2A:	Burpee Complex (Squat x 3, Jump x 3, Tuck Jump x 3)
Sets x Reps:	3 x 1 Complex
Weight:	Body Weight
Tempo:	FAST

Exercise 2B:	SA DB Snatch
Sets x Reps:	3 x 4 Per Side
Weight:	4RM
Tempo:	

Exercise 2C:	Lateral Jumping Pushups
Sets x Reps:	3 x 6 (3 Per Side)
Weight:	Body Weight
Tempo:	

BLOCK 3

Exercise 3A:	TB Deadlift
Sets x Reps:	3 x 4
Weight:	6 RM
Tempo:	X:1:2:0

Exercise 3B:	Barbell Bench Press
Sets x Reps:	3 x 6
Weight:	6 RM
Tempo:	2:2:X:1

Exercise 3C:	Supine Ring Pullup Plus
Sets x Reps:	3 x 8
Weight:	Body Weight
Tempo:	2:1:2:1