

## Full body Workout Day 1 - Full Body

	Exercise	Sets	Reps	Rest	Weight/Date	Weight/Date	Weight/Date	Weight/Date	Notes:			
1)	Med Ball Floor Slam	3	8	60s.						•	<del>-</del>	
2a)	DB Rear-Foot Elevated Split Squat	3	6	90s.								
2b)	Assisted or Bodyweight Chin-Up	3	6	90s.								
3a)	45° Back Extension	3	10	60s.								
3b)	DB Bench Press	3	8	60s.								
3c)	Deadbug	3	10	60s.							_	

## Day 2 - Full Body

	Exercise	Sets	Reps	Rest	Weight/Date	Weight/Date	Weight/Date	Weight/Date	Notes:		
1)	Box Jump	3	5	60s.							
2a)	Deadlift off Blocks	3	5	90s.							
2b)	Half-Kneeling Landmine Press	3	6	90s.							
3a)	DB Split Squat	3	8	60s.							
3b)	1 Arm DB/KB Row	3	8	60s.							
3c)	Standing Pallof Alphabet	3	8	60s.							