**PHASE 3: FUNCTIONAL STRENGTH & MUSCLE**

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| **DAY 1** | **WK1 REPS WK2 REPS WK3 REPS** | **DAY 2** | **WK1 REPS WK2 REPS WK3 REPS** |
| **Med Ball Chest Passes** | 3x5 3x5 3x5 | **Cleans** | 5x3 5x3 5x3 |
| **Chin Ups**  **Explosive 1-Arm DB Press** | 2x5 2x5 2x5  1x12 1x11 1x10  x5 x5 x5  x5 x5 x5  x5 x5 x5 | **Trapbar Deadlifts** | 2x5 2x5 2x5 |
| **Prone DB Row**  **DB Bench Press** | 4x8 4x8 4x8    x8 x7 x6  x8 x7 x6  x8 x7 x6  x7 x6 x5 | **Single Leg Squat** | 3x10 3x10 3x10 |
| **Prone DB Flies** | 2x12 2x11 2x10 | **Romanian Deadlift**  **Deadbug with Squeeze** | 3x10 3x10 3x10  3x6 3x6 3x6 |

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| **Day 3** | **WK1 REPS WK2 REPS WK3 REPS** | **DAY 4** | **WK1 REPS WK2 REPS WK3 REPS** |
| **Sprints** | x4 x4 x4 |  |  |
| **Pull Ups**  **Incline DB Press** | 3x8 3x8 3x8  3x8 3x7 3x6 |  |  |
| **Seated Cable Row (Wide Grip)**  **Dips** | 3x10 3x10 3x10  3x10 3x10 3x10 |  |  |
| **Band Bicep Curls**  **Band Pressdown** | 3x15 3x14 3x13  3x15 3x14 3x13 |  |  |