

Endgame

Jeff Cavanagh

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Week 1

Monday: Compound Lower Body

- *Warmup*: TRX Squat 2 x 10
- *Explosive Movement*: Box Jump 3 x 5
- 1. Front Squat 5 x 5
- 2. TB Deadlift 3 x 10
- 3. Superset x 3
 - (a) Goblet Squat x 12
 - (b) DB RDLs x 12 - 15
- *Cooldown*: Mobility work / Roll Legs / Stretch

Tuesday: Compound Upper Body

- *Warmup*: Superset x 3
 - 1. Plyo-pushups x 5
 - 2. Face Pulls x 10
- *Explosive Movement*: Push Press 3 x 5
- 1. Pullups (weighted) 4 x 5
- 2. DB Bench 4 x 5
- 3. DB Row 3 x 10
- 4. Triset x 3
 - (a) Standing Arnold Press x 8-10
 - (b) DB Hammer Curls x 6 - 10
 - (c) DB close-grip Pushups x 15 - 20
- 5. Superset x 3
 - (a) Incline DB Bench x 12 - 15
 - (b) Incline Lever Rows x 12 - 15
- *Cooldown*: stretch/hang

Wednesday: Sprint/Core

1. SPRINT 8
 2. Landmine 180s 4 x 10 - 12
 3. Superset x 3
 - (a) Standing Rollouts x 5 - 10
 - (b) Decline (weighted) Situps x 10 - 12
 4. Superset x 3
 - (a) Hanging Leg Raises x 8 - 10
 - (b) Cable Crunch x 12 - 15
 5. *Finisher*: Sled Push or Farmers Walks (Timed, Distance, EMOM, or Tabata)
- *Cooldown*: stretch

Thursday: Uni-Lateral Lower Body

- *Warmup*: Walking Warmup
1. Front Squat Reverse Lunge 3 x 6
 2. Single Leg Barbell RDL 3 x 8 - 10
 3. Bulgarian Split Squat 3 x 10 - 15
 4. Glute-Ham Raise 3 x 10
- *Cooldown*: Mobility work / Roll Legs / Stretch

Friday: Uni-Lateral Upper Body

- *Warmup*: Superset x 3
 1. Plyo-pushups x 5
 2. Face Pulls x 10
1. One-Arm Pushups 3 x 5 - 10
 2. Freestanding DB Row 3 x 6 - 8
 3. Superset x 3
 - (a) Kneeling Banded Pushdowns x 15 - 30
 - (b) Dips x 10 - 12
 4. Superset x 3
 - (a) Chinups x 4 - 10
 - (b) Smash Curl x 10 - 15
 5. Single-Arm Overhead Press 3 x 8 - 12
- *Cooldown*: stretch/hang

Saturday: Multifunctional

1. SPRINT 8
 2. Complex (Pick one from list below)
 3. Chinup + Pushup Descending Superset Pyramid
 4. Sprint Tabata
 5. (opt) extra Tabata or full body conditioning (Sled Push, Farmers Walks, etc.)
- *Cooldown:* stretch/hang

Week 2

Monday: Compound Lower Body

- Warmup: TRX Squat 2 x 10
 - Explosive Movement: Power Clean 3 x 5
1. TB Deadlift 5 x 5
 2. Front Squat 3 x 10
 3. DB RDLs 3 x 12-15
- Cooldown: Mobility work / Roll Legs / Stretch