	Projected Workout Date			Day 1			Day 5			Day 9			Day 13		Projected Workout Date			Day 2			Day 6			Day 10			Day 1
		Week 1			Week 2			Week 3			Week 4					Week 1			Week 2			Week 3			Week 4		
	Warm-Up	Sets	Reps	Comp.	Sets	Reps	Comp.	Sets	Reps	Comp.	Sets	Reps	Comp.		Warm-Up	Sets	Reps	Comp.	Sets	Reps	Comp.	Sets	Reps	Comp.	Sets	Reps	Comp.
	Brettzel	2	30 sec		2	30 sec		2	30 sec		2	30 sec			Brettzel	2	30 sec		2	30 sec		2	30 sec		2	30 sec	ᆜ
	Bird Dog	2	10		2	10		2	10		2	10			PUP Plank	2	30 sec		2	30 sec		2	30 sec		2	30 sec	
	High Knees	2	30 sec		2	30 sec		2	30 sec		2	30 sec			Halos	2	10		2	10		2	10		2	10	
	Training Session	Sets	Reps	WT	Sets	Reps	WT	Sets	Reps	WT	Sets	Reps	WT		Training Session	Sets	Reps	WT	Sets	Reps	WT	Sets	Reps	WT	Sets	Reps	WT
	Goblet Squat	5	5		5	5		5	5		5	5			1 Arm Bridge Press	5	5 ea		5	5 ea		5	5 ea		5	5 ea	
Super Set 1	Drop Jumps	5	3		5	3		5	3		5	3			MB Throw Down	5	3		5	3		5	3		5	3	
	Band Pull Through	3	15		3	15		3	15		3	15		Super Set 1	1 Arm Supported Row	5	5 ea		5	5 ea		5	5 ea		5	5 ea	
	Farmer Carry	3	60 sec		3	60 sec		3	60 sec		3	60 sec			Band Pull Through	3	15		3	15		3	15		3	15	
Super Set 2 Super Set 3	MB Throw Down	3	5		3	5		3	5		3	5		ļ	Chops	3	10 ea		3	10 ea		3	10 ea		3	10 ea	
	Horizontal Row	3	10		3	10		3	10		3	10		Super Set 2	Goblet Squat	3	10		3	10		3	10		3	10	
	Elbow Plank	3	30 sec		3	30 sec		3	30 sec		3	30 sec			Reverse Lunge	3	5 ea		3	5 ea		3	5 ea		3	5 ea	
	Jump Rope	3	30 sec		3	30 sec		3	30 sec		3	30 sec			Suitcase Carry	3	30 sec		3	30 sec		3	30 sec		3	30 sec	
	Post Workout	Sets	Time	Comp.	Sets	Time	Comp.	Sets	Time	Comp.	Sets	Time	Comp.	Super Set 3	Bear Crawl	3	30 sec		3	30 sec		3	45 sec		3	45 sec	
	Foam Rolling	1	3 min		1	5 min		1	5 min		1	5 min			Post Workout	Sets	Time	Comp.	Sets	Time	Comp.	Sets	Time	Comp.	Sets	Time	Comp
	Conditioning	Sets	Time	Miles	Sets	Time	Miles	Sets	Time	Miles	Sets	Time	Miles		Meditation	1	1 min		1	1 min		1	1 min		1	1 min	
	Walking	1	30 min		1	45 min		1	60 min		1	60 min			Conditioning	Sets	Time	Miles	Sets	Time	Miles	Sets	Time	Miles	Sets	Time	Miles
															Rucking	1	30 min		1	45 min		1	30 min		1	60 min	
	Projected Workout Date			Day 3			Day 7			Day 11			Day 15														
		Week 1			Week 2			Week 3			Week 4				Projected Workout Date			Day 4			Day 8			Day 12			Day 1
	Warm-Up	Sets	Reps	Comp.	Sets	Reps	Comp.	Sets	Reps	Comp.	Sets	Reps	Comp.			Week 1			Week 2			Week 3			Week 4		
	<u>Brettzel</u>	2	30 sec		2	30 sec		2	30 sec		2	30 sec			Warm-Up	Sets	Reps	Comp.	Sets		Comp.	Sets		Comp.	Sets		Comp.
	Bird Dog	2	10		2	10		2	10		2	10			<u>Brettzel</u>	2	30 sec		2	30 sec		2	30 sec		2	30 sec	
	High Knees	2	30 sec		2	30 sec		2	30 sec		2	30 sec			PUP Plank	2	30 sec		2	30 sec		2	30 sec		2	30 sec	
	Training Session	Sets	Reps	WT	Sets	Reps	WT	Sets	Reps	WT	Sets	Reps	WT		<u>Halos</u>	2	10		2	10		2	10		2	10	
	Band Pull Through	5	15		5	15		5	15		5	15			Training Session	Sets	Reps	WT	Sets	Reps	WT	Sets	Reps	WT	Sets	Reps	WT
Super Set 1	<u>Drop Jumps</u>	5	3		5	3		5	3		5	3			<u>Hangs</u>	4	30 sec		4	30 sec		4	45 sec		4	60 sec	
	1 KB Rack Squat	3	5		3	5		3	5		3	5		Super Set 1	MB Throw Down	4	5		4	5		4	5		4	5	
	Farmer Carry	3	60 sec		3	60 sec		3	60 sec		3	60 sec			Band Pull Through	3	15		3	15		3	15		3	15	
Super Set 2	MB Throw Down	3	5		3	5		3	5		3	5			Chops	3	10 ea		3	10 ea		3	10 ea		3	10 ea	
Super Set 3	Horizontal Row	3	10		3	10		3	10		3	10		Super Set 2	Shrimp Squat	3	8 ea		3	8 ea		3	8 ea		3	8 ea	
	Elbow Plank	3	45 sec		3	45 sec		3	45 sec		3	45 sec			<u>Lateral Lunge</u>	3	5 ea		3	5 ea		3	5 ea		3	5 ea	
	Jump Rope	3	30 sec		3	30 sec		3	30 sec		3	30 sec		Į.	Suitcase Carry	3	30 sec		3	30 sec		3	30 sec		3	30 sec	
	Post Workout	Sets	Time	Comp.	Sets	Time	Comp.	Sets	Time	Comp.	Sets	Time	Comp.	Super Set 3	Bear Crawl	3	45 sec		3	45 sec		3	45 sec		3	45 sec	
	Foam Rolling	1	3 min		1	5 min		1	5 min		1	5 min			Post Workout	Sets	Time	Comp.	Sets	Time	Comp.	Sets	Time	Comp.	Sets	Time	Comp.
	Conditioning	Sets	Time	Comp.	Sets	Time	Comp.	Sets	Time	Comp.	Sets	Time	Comp.		Meditation	1	1 min		1	1 min		1	1 min		1	1 min	
	Walking	1	45 min		1	30 min		1	45 min		1	30 min			Conditioning	Sets	Time	Comp.	Sets	Time	Comp.	Sets	Time	Comp.	Sets	Time	Comp.
	Training																										