

<div> <div></div> <div>35% COMPLETE</div> </div>	
<div> <div></div> <div>PP - W1 - Day 3 - Friday - Test PP - A</div> </div>	3
BASICS - Prep Phase - Week 2	
<div> <div></div> <div>PP - W2 - Day 8 - Monday - Capi A</div> </div>	
<div> <div></div> <div>PP - W2 - Day 11 - Thursday - Capi B</div> </div>	
BASICS - Prep Phase - Week 3	
<div> <div></div> <div>PP - W3 - Day 15 - Monday - Capi A</div> </div>	
<div> <div></div> <div>PP - W3 - Day 17 - Wednesday - Capi B</div> </div>	
<div> <div></div> <div>PP - W3 - Day 19 - Friday - Capi A</div> </div>	
BASICS - Prep Phase - Week 4	
<div> <div></div> <div>PP - W4 - Day 22 - Monday - Circ A</div> </div>	
<div> <div></div> <div>PP - W4 - Day 24 - Wednesday - Circ B</div> </div>	
<div> <div></div> <div>PP - W4 - Day 26 - Friday - Circ A</div> </div>	
BASICS - Prep Phase - Week 5	
<div> <div></div> <div>PP - W5 - Day 29 - Monday - Circ A</div> </div>	
<div> <div></div> <div>PP - W5 - Day 30 - Tuesday - Capi A</div> </div>	
<div> <div></div> <div>PP - W5 - Day 32 - Thursday - Circ B</div> </div>	

PP - W2 - Day 8 - Monday - Capi A

REST FOR 90 SEC

START

EX.2

EX.3

EX.4

4

HORIZONTAL PULL

10

20RM

2

||

60s

REST FOR 90 SEC

START

EX.2

EX.3

EX.4

4


SQUAT

10

20RM


2

2



||

60s



REST FOR 90 SEC

START

EX.2

EX.3

EX.4

4

HOLLOW BODY CRUNCH

10

20RM

2

2

II 60s

AM