

Week 5-8			
*100 Push-ups every night i.e. 2x50, 4x25, 5x20			
Monday			
<i>One mile jog</i>			
<i>Shoulder Combo</i>	2 x 10		
<i>DB Bench Combo</i>	4x10		
<i>Lat Pull Down (Cable)</i>	3x10		
<i>One Arm DB Incline</i>	3x10		
<i>Cable Tricept Extension</i>	3x10		
Abs	200		
Wednesday			
<i>Jump Rope</i>	2x100		
<i>Explosive Squats</i>	2 x 10 50%		
	2 x 10 60%		
	1 x 10 65%		
<i>Leg Extension & Curls</i>	3 x 10		
<i>Bicep (Choice)</i>	3 x 10		
<i>Pull-ups</i>	4 x Failure		
<i>Bench Jumps</i>	3 x10		
Abs	200		
Friday			
<i>One mile jog</i>			
<i>Hang Clean</i>	1 x 10 60%		
	3 x 8 65%		

BW Squat Jumps	3 x 10		
DB Row	3 x 10		
Shoulder Combo	2 x 10		
Incline Bar Bench	4x8		
Dips	3 x Failure		
Abs	200		