

Day: Monday (A)

Date: _____

Magnificent Mobility

Stretching: Back [], Hips [], Core [], Lower body [], Upper body []

Strength Training Warm Up: Overhead Squats							
Exercise:	Barbell Deadlift 41x						
Reps:	5	4	3	2	1		
Sets:							

Exercise:	Bulgarian Squat (DB) 41x						
Reps:	5	4	3	2	1		
Sets:							

Exercise:	Cable Pullthroughs 41x [1-10 reps]						
Reps:							
Sets:							

Exercise:	1 Leg Squat 41x [1-10 reps]						
Reps:							
Sets:							

Exercise:	Bodyweight Side Lunge 211 [20-50 reps]						
Reps:							
Sets:							

Exercise:	1 Leg Deadlift 21x [15-30 reps]						
Reps:							
Sets:							

Exercise:	Jumping Split Squat xxx [20-100]						
Reps:							
Sets:							

Stretching: Back [], Hips [], Core [], Lower body [], Upper body []

Climbing Wall

Time: _____ Muscle Fatigue: _____

Core Stretching: _____

