FULL BODY WORKOUT 1/1

WARMUP

A1 Blackroll Walks	2x10m
A2 Band Face Pulls	2x20
A3 Rotational Med Ball Slams	2x5/side

POWER

B1 Power Cleans	5x3 (80-85% 1RM)
B2 Broad Jump	5x1 (Max. Distance)

STRENGTH

Incline Bench Press	5x3-5
Barbell Front Squat	5x3-5

ACCESSORIES

Plate Hyperextension	3x10-12
Lat Pulldowns	3x10-12
Dual DB RDL	3x10-12

MOBILITY

C1 90/90 Switches	2x60s
C2 Wall Pec Stretch	2x60s/side
C3 Seated Toe Reaches	2x60s
C4 Downward Dog to Cobra	2x5/each

Sets tagged with letters and numbers are supposed to be performed as supersets.. If an exercise offers a “rep range” (e.g. 10-12) consider the first number the minimum and the second the maximum amount of reps you should be able to do in one set.