

	Day 1	Day 2	Day 3
	3 Sets	3 Sets - Building in load	3 Sets
	10 DB Bench Press	40m DB OH Carry	10 DB Floor Press
	M.E Push Ups (kneeling)	6 KB Turkish Get Ups - 3 EA	M.E Bar Dips (Bench Dips)
	Rest 60s	8 Underhand Grip Chin Ups (assisted)	Rest 60s
		Rest 2 minutes	
	3 Sets		3 Sets
	10 Bent Over Rows @30x1	3 Sets	10 DB SA Arm Rows EA @30x1
	Rest 10s	8 DB SA Rows @30x1	Rest 10s
	8 Strict Pull Ups (band assisted) @30x1	Rest 30s	10 Strict Pull Ups (band assisted) @30x1
	Rest 10s	8 Kneeling KB Press	Rest 10s
	M.E Ring Row Hold	Rest 30s	M.E SA Ring Row Hold EA
	Rest 60s	8 BB Front Raises	Rest 60s
		Rest 90s	
	2 Sets		2 Sets
	20 Banded Kneeling Woodchops	2 Sets	20 Side Plank Side Crunches
	10 SA BB Rollouts EA	15 KB Sidebends ES	20 Torture Twists
		10 Medicine Ball Slams	