

## **Instructions**

This is an A + B training.

You'll alternate between the 2 trainings 3 days a week for 4 weeks for a total of 12 trainings, 6 of each. If It takes you longer because life gets in the way, that's fine. Make sure to knock your 12 trainings out.

The format is a tri set, 3 exercises done in a row. The sets and reps' guidelines will be as will be as follows.

If you want to concentrate on strength do between 4-6 reps on the first 2 tri sets. If your goal is more fat loss or muscle-building, do between 8-15 reps. Or mix it up depending on how you're feeling.

You'll rest when needed between exercises and 1-2 minutes at the end of each tri set. The last tri set is optional if you have the time.

Please rest 24-48 hours between trainings and get after it and have some fun.

**Note-** [here](#) is a warm up if you don't have your own. And the last triset is optional depending if you have the time.

## **Training A**

**1A.** Squat variation (Barbell, dumbbell or body weight) 3 sets 4-15 reps

**1B.** Horizontal pressing variations (push-ups, bench presses) 3 sets 4-15 reps

**1C.** Farmers carry variation 3 sets of 40 yards

**2A.** Single leg variation (lunge, split squat etc.) 3 sets 6-15 reps per side

**2B.** Rowing exercise (dumbbell, barbell or cable row) 3 sets 6-15 reps

**2C.** Hip flexor stretch 3 sets 30 seconds per side

**3A.** Single arm rowing variation 2 sets 12-15 reps

**3B.** Arm exercise (curls, triceps or shoulder raises) 2 sets 8-15 reps

**3C.** Side or Front Plank 2 sets 30-60 seconds

## **Training B**

**1A.** Deadlift variation (Bodyweight, barbell, dumbbell) 3 sets 4-12 reps

**1B.** Push-ups or bench press variation 3 sets 6-15 reps

**1C.** Hip flexor stretch 30 seconds each side

**2A.** Medicine ball slam 3 sets 4-8 reps

**2B.** Single leg exercise (single leg deadlift or lunge) 3 sets 6-12 reps per side

**2C.** Rowing exercise (single arm variation) 3 sets 8-15 reps per side

**3A.** Turkish get up (bodyweight or weighted) 2 sets 3 reps per side

**3B.** Single arm press variation (cable or dumbbell) 2 sets 8-12 reps per side

**3C.** Arm exercise (curls, triceps or shoulder raises) 2 sets 8-15 reps