**WORKOUT 1**

**CONDITIONING**

**SINGLE SETS ON TIME**

BURPEES

4x 30/35 WORK/REST

JUMPSQUATS OVER TOWEL

4X 30/50 WORK/REST

**WEIGHTLIFTING**  
**4X 8 REPS 50 SECONDEN REST**  
DUMBELL HANGING POWER CLEAN \_\_\_\_\_kg  
DUMBELL THRUSTER \_\_\_\_\_kg

**GYMNASTIC   
SINGLE SETS ON TIME**

1 HBH HOLD 4X14/30 WORK/REST

2 PUSH-UP 3 SETS UNTIL MUSCLE FAILER

3 LEG RAISES 3X15 40S REST

4 DIPPING 3 SETS UNTIL MISCLE FAILER

**WORKOUT 2**

**CONDITIONING**

SINGLE SETS ON TIME

PUSH-UP WALK-OUT

4x 40/35 WORK/REST

JUMPSQUATS OVER TOWEL

4X 40/50 WORK/REST

**WEIGHTLIFTING**

4X 10 REPS 50 SECONDEN REST  
DUMBELL HANGING POWER CLEAN \_\_\_\_\_kg  
DUMBELL THRUSTER \_\_\_\_\_kg

**GYMNASTIC**

SINGLE SETS

1 HBH HOLD ON TIME 4X18/30 WORK/REST

2 PUSH-UP 3 SETS UNTIL MUSCLE FAILER

3 LEG RAISES ON REPS 3X17 40S REST

4 DIPPING 3 SETS UNTIL MISCLE FAILER

**WORKOUT 3**

**CONDITIONING**

**SINGLE SETS ON TIME**

BURPEES

5x 30/35 WORK/REST

JUMPSQUATS OVER TOWEL

5X 30/50 WORK/REST

**WEIGHTLIFTING**

**4X 12 REPS 50 SECONDEN REST**DUMBELL HANGING POWER CLEAN \_\_\_\_\_kg  
DUMBELL THRUSTER \_\_\_\_\_kg

**GYMNASTIC**

**SINGLE SETS ON TIME**

1 HBH HOLD ON TIME 4X 22/35 WORK/REST

2 PUSH-UP 4 SETS UNTIL MUSCLE FAILER

3 LEG RAISES ON REPS 3X19 40S REST

4 DIPPING 4 SETS UNTIL MISCLE FAILER

**WORKOUT 4**

**CONDITIONING**

**SINGLE SETS ON TIME**

BURPEES

5x 40/35 WORK/REST

JUMPSQUATS OVER TOWEL

5X 40/50 WORK/REST

**WEIGHTLIFTING**

**5X 8 REPS 50 SECONDEN REST**  
DUMBELL HANGING POWER CLEAN \_\_\_\_\_kg  
DUMBELL THRUSTER \_\_\_\_\_kg

**GYMNASTIC**

**SINGLE SETS**

1 HBH HOLD ON TIME 5X14/30 WORK/REST

2 PUSH-UP 4 SETS UNTIL MUSCLE FAILER

3 LEG RAISES ON REPS 4X15 40S REST

4 DIPPING 4 SETS UNTIL MISCLE FAILER

**WORKOUT 5**

**CONDITIONING**

**SINGLE SETS ON TIME**

BURPEES

6x 30/35 WORK/REST

JUMPSQUATS OVER TOWEL

6X 30/40 WORK/REST

**WEIGHTLIFTING**

**5X 10 REPS 50 SECONDEN REST**DUMBELL HANGING POWER CLEAN \_\_\_\_\_kg  
DUMBELL THRUSTER \_\_\_\_\_kg

**GYMNASTIC**

**SINGLE SETS**

1 HBH HOLD ON TIME 5X18/30 WORK/REST

2 PUSH-UP 5 SETS UNTIL MUSCLE FAILER

3 LEG RAISES ON REPS 4X15 40S REST

4 DIPPING 5 SETS UNTIL MISCLE FAILER

**WORKOUT 6**

**CONDITIONING**

**SINGLE SETS ON TIME**

BURPEES

6x 35/35 WORK/REST

JUMPSQUATS OVER TOWEL

6X 35/40 WORK/REST

**WEIGHTLIFTING**

**5X 12 REPS 50 SECONDEN REST**  
DUMBELL HANGING POWER CLEAN \_\_\_\_\_kg  
DUMBELL THRUSTER \_\_\_\_\_kg

**GYMNASTIC**

**SINGLE SETS**

1 HBH HOLD ON TIME 5X20/30 WORK/REST

2 PUSH-UP 5 SETS UNTIL MUSCLE FAILER

3 LEG RAISES ON REPS 4X15 40S REST

4 DIPPING 5 SETS UNTIL MISCLE FAILER