**WORKOUT 1**

**CONDITIONING**

AMRAP 6 MINUTES

BAND STEP IN 2X10

BURPEES OP VERHOGING 8

PUSH-UP SHOULDER TAP 2X10

EMOM 2 EXERCISE

4 ROUNDS 70 SECONDS

PUSH-UP WALK-OUT 5

JUMP SQUATS 14

**WEIGHTLIFTING**  
ON REPS  
4X 2X8 35 SECONDEN REST  
DUMBELL SA HANG POWER SNATCH \_\_\_\_\_kg  
DUMBELL SA THUSTER \_\_\_\_\_kg

**GYMNASTIC**

SUPERSETS ON TIME 4X 25/25/50

1 DIPPING

2 PUSH-UP

1 V-UPS

2 CRUNCHES

**WORKOUT 2**

**CONDITIONING**

AMRAP 6 MINUTES

BAND STEP IN SIDE WAYS 2X10x

BURPEES WHIT-OUT PUSH-UP 6x

PLANK AROUND THE WORLD 5x

EMOM 2 EXERCISE

4 ROUNDS 70 SECONDS

PUSH-UP WALK-OUT 6

2 TUCK JUMP SQUATS 12

**WEIGHTLIFTING**

ON REPS  
4X 2X9 35 SECONDEN REST  
DUMBELL SA HANG POWER SNATCH \_\_\_\_\_kg  
DUMBELL SA THUSTER \_\_\_\_\_kg

**GYMNASTIC**

SUPERSETS ON TIME 4X 30/30/50

1 DIPPING

2 PUSH-UP

1 V-UPS

2 CRUNCHES

**WORKOUT 3**

**CONDITIONING**

AMRAP 6 MINUTES

BAND SIDE JUMPS 30 (L+R:2)

BURPEES 6

PLANK TO PUSH-UP 8

EMOM 2 EXERCISE

4 ROUNDS 70 SECONDS

PUSH-UP WALK-OUT 7

BUTT KICK JUMP SQUATS 12

**WEIGHTLIFTING**

ON REPS  
4X 2X10 35 SECONDEN RUST  
DUMBELL SA HANG POWER SNATCH \_\_\_\_\_kg  
DUMBELL SA THUSTER \_\_\_\_\_kg

**GYMNASTIC**

SUPERSETS ON TIME 4X 35/35/50

1 DIPPING

2 PUSH-UP

1 V-UPS

2 CRUNCHES

**WORKOUT 4**

**CONDITIONING**

AMRAP 7 MINUTES

BAND STEP IN 2X10

BURPEES OP VERHOGING 8

PUSH-UP SHOULDER TAP 2X10

EMOM 2 EXERCISE

5 ROUNDS 70 SECONDS

PUSH-UP WALK-OUT 5

JUMP LUNGES 2X10

**WEIGHTLIFTING**

ON REPS  
5X 2X8 35 SECONDEN REST  
DUMBELL SA HANG POWER SNATCH \_\_\_\_\_kg  
DUMBELL SA THUSTER \_\_\_\_\_kg

**GYMNASTIC**

SUPERSETS ON TIME 5X 25/25/50

1 DIPPING

2 PUSH-UP

1 V-UPS

2 CRUNCHES

**WORKOUT 5**

**CONDITIONING**

AMRAP 7 MINUTES

BAND STEP IN SIDE WAYS 2X10

BURPEES WHITOUT PUSH-UP 6

PLANK AROUND THE WORLD 5

EMOM 2 EXERCISE

5 ROUNDS 70 SECONDS

PUSH-UP WALK-OUT 6

JUMP LUNGES 2X11

**WEIGHTLIFTING**

ON REPS  
5X 2X9 35 SECONDEN REST  
DUMBELL SA HANG POWER SNATCH \_\_\_\_\_kg  
DUMBELL SA THUSTER \_\_\_\_\_kg

**GYMNASTIC**

SUPERSETS ON TIME 5X 30/30/50

1 DIPPING

2 PUSH-UP

1 V-UPS   
2 CRUNCHES

**WORKOUT 6**

**CONDITIONING**

AMRAP 7 MINUTES

BAND SIDE JUMPS 30 (L+R:2)

BURPEES 6

PLANK TO PUSH-UP 8

EMOM 2 EXERCISE

5 ROUNDS 70 SECONDS

PUSH-UP WALK-OUT 7

JUMP LUMGES 2X12

**WEIGHTLIFTING**

ON REPS  
5X 2X10 35 SECONDEN REST  
DUMBELL SA HANG POWER SNATCH \_\_\_\_\_kg  
DUMBELL SA THUSTER \_\_\_\_\_kg

**GYMNASTIC**

SUPERSETS ON TIME 5X 35/35/50

1 DIPPING

2 PUSH-UP

1 V-UPS

2 CRUNCHES