

My Workout Schedule

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

OFF DAY

MILE RUN UNDER
8:30 min.
Push ups 50x10
Burpee 50x2
Crunches 35x5

WIND SPRINTS
100 YARDS X 10
Squats pyramid max
Lunges 50x2
Leg press 10x10

MILE RUN UNDER
8:30 min.
Dead lift 10x10
Pull up 10x3
Rows 10x10

WIND SPRINTS
100 YARDS X
Wrist curl 10x5
long bar curl 10x5
Tricep nose busters
15x3

MILE RUN UNDER
8:30 min.
30min. stretch
circuit video
burnout pusshup+
crunchs

WIND SPRINTS
100 YARDS X
Wrestling stance
10min.
work over moves "All"

OFF DAY

MILE RUN UNDER
8:30 min.
Bench press 10x10
Burpee 50x2
Crunch workout video

WIND SPRINTS
100 YARDS X
Squat jumps 50x2
Box jumps 15x2
Squat

MILE RUN UNDER
8:30 min.
Milatry press 10x10
weighted Pullups 5x3
Kettlebell 20x3

WIND SPRINTS
100 YARDS X
Hammer curls 10x5
hang on bar 1min.
Tricep dips10x5

MILE RUN UNDER
8:30 min.
30min. stretch
circuit video
burnout pusshup+
crunchs

WIND SPRINTS
100 YARDS X
Wrestling stance
10min.
work over moves "All"

OFF DAY

MILE RUN UNDER
8:30 min.
close/wide push ups
50x10
Dips burnout
weighted cruches 35x5

WIND SPRINTS
100 YARDS X
Squats pyramid max
Lunges 50x2
Leg press 10x10

MILE RUN UNDER
8:30 min.
Dead lift 10x10
Pull up 10x3
Rows 10x10

WIND SPRINTS
100 YARDS X
Wrist curl 10x5
long bar curl 10x5
Tricep nose busters
15x

MILE RUN UNDER
8:30 min.
30min. stretch
circuit video
burnout pusshup+
crunchs

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Crunches 35x5

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100 YARDS X
Squat jumps 50x2
Box jumps 15x2
Squat 10x10

MILE RUN UNDER
8:30 min.
Milatry press 10x10
weighted Pullups 5x3
Kettlebell 20x3

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100 YARDS X
Hammer curls 10x5
hang on bar 1min.
Tricep dips10x5

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30min. stretch
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10min.
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30min. stretch
circuit video
burnout pusshup+
crunchs

WIND SPRINTS
100 YARDS X
Wrestling
stance 10min.
work over moves "All"