

Phase 6 –(Week’s 31–36)

	EXERCISE	ROUNDS	REPS	TEMPO	REST	ROUNDS/WEIGHT
A1	Push Press	↓	10	NA		
A2	Front Squat		10	NA		
A3	Bent Over Rows		10	NA		
A4	Dead-Lift		10	NA		
A5	Back Squats		10	10	NA	NA

NOTE: Start off with (2) 10 pound plates on the barbell or 15–20 pound dumbbells. Set the clock for 20 minutes and complete as many rounds as possible (goal is 10 rounds) moving from one exercises to the other WITHOUT rest. Once you complete one round, repeat with no rest. If you are able to complete ALL 10 rounds within 20 minutes, increase the weight on the bar by 10 more pounds using (2) 5 pound plates or 5 more pounds for dumbbells.