WEEK 1 WORKOUT

ENGAGE	SETS/REPS
1. Pushups	3 x F
Z. Plank Walk Ups from Knees	3 x F
3. Single Leg Drop Squats	3 x F each leg
L Alt. Sprinter Lunges	3 x F
. Thumbs Up Pushups from Knees	3 x F
S. Doorway Row Hold	3 x F

DAY 2 OFF

exphase	SETS/REPS
1. Hover Ptyo Pushups	3 x F
2. BW Side Laterals from Knees	3 x F
3. Prisoner Walk Ups	3 x F
4. Hip Bluck Marches	3×F
C. Prone "W" Raises	3 x F
6. Iron Cross Wall Holds	3×F

DAY 4 OFF

DOMOSE	SETS/REPS
1. Pushops	3 x #
2. Plank Walk Ups from Knees	3 x #
3. Single Leg Drop Squats	3 x F each leg
4. Alt. Sprinter Lunges	3 x F
E. Thumbs Up Pushups from Knees	3 x F
6. Doorway Row Hold	3 x f

DAY 6 OFF.

DAY 7 OFF

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Chao Zhang

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