

PHASE 1 Conditioning LIGHT WEIGHT - NO REST

UPPER BODY 1

FUNCTIONAL WARM-UP

Exercise	Sets	Reps	Rest	Weight
PLYOMETRIC				
Med Ball Wall Press	4	15 Sec	1	
PRIME				
Reverse-Grip Rowing	4	12-15 Cals	-	
Reverse-Grip Push Up	4	12-15	-	
SUPERSETS				
Low Inc Rev-Grip DB Press	4	12-15	-	
Incline DB Row	4	12-15	-	
Reverse-Grip Pull-Down	4	12-15	-	
Arnold Press	4	12-15	-	
Incline Fly	4	12-15	-	
Incline Reverse Fly	4	12-15	-	
Bench Straight-Arm Dip	4	12-15	-	
Overhead Shrug	4	12-15	-	
Calf Raise	4	12-15	-	
Reverse Calf Raise	4	12-15	-	