

Body Composition Workout WEEK #9

DAY 1				
				DATE:
WARM UP:				Active
Exercise	Weight	Sets/Reps	Recovery	feedback
1 Standing Core Routine		1 Round	1 min	
2 Suitcase deadlift + lateral step up		2 x 5 (each side)	1 min	
3 Cable anti-rotation reverse lunge				
with chop		2 x 8 (each side)	1 min	
4 Jump shrug		3 x 5	1 min	
5 Medicine Ball slam		3 x 5	1 min	
6a Split squat rear foot elevated		AMAP x 6 per leg	ALAP	6a & 6 b for 8 minutes
6b Dumbbell plank row		AMAP x 6 per arm	ALAP	
7a Dumbbell single leg deadlift		AMAP x 6 per leg	ALAP	7a & 7b for 8 minutes
7b Dbell chest press partial bench		AMAP x 6 per arm	ALAP	
8 Burpees and swings		8 each to 1 each	ALAP	
stretching and cool down			5 min	
DAY 2				
				DATE:
WARM UP:				Active
Exercise	Weight	Sets/Reps	Recovery	feedback
1 Alligator drag		2 x 15 yards	1 min	
2 Dbell offset farmer's walk		2 x 15 yards	1 min	
3 two dbell offloaded squat		2 x 15	1 min	
4 Jump squat		3 x 5	1 min	
5 Medicine ball push pass		3 x 5	1 min	
6a Dbell reverse lunge offset loading		AMAP x 6 per leg	ALAP	6a & 6 b for 8 minutes
6b Dbell incline bench press		AMAP x 6	ALAP	
7a Dbell 1 and 1/4 squat heels on plt		AMAP x 6 per leg	ALAP	7a & 7b for 8 minutes
7b Close-grip chin up		AMAP x 6	ALAP	
8 BW squats and push ups ladders		3-6-9-6-3	ALAP	
stretching and cool down			5 min	
DAY 3				
				DATE:
WARM UP:				Active
Exercise	Weight	Sets/Reps	Recovery	feedback
1. 5 Pt. stationary toe reach		3 x around/leg 3 x	60s	
2. Munford Mov't Patterns Neutral/Inside and Outside Reaches		3 Rounds of Each Type	60s	
3. Groiners with a pause at the top to open the hips		3 x 10	60s	
4. Cossack Squats		3 x 8/side	60s	
5. Side plank against the wall with leg lift		3 x 8/side	60s	
6. Standing fwd & bkwd leg swings angle in and out		3 x 12/leg	60s	
7. Hex DBell Hold -		2 x ALAP	60s	
8. Munford Matrix (Use DBells)		3 rounds	2x as	
stretching and foam rolling				

Body Composition Workout WEEK #9

DAY 4					DATE:
WARM UP:					
Exercise	Weight	Sets/Reps	Active Recovery	feedback	
1 Standing Core Routine		1 Round	1 min		
2 Suitcase deadlift + lateral step up		2 x 5 (each side)	1 min		
3 Cable anti-rotation reverse lunge with chop		2 x 8 (each side)	1 min		
4 Jump shrug		3 x 5	1 min		
5 Medicine Ball slam		3 x 5	1 min		
6a Split squat rear foot elevated		AMAP x 6 per leg	ALAP	6a & 6 b for 8 minutes	
6b Dumbbell plank row		AMAP x 6 per arm	ALAP		
7a Dumbbell single leg deadlift		AMAP x 6 per leg	ALAP	7a & 7b for 8 minutes	
7b Dbell chest press partial bench		AMAP x 6 per arm	ALAP		
8 Burpees and swings		8 each to 1 each	ALAP		
stretching and cool down			5 min		
DAY 5					DATE:
WARM UP:					
Exercise	Weight	Sets/Reps	Active Recovery	feedback	
1 Alligator drag		2 x 15 yards	1 min		
2 Dbell offset farmer's walk		2 x 15 yards	1 min		
3 two dbell offloaded squat		2 x 15 reps	1 min		
4 Jump squat		3 x 5	1 min		
5 Medicine ball push pass		3 x 5	1 min		
6a Dbell reverse lunge offset loading		AMAP x 6 per leg	ALAP	6a & 6 b for 8 minutes	
6b Dbell incline bench press		AMAP x 6	ALAP		
7a Dbell 1 and 1/4 squat heels on plt		AMAP x 6 per leg	ALAP	7a & 7b for 8 minutes	
7b Close-grip chin up		AMAP x 6	ALAP		
8 BW squats and push ups ladders		3-6-9-6-3	ALAP		
stretching and cooldown			5 min		

Self Evaluation for the week: Logbook Mark: /10 Mark for the Week: /20 /25

Arrived on time every day	Proper Clothing every day	Completed Full Roll out every day	Completed Full Warm Up every day	Intensity - used the full period effectively	Worked on a program every day	Filled in Logbook every day	TOTAL
1	1	1	1	0 1 2 3	0 1 2	1	/10
Date • recorded the date each day		Weights & Exercises • recorded accurate weights for each exercise		Feedback • provided specific direction for how to make improvements on the next workout (ex. discussion of technique or weight used)		Self-Evaluation • completed for the week • assessed effort, performance, time on task, preparedness	
Done 1	Not Done 0	Done 3	Not Done 2 1 0	Thorough 5 4 3	Incomplete 2 1 0	Done 1	Not Done 0