

Week 1 March 30th - April 3rd

<b><i>Jordan Warm-Up</i></b>	<b><i>Jordan Warm-Up</i></b>	<b><i>Jordan Warm-Up</i></b>	<b><i>Jordan Warm-Up</i></b>
<b><i>Weights Station #1</i></b>  Squats 4x10 @ 60%  Man Makers 4x5	<b><i>Weights Station #1</i></b>  Bench 4x10 @ 60%  Close Grip Push Ups 4x5	<b><i>Weights Station #1</i></b>  Front Squat 4x10  Lat Pulldown 4x10	<b><i>Weights Station #1</i></b>  Reverse Grip Bench 4x10  Pull Ups 4x5
<b><i>Weight Station #2</i></b>  RDL 3x10 Bent Over Row 3x10 DB Shoulder Press 3x10	<b><i>Weight Station #2</i></b>  Hammer Curls (Heavey) 3 x8 Tricep Extension 3x10 Single DB Press (Floor) 3x10	<b><i>Weight Station #2</i></b>  DB Seated Shoulder Press x10 Upright Row x10 3-Way Shoulder x8	<b><i>Weight Station #2</i></b>  Straight Bar Curls 3x8 Tricep Extension 3x10 DB Incline Press 3x6,6
<b><i>Cleans Station</i></b>  Power Cleans 4x10 @ 60%  Ball Slams 4x15	<b><i>Cleans Station</i></b>  Hang Snatch 4x10  Lunge Step 4x8 (E.L)	<b><i>Cleans Station</i></b>  Hang Clean & Jerk x10  Side to Side Ball Toss x8 (E.W)	<b><i>Cleans Station</i></b>  Hang Snatch 4x10  Lunge Step 4x8 (E.L)
<b><i>Plyo/Speed Station</i></b>  Split Jumps 4x10 Squat Jumps 4x10	<b><i>Core Station</i></b>  Toe Touches (Left, Right, Middle)  20, 15, 10, 5	<b><i>Plyo/Speed Station</i></b>  Front to Back Jumps (Left Foot, Right Foot, Two Feet) 3x30 Seconds	<b><i>Core Station</i></b>  Planks 4x45 sec

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Broad Jumps 4x10		Side to Side Jumps (Left Foot, Right Foot, Two Feet) 3x30 Seconds	
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