



Week 2

<b>Jordan Warm-Up</b>	<b>Jordan Warm-Up</b>	<b>Jordan Warm-Up</b>	<b>Jordan Warm-Up</b>
<b>Weights Station #1</b>  Squats x10 @ 65%  Man Makers x5	<b>Weights Station #1</b>  Bench x10 @ 65%  Close Grip Push Ups x5	<b>Weights Station #1</b>  Overhead Squat x10  Lat Pulldown x10	<b>Weights Station #1</b>  Close Grip Bench x10 @  Reverse Pulls x5  Bench Flys x10
<b>Weight Station #2</b>  RDL x10  Bent Over Row x10  DB Shoulder Press x10	<b>Weight Station #2</b>  Hammer Curls (Heavey) x8  Tricep Extension x10  Single DB Press (Floor) x10	<b>Weight Station #2</b>  DB Seated Shoulder Press x10  Upright Row x10  3-Way Shoulder x8	<b>Weight Station #2</b>  Straight Bar Curls x8  Tricep Extension x10  DB Incline Press x6,6
<b>Cleans Station</b>  Power Cleans x10 @ 65%  Ball Slams x15	<b>Cleans Station</b>  Hang Snatch x10  Lunge Step x8 (E.L)	<b>Cleans Station</b>  Hang Clean & Jerk x10  Side to Side Ball Toss x8 (E.W)	<b>Cleans Station</b>  Deadlift x10  Lunge Step x8 (E.L)
<b>Plyo/Speed Station</b>  See Bodyweight Workout Day 1	<b>Core Station</b>  Palm to Knee Crunches x50	<b>Plyo/Speed Station</b>  See Bodyweight Workout Day3	<b>Core Station</b>  Plank Rotations 3x60 sec M-L-R



Week 2

--	--	--	--