



Week 2

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



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