



Week 2

<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 4x8 @ 70%  Man Makers 4x5	<b><i>Weights Station #1</i></b>  Bench 4x8 @ 70%  Close Grip Push Ups 4x5	<b><i>Weights Station #1</i></b>  Overhead Squat 4x10  Lat Pulldown 4x10	<b><i>Weights Station #1</i></b>  Close Grip Bench 4x10  Pull Ups 4x5  Bench Flys 4x10
<b><i>Weight Station #2</i></b>  DB RDL 3x10  Bent Over Row 3x10  DB Shoulder Press 3x10	<b><i>Weight Station #2</i></b>  Zottman Curls (Heavy) 3x8  Skull Crushers 3 x10  Single DB Press (Floor) 3x10	<b><i>Weight Station #2</i></b>  DB Seated Shoulder Press 3x10  1-arm Row 3x10  3-Way Shoulder 3x8	<b><i>Weight Station #2</i></b>  Straight Bar Curls 3 x8  Tricep Extension 3x10  DB Incline Press 3x6,6
<b><i>Cleans Station</i></b>  Power Cleans 4x8 @ 70%  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 4x10  Side to Side Ball Toss 4x8 (E.W)	<b><i>Cleans Station</i></b>  Deadlift 4x10  Lunge Step 4x8 (E.L)
<b><i>Plyo/Speed Station</i></b>  See Bodyweight Workout Day 1	<b><i>Core Station</i></b>  Palm to Knee Crunches x50	<b><i>Plyo/Speed Station</i></b>  See Bodyweight Workout Day3	<b><i>Core Station</i></b>  Plank Rotations 3x60 sec M-L-R



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