



Week 4

<i>Jordan Warm-Up</i>	<i>Jordan Warm-Up</i>	<i>Jordan Warm-Up</i>	<i>Jordan Warm-Up</i>
<i>Weights Station #1</i> Squats 4x6 @ 75% Man Makers 4x5	<i>Weights Station #1</i> Bench 4x6 @ 75% Close Grip Push Ups 4x5	<i>Weights Station #1</i> Overhead Squat 4x10 Lat Pulldown 4x10	<i>Weights Station #1</i> Close Grip Bench 4x10 Pull Ups 4x5 Bench Flys 4x10
<i>Weight Station #2</i> DB RDL 3x10 Bent Over Row 3x10 DB Shoulder Press 3x10	<i>Weight Station #2</i> Zottman Curls (Heavy) 3x8 Skull Crushers 3 x10 Single DB Press (Floor) 3x10	<i>Weight Station #2</i> DB Seated Shoulder Press 3x10 1-arm Row 3x10 3-Way Shoulder 3x8	<i>Weight Station #2</i> Straight Bar Curls 3 x8 Tricep Extension 3x10 DB Incline Press 3x6,6
<i>Cleans Station</i> Power Cleans 4x6 @ 75% Ball Slams 4x15	<i>Cleans Station</i> Hang Snatch 4x10 Lunge Step 4x8 (E.L)	<i>Cleans Station</i> Hang Clean & Jerk 4x10 Side to Side Ball Toss 4x8 (E.W)	<i>Cleans Station</i> Deadlift 4x10 Lunge Step 4x8 (E.L)
<i>Plyo/Speed Station</i> See Bodyweight Workout Day 1	<i>Core Station</i> Palm to Knee Crunches x50	<i>Plyo/Speed Station</i> See Bodyweight Workout Day3	<i>Core Station</i> Plank Rotations 3x60 sec M-L-R



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