

Workouts

Week 9, Day 2: Tabatas - 8 rounds of 20 sec of exercise w/10 sec rest - 4 minute total								
Description	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8
Iron Mikes								
Side Jumps								
Squats								
Week 9, Day 3: Ladders - 6-12 reps, 3-minute intervals								
Description	Notes							
Let Me Up								
Let Me In								
LMU w/rev grip								
LMI w/rev grip								
Week 9, Day 4: Super sets - 4-min. intervals								
Description	Target reps		Set 1			Set 2		
Hanging Bent-Leg Lifts	5							
Iron Cross	12							
1-leg hip extensions	5							
Superman	12							
V-ups	5							
Russian twists	12							
Week 9, Day 5: Stappers								
Description	Target reps		Total rounds					
LMU w/knees bent	6							
Side Lunges	12							
Push-Ups	8							
Week 10, Day 4: Super sets - 4-min. intervals								
Description	Target reps		Set 1			Set 2		
Decline Push-ups & 3-sec pause	5							
Shove-offs	12							
Decline military press	5							
Kettlebell press	12							
Decline close-grip	5							
Bench dips	12							