



TENACITY

SAMPLE DAY

WARM UP

3 ROUNDS
15 CALORIE ROW
20 BANDED PULL APART
20 SIDE LUNGES
10 AIR SQUATS

STRENGTH

BACK SQUAT - 6 SETS
10 REPS 62.5%
10 REPS 65%
8 REPS 70%
8 REPS 72.5%
6 REPS 75%
6 REPS @77.5%
*2MIN REST BETWEEN SETS

LIFTING

A) DEADLIFTS - 6 SETS
15 REPS 45%
12 REPS 47.5%
8 REPS 50%
6 REPS 55%
2X5 REPS 62.5%
B) AMRAP8
2-4-6-8...
DB PRESS UPS
DB HAMMER CURLS
STRICT PULL UPS/RING ROWS

SPECIALISED STRENGTH PROGRAM