

TENACITY SAMPLE DAY

WARM UP

- 3 ROUNDS
- 1 MIN BIKE
- 10/10 STANDING SHOULDER PRESS
- 20 BANDED PULL APARTS
- 10 LUNGES

STRENGTH

- BENCH PRESS-5 SUPER SETS
- 10 REPS 62.5%
- 8 REPS 65%
- 8 REPS 70%
- 6 REPS 75%
- 6 REPS 75%

*AFTER EACH SET PREFORM 10/10 BENT OVER ROWS

CONDITIONING

- 4 ROUNDS FOR TIME:
- 400M BIKE
- 24 AIR SQUATS
- 12 KETTLE BELL SWINGS
- 6 PULL UPS/ROWS

LIFTING

- 3 SETS
- 15 V-SITS
- 12 CHEST FLYS
- 10 BAND ASSIST PULL UPS

DYNAMIC GENERAL FITNESS PROGRAM