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| **All exercises to be completed using 4 sets of 8 reps followed by a 5th set to failure** | **Workout 1** | **Workout 2** | **Workout 3** | **Workout 4** | **Workout 5** | **Workout 6** |
| **Explosive Push Ups** |  |  |  |  |  |  |
| **Full Pull Ups (with bar) or Weighted Table Pull Ups** |  |  |  |  |  |  |
| **Handstand Push Ups** |  |  |  |  |  |  |
| **Pistol Squats** |  |  |  |  |  |  |
| **Suspended Tricep Dips (with L-sit)** |  |  |  |  |  |  |
| **Explosive Lunges** |  |  |  |  |  |  |
| **Jackknifes** |  |  |  |  |  |  |
| **Russian Plank** |  |  |  |  |  |  |