

July 2018 Training Program

Heavy	Light	Medium
<p>July 9th:</p> <ol style="list-style-type: none"> 1. Deadlift* x 5,4,3,2,1 2. Front Squat* x 3, 3, 3, 2, 2, 1 3. Reverse Lunge 3 x 5/5 4. Clean & Squat* 3 x 5 <i>(re-clean each squat)</i> 5. Farmer Walks 3 x 30-50m <p><i>*Try to increase each set, don't go over 85-90% max</i></p>	<p>July 11th:</p> <ol style="list-style-type: none"> 1. Bottoms Up Press 3 x 5/5 2. Bent Over Row 2 x 10 3. Lateral Shoulder Raise 3 x 10 4. Overhead Hold 3 x 30 secs 	<p>July 13th:</p> <ol style="list-style-type: none"> 1. Kettlebell Swings 10 x 10 2. Goblet Squat 5 x 5 3. 3 Rounds: Deadlift x 5 Swing x 10 Squat x 5 Walkout x 5
<p>July 16th:</p> <ol style="list-style-type: none"> 1. Press* x 5,4,3,2,1 2. Push-Up x 3, 3, 3, 2, 2, 1 3. Half Kneeling Press* 3 x 5/5 4. Clean & Press* 3 x 5 <i>(re-clean each squat)</i> 5. Turkish Get-Up* 3 x 1/1 <p><i>*Try to increase each set, don't go over 85-90% max</i></p>	<p>July 18th:</p> <ol style="list-style-type: none"> 1. Kettlebell Swing x 10 every minute for 10 mins. 2. Kettlebell Swing 3 sets of 10 single swings (Hike, Swing, Hike, Park, Re-Swing) 3. Clean & Push Press x 5 every minute for 10 minutes. 	<p>July 20th:</p> <ol style="list-style-type: none"> 1. Goblet Squat 3 x 5 2. Walking Lunge 2 x :30sec 3. Deadlift 3 x 20 4. TGU 5 x 1/1
<p>July 23rd:</p> <ol style="list-style-type: none"> 1. Deadlift* x 4,4,3,3,2,2,1,1 2. Front Squat* x 5,4,3,2,1 3. Reverse Lunge 3 x 5/5 4. Clean & Squat* 4 x 5 <i>(re-clean each squat)</i> 5. Farmer Walks 3 x 30-50m <p><i>*Try to increase each set, don't go over 85-90% max</i></p>	<p>July 25th:</p> <ol style="list-style-type: none"> 1. Bottoms Up Press 5 x 5/5 2. Bent Over Row 3 x 10 3. Lateral Shoulder Raise 4 x 10 4. Overhead Hold 4 x 30 secs 	<p>July 27th:</p> <ol style="list-style-type: none"> 1. Kettlebell Swings 10 x 10 2. Goblet Squat 5 x 5 3. 3 Rounds: Deadlift x 5 Swing x 10 Squat x 5 Walkout x 5
<p>July 30th:</p> <ol style="list-style-type: none"> 1. Press* x 4,4,3,3,2,2,1,1 2. Push-Up x 5,4,3,2,1 3. Half Kneeling Press* 3 x 5/5 4. Clean & Press* 4 x 5 <i>(re-clean each squat)</i> 5. Turkish Get-Up* 3 x 1/1 <p><i>*Try to increase each set, don't go over 85-90% max</i></p>	<p>July program is a short cycle focusing on smaller sets to get heavier weight in. We still want to wave load the workouts for safety so you will still notice a heavy, medium, light label for each workout.</p> <p>August will move into a higher rep, mobility based program.</p> <p>For modifications or questions, email at moultonchiropractic@gmail.com</p>	