

August Training Plan

Heavy	Light	Medium
<ol style="list-style-type: none"> 1. Deadlift* x 3,3,2,1,1 2. Goblet Squat* 3 x 10 3. Deadbug 5 x 5/5 4. Walkout 5 x 5 <i>(re-clean each squat)</i> 5. Kettlebell Swing 5 x 10 <p><i>*Try to increase each set, don't go over 85-90% max</i></p>	<ol style="list-style-type: none"> 1. Turkish Get Up 5 x 1/1 2. Single Arm Press 5 x 3/3 3. Push Up (elevated if needed) 5 x 5 4. Hardstyle/SF Plank 3 x :15 5. 1 mile walk 	<ol style="list-style-type: none"> 1. Kettlebell Swings 10 x 10 2. Deadbugs 4 x 5/5 3. 3 Rounds: Swing x 10 Squat x 10 Crawl x :20 seconds
<ol style="list-style-type: none"> 1. Press 10 x 2 2. Bent Over Row 10 x 3 3. SeeSaw Press 3 x 5/5 4. Turkish Get Up* 2 x 1/1 5. Bicep Curls 3 x 10 <p><i>*Try to increase each set, don't go over 85-90% max</i></p>	<ol style="list-style-type: none"> 1. Stairs (as many sets as you can do on any stairs you can find) 10 sets 2. KB Swings 5 x 20 3. Hardstyle/SF Plank 5 x :15 	<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
<ol style="list-style-type: none"> 1. Deadlift* x 3,3,2,1,1 2. Goblet Squat* 3 x 10 3. Deadbug 5 x 5/5 4. Walkout 5 x 5 <i>(re-clean each squat)</i> 5. Kettlebell Swing 5 x 10 <p><i>*Try to increase each set, don't go over 85-90% max</i></p>	<ol style="list-style-type: none"> 1. Turkish Get Up 5 x 1/1 2. Single Arm Press 5 x 3/3 3. Push Up (elevated if needed) 5 x 5 4. Hardstyle/SF Plank 3 x :15 5. 1 mile walk 	<ol style="list-style-type: none"> 1. Kettlebell Swings 10 x 10 2. Deadbugs 4 x 5/5 3. 3 Rounds: Swing x 10 Squat x 10 Crawl x :20 seconds
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