

2 Push days a week / 2 Pull days a week

Day 1 Push

Form Running 10min

Standing long jumps = 4x8-10

Switch leg Jumps = 4x8-10

Bulgarian single leg Squats = 4x12 / Use WT

Walking Lunges = 4x12 each leg / Use WT

Pushups = 4x failure

Diamond Pushups = 4x12 (On your knees if you have too)

Triceps Dips = 4=12 In chair or on bench

Hill Run 10x (Big Hill = 50 Yards)

Day 2 Pull

Form Running 10min

Tuck Jumps = 4x8-10

Burpees = 4x8-10

RDLs (single Leg) = 4x12 use any WT you can find (jugs of water)

Glute raises = 4x20 feet on chair

Pull-ups = 4x failure

Single arm row = 4x12 Use any WT you can find (jugs of water)

Biceps curls = 4x12

Hill Bike Ride = 30-60min / Big Hills