

# Week 2

## SESSION 4

### WARM-UP: 3 ROUNDS

12x Bird dog (6 each side)

12x Hip bridge

12x Dead bug (6 each side)

### 4 ROUNDS

12x KB deadlift high-pull

12x KB thruster

12x KB floor-to-shelf (each side)

### 3 ROUNDS

10x Push-up to knee tuck  
(5 each leg)

10x Eccentric push-up  
(or until failure)

10x Leg raise

### 3 ROUNDS

10x Single-leg deadlift (each leg)

10x KB sit-up

## SESSION 5

### WARM-UP: 3 ROUNDS

5x Push-up

10x Superman back extension

10x Russian twist (each side)

### 5 ROUNDS

30 SECONDS EACH

Squat thrust

Alternating reverse lunge

Flutter kick

### 20-2, BY 2

20 REPS OF EACH EXERCISE,  
FOLLOWED BY 18 REPS OF EACH,  
THEN 16... REPEAT DOWN TO 2

KB swing

Bodyweight squat

Sit-up