

Name: _____

Trainer: _____

Date: _____

REAL TIME WEEK 3 // Workout # 5: Strength // 50/15 X 4

| | <i>SET 1</i> | | <i>SET 2</i> | | <i>SET 3</i> | |
|--|---------------------|-----------|---------------------|-----------|---------------------|-----------|
| | Weight | Time/Reps | Weight | Time/Reps | Weight | Time/Reps |
| 1. Alt DB Snatch | | | | | | |
| 2. Bridge Chest Fly/Leg March (4x4) | | | | | | |
| 3. Bench - Single Leg Dip W/ Press Back | | | | | | |
| 4. Band - OH Kneeling Up Down W/ 2 Lat Pulls | | | | | | |
| 5. Burpee W/ 4 Mountain Climbers | | | | | | |
| 6. Front Squat To Knee Raise W/ Twist (Weight Optional) | | | | | | |
| 7. Push-up Press Backs | | | | | | |