

CFT ACCESSORY

MONDAY	TUESDAY	WEDNESDAY
<p>WARM UP</p> <p>3 Rounds 10 Alternating DB Snatch 20 Jumping Jacks :30 Plank *on hands</p>	<p>WARM UP</p> <p>3 Rounds 10 Banded Plank Walk Steps each direction 5 Diamond Push Ups</p>	<p>WARM UP</p> <p>3 Rounds 10 Scap Pull Ups in Hollow 20 Quadruped Opposites 20 Banded Psoas March</p>
<p>TRAIN</p> <p>GYMNASTICS Push and Pull- Level's 1 and 2 4 Sets 5 Banded Strict Pull-ups or Inverted Rows 6 Bench Dips 5 Strict DB Press 6 Heavy DB Push Press</p> <p>Level 3 4 Sets 5 Muscle Ups or transitions + 6 Kipping Dips 5 Strict HSPU 6 Kipping HSPU</p> <p>ACCESSORY Legs + Glutes 3 Rounds 30 Glute Bridges 30 Cyclist Squats 30 Hamstring Curis 20 Single Leg Squat on Box</p> <p>CORE 4 Rounds 10 Plank Transitions 3 Turkish Get Ups e/s</p>	<p>TRAIN</p> <p>Close Grip Bench Press 6x8 at Challenging Load <i>Rest :90 between rounds</i></p> <p>ACCESSORY Posterior Chain + Adductors 5 Sets 10 Quadruped Adductor Rock Back e/s 10 Cossack Squat e/s 10 Single Leg RDL e/s</p> <p>CORE 3 Rounds :30 Side Plank e/s :45 Weighted Plank :20 Arch Hold</p>	<p>TRAIN</p> <p>GYMNASTICS Push and Pull - Level 1 5 Sets 7 Banded Strict Pull Ups or Inverted Rows 10 Renegade Rows (no push-up) 8 Tricep Rollbacks</p> <p>Level 2 5 Sets 5 Banded Strict Pull Ups 6 Chest 2 Bar w/Toes assisted 6 Bar Muscle Up Transitions</p> <p>Level 3 5 Sets 5 Strict Pull Ups 8 Chest 2 Bar Pull Ups 6 Bar Muscle Ups 2 Rope Climbs</p> <p>STRENGTH ACCESSORY 20 Minute Flow of: 12-15 Seated Good Mornings 12-15 Weighted Back Extensions 3-5 Skin the Cats 12-15 Upright Rows 10-12 Push-Ups 10 Wall Walks</p> <p>CORE 5 Rounds :20 Hollow Hold :20 Arch Hold rest :20</p>
<p>COOL DOWN</p> <p>Smash forearms w/barbell- 2 min e/s Foam roll quads- 2 min e/s</p>	<p>COOL DOWN</p> <p>Foam Roll Quads 2 min e/s Pigeon Stretch 2 min e/s Couch Stretch 2 min e/s</p>	<p>COOL DOWN</p> <p>Lacrosse ball pecs, triceps, lats - 2 min e/s</p>