



### 5 DAY AB SHREDDER

Workout 1			
		SETS	REPS
A1	BARBELL SUITCASE DEADLIFT	5	3 EA
	LAST REP EACH SIDE HOLD MAX TENSION 10 SEC		
B1	TRX SINGLE ARM FALLOUTS	4	10 EA
B2	PLANK POSITION SINGLE ARM DUMBBELL ROW	4	8 EA
C1	LEG LIFT WITH HIP PRESS	3	10
C2	DECLINE BENCH SIT UP WITH PLATE PRESS	3	10
C3	FARMERS WALK	3	100 FT

Workout 2			
		SETS	REPS
A1	SINGLE ARM INCLINE DUMBBELL PRESS	4	10 EA
A2	DIP STATION LEG LIFTS	4	10
B1	WEIGHTED PUSHUPS	4	6
B2	CABLE PALLOFF PRESS	4	10 EA
C1	TRX PUSHUP TO PIKE	3	10
C2	TRX MOUNTAIN CLIMBERS	3	10 EA
C3	RKC PLANK	3	20 SEC
D1	KETTLEBELL SWING	1	100

Workout 3			
		SETS	REPS
A1	BARBELL HIP PRESS	4	10
A2	THAI CRUNCH	4	10 EA
B1	FRONT SQUAT WITH 2 SEC PAUSE AT BOTTOM	4	4
B2	TRX SINGLE LEG PISTOL SQUAT	4	6 EA
C1	AB WHEEL ROLL OUT	4	10
C2	1/2 KNEELING CABLE ROTATION	4	10 EA
D1	SWISS BALL CRUNCH	1	100

Workout 4			
		SETS	REPS
A1	SINGLE ARM DUMBBELL THRUSTER	4	5 EA
A2	JUMP ROPE	4	30 SEC

A3	LUNGE WITH LOW CABLE ROW	4	8 EA
A4	PUSHUPS W HANDS ON SWISS BALL	4	10
A5	SWISS BALL PIKE	4	10
B1	GOBLET SQUAT	3	20
B2	WALL SIT WITH SIDE DUMBBELL RAISE	3	20
B3	SIDE PLANK WITH CABLE ROW	3	10 EA
C1	HILL SPRINTS	12	40 YARDS

<b>Workout 5</b>			
		<i>SETS</i>	<i>REPS</i>
A1	DUMBBELL ROWS	4	15 EA
A2	FLOOR BARBELL PRESS	4	10
A3	SIDE TO SIDE TOE TOUCH TO BARBELL	4	5 EA
	WITHOUT PUTTING BARBELL DOWN FROM A2		
B1	L-SIT PULLUPS	3	6
B2	1/2 KNEELING SINGLE ARM KETTLEBELL PRESS	3	8 EA
C1	DIAMOND PUSHUPS W TOES ON SWISS BALL	4	8
C2	ALTERNATING HAMMER CURLS	4	12
D1	ALTERNATING SIDE MED BALL SLAMS	10	10