

<b>Weeks 1-4</b>					
<b>Strength Workout A</b>					
<b>#</b>	<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>	<b>Set Rest</b>	<b>Transition Rest</b>
1	Deadlift	3	6	120 sec	
2	Barbell Front Lunge	2 to 3	6 to 8	90 sec	
3a	Incline Dumbbell Press	3	6 to 8	60 sec	
3b	Bent Dumbbell Row	3	6 to 8	60 sec	
4a	Swiss Ball Crunch	3	10	60 sec	
4b	Incline Dumbbell Curl	3	10	60 sec	

<b>Weeks 1-4</b>					
<b>Strength Workout B</b>					
<b>#</b>	<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>	<b>Set Rest</b>	<b>Transition Rest</b>
1	Squat	3	6	120 sec	
2	DB Step Up	2 to 3	6 to 8	90 sec	
3a	Dumbbell Military Press (semi-supinated grip)	3	6 to 8	60 sec	
3b	Close Grip Chins	3	6 to 8	60 sec	
4a	Prone Jackknife (feet on stability ball)	3	10	60 sec	
4b	Triceps Press down	3	10	60 sec	

## Weeks 3-4

### TRX Metabolic Workout A

#	Exercise	Sets	Reps / Time	Set Rest	Transition Rest
1	Single Leg Squat	Week 3 - 3 Week 4 - 4	30 sec each side	2 min	30 sec
2	Atomic Pushup with Pike		30 sec		30 sec
3	Low Row with tempo		30 sec		30 sec
4	Crossing Balance Lunge		30 sec each side		30 sec
5	Side Plank with Hip Drop		30 sec		0 sec

## Weeks 3-4

### TRX Metabolic Workout B

#	Exercise	Sets	Reps / Time	Set Rest	Transition Rest
1	Sprinter's Start (tempo)	Week 3 - 3 Week 4 - 4	30 sec each side	2 min	30 sec
2	Deep Chest Press (moderate speed)		30 sec		30 sec
3	Single Arm Row (moderate speed)		30 sec each side		30 sec
4	Suspended Lunge (with running arm pattern)		30 sec each side		30 sec
5	Suspended Pendulum with pike		30 sec		0 sec