

## Weeks 5-8 (Upper - Lower Split)

### Strength Workout A

#	Exercise	Sets	Reps	Set Rest	Transition Rest
1a	Incline Barbell Press	3 to 5	5	90 sec	
1b	Barbell Row (overhand grip)	3 to 5	5	90 sec	
2a	Flat Dumbbell Presses	2 to 3	10 to 12	60 sec	
2b	Wide Grip Chin	2 to 3	10 to 12	60 sec	
3a	Prone Dumbbell "T" Fly	2 to 3	10	30 sec	
3b	Barbell Curl	2 to 3	10	30 sec	
3c	Dips	2 to 3	10	30 sec	

## Weeks 5-8 (Upper - Lower Split)

### Strength Workout B

#	Exercise	Sets	Reps	Set Rest	Transition Rest
1	Dumbbell Deadlift / Front Squat (rotate btwn these two exercises)	3 to 5	3 to 5	2 min	
2a	Split Squat (rear leg elevated)	2 to 3	10 to 12	60 sec	
2b	Step Up	2 to 3	10 to 12	60 sec	
3a	Back Extensions / Stiff Legged Deadlift (rotate btwn these two exercises)	2 to 3	10 to 12	60 sec	
3b	Standing Vertical Barbell Twist (torso square)	2 to 3	10 to 12	60 sec	

## Weeks 5-6

### TRX Metabolic Workout A

#	Exercise	Sets	Reps / Time	Set Rest	Transition Rest
1	Single Leg Squat with Tempo	Week 5 - 3 Week 6 - 4	45 sec each side	3 min	20 sec
2	Alternating Oblique Atomic Pushup		45 sec each side		20 sec
3	Elevated Low Row		45 sec		20 sec
4	Crossing Balance Lunge with tempo		45 sec each side		20 sec
5	Side Plank with Reach Through		45 sec		0 sec

## Weeks 5-6

### TRX Metabolic Workout B

#	Exercise	Sets	Reps / Time	Set Rest	Transition Rest
1	Swimmer's Start with power	Week 5 - 3 Week 6 - 4	45 sec each side	3 min	20 sec
2	Deep Chest Press (moderate speed)		45 sec		20 sec
3	Single Arm Row (tempo)		45 sec each side		20 sec
4	Suspended Lunge (with power)		45 sec each side		20 sec
5	Suspended Pendulum with hold		45 sec		0 sec