



P360 BURN AND BUILD

						WORKOUT 1
P360 - EMOM 20 BURN AND BUILD	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
A1						6 x TGU 3 ES
A2						15 - PRESS UPS
B1						KB ROW COMPLEX 15 x BENT OVER RIGHT/LEFT/ UPRIGHT
B2						20 SPLIT SQUATS 10 ES 2 x KB/1 PLATE
	WORKOUT 2	WORKOUT 3	WORKOUT 4	WORKOUT 5	WORKOUT 6	WORKOUT 7
P360 - EMOM 20 BURN AAND BUILD	Monday 27th	Tuesday 28th	Wednesday 29th	Thursday 30th	Friday 31st	Saturday 1st
A1	RDL 12-8 REP 50% 1RM	8-6 RING DIP/ BOX DIPS	2 x BEAR COMPLEX REP 60% 1RM	L SIT HOLD 45 SECOND	POWER SNATCH + OHS x 3 @ 50% 1RM	SEATED (BOX) STRICT PRESS 12-8 REPS
A2	iTWY - 5 OF EACH WITH FRACTIONS	20 HOLLOW ROCK	STRICT PULL UP/ STRICT BANDED PULL UP 10-8 REPS	STRICT HSPU 8-6 REPS	ROW 15 CAL/ ASSULT BIKE	DUMBBELL HAMMMER CURL 12-8 REPS
B1	8-6 CHIN UPS	FRONT SQUAT 50% -12-8 REPS	8-6 STRICT TTB/ STRICT KTE/ STRICT KNEES TUCS	PLANK HOLD 45 SECOND	STRICT PRESS 10-8 REP 50% 1RM	DUMBBELL BOX STEP UP 16 REPS 10ES (20 IN BOX)
B2	20 GRASS HOPPERS	PENDLEY ROW 12- 8 REPS	20 BACK EXTENSIONS	AB MAT SIT UP 10-8	10-8 BURPEES	SEATED SINGLE BELL SKULL CRUSHERS 12-8
	WORK OUT 8	WORK OUT 9	WORK OUT 10	WORK OUT 11	WORK OUT 12	WORK OUT 13
P360 - EMOM 20 AESTHETIC	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
A1	8-6 ES BARBELL FRONT RACK SPLIT SQUAT 50% 1RM BACK SQUAT	15 -10 DUMBBELL DEVILS PRESS	10 - 8 BARBELL FLOOR PRESS 50% 1RM FLOOR PRESS	POWER CLEAN + 4 FS 50% 1RM	3 PAUSE SNATCHES (PAUSE 3 SECODS AT HANG, HIGH HANG, CATCH (FULL SQUAT)	
A2	10 V SITS	15- 10 DUMBBELL RENEGADE ROWS	iTWY - 5 OF EACH WITH FRACTIONS	L SIT HOLD 45 SECOND (P BARS)	8-6 CHIN UPS	
B1	PUSH PRESS 10-8 REP 50% 1RM	6 (3 ES) DUMBBELL WINDMILLS	PENDLEY ROW 12- 8 REPS	STRICT PRESS 10-8 REP 50% 1RM	6 OHS 50% 1RM	
B2	20 BACK EXTENSIONS	45 SECOND PLANK HOLD	15 WEIGHTED HOLLOW ROCKS 10/5KHG PLATE	DEFICIT P BAR PRESS UPS	8-6 STRICT TTB/ STRICT KTE/ STRICT KNEES TUCS	