Day 1	5:00		2:00	2:00	2:00	2:00	2:00	2:00	2:00	2:00	2:00	2:00		5:00
	Warmup		20 Swings	20 Swings	20 Swings	20 Swings	20 Swings	20 Swings	20 Swings	20 Swings	20 Swings	20 Swings		Rest
			5-10 Presses or Dips	5-10 Presses or Dips	5-10 Presses or Dips	5-10 Presses or Dips	5-10 Presses or Dips	5-10 Presses or Dips	5-10 Presses or Dips	5-10 Presses or Dips	5-10 Presses or Dips	5-10 Presses or Dips		Stretch
			Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest		
Day 2	5:00		2:00	2:00	2:00	2:00	2:00	2:00	2:00	2:00	2:00	2:00		5:00
	Warmup		20 Swings	20 Swings	20 Swings	20 Swings	20 Swings	20 Swings	20 Swings	20 Swings	20 Swings	20 Swings		Rest
			5-10 goblet squats	5-10 goblet squats	5-10 goblet squats	5-10 goblet squats	5-10 goblet squats	5-10 goblet squats	5-10 goblet squats	5-10 goblet squats	5-10 goblet squats	5-10 goblet squats		Stretch
			Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest		
Day 3	5:00		EMOM for 10:00	rest/stretch										
	Warmup		10 Swings											
Day 4	5:00		2:00	2:00	2:00	2:00	2:00	2:00	2:00	2:00	2:00	2:00		5:00
	Warmup		20 Swings	20 Swings	20 Swings	20 Swings	20 Swings	20 Swings	20 Swings	20 Swings	20 Swings	20 Swings		Rest
			5-10 Lunges R/L	5-10 Lunges R/L	5-10 Lunges R/L	5-10 Lunges R/L	5-10 Lunges R/L	5-10 Lunges R/L	5-10 Lunges R/L	5-10 Lunges R/L	5-10 Lunges R/L	5-10 Lunges R/L		Stretch
Day 5	5:00		2:00	2:00	2:00	2:00	2:00	2:00	2:00	2:00	2:00	2:00		5:00
	Warmup		20 Swings	20 Swings	20 Swings	20 Swings	20 Swings	20 Swings	20 Swings	20 Swings	20 Swings	20 Swings		Rest
			5-10 Explosive Pushups	5-10 Explosive Pushups	5-10 Explosive Pushups	5-10 Explosive Pushups	5-10 Explosive Pushups	5-10 Explosive Pushups	5-10 Explosive Pushups	5-10 Explosive Pushups	5-10 Explosive Pushups	5-10 Explosive Pushups		Stretch
			Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Rest		
Day 6	5:00		EMOM for 10:00											
	Warmup		10 Swings											
Day 7	Rest													
	Light Movement													