

# Workout #4:



## Warm-up

Prone Breathing x 5

Head nods x 5 + R, L x 5

Adductor rocking x 5ea

Spiderman with rotation x 5ea

Hip Lifts x 10

Wall slides with band x 10

| <b>Exercise</b> | <b>Reps</b> |
|-----------------|-------------|
| Dead Clean      | x 10        |
| Goblet Squat    | x 10        |
| Dead Clean      | x 8         |
| Goblet Squat    | x 8         |
| Dead Clean      | x 6         |
| Goblet Squat    | x 6         |
| Dead Clean      | x 4         |
| Goblet Squat    | x 4         |
| Dead Clean      | x 2         |
| Goblet Squat    | x 2         |

Rest as long as needed and go UP the ladder starting with 2 reps of both and finishing with 10

Core: 3 rounds of:

Deadbugs x 10 ea

Plank Hold x : 30

## Notes: