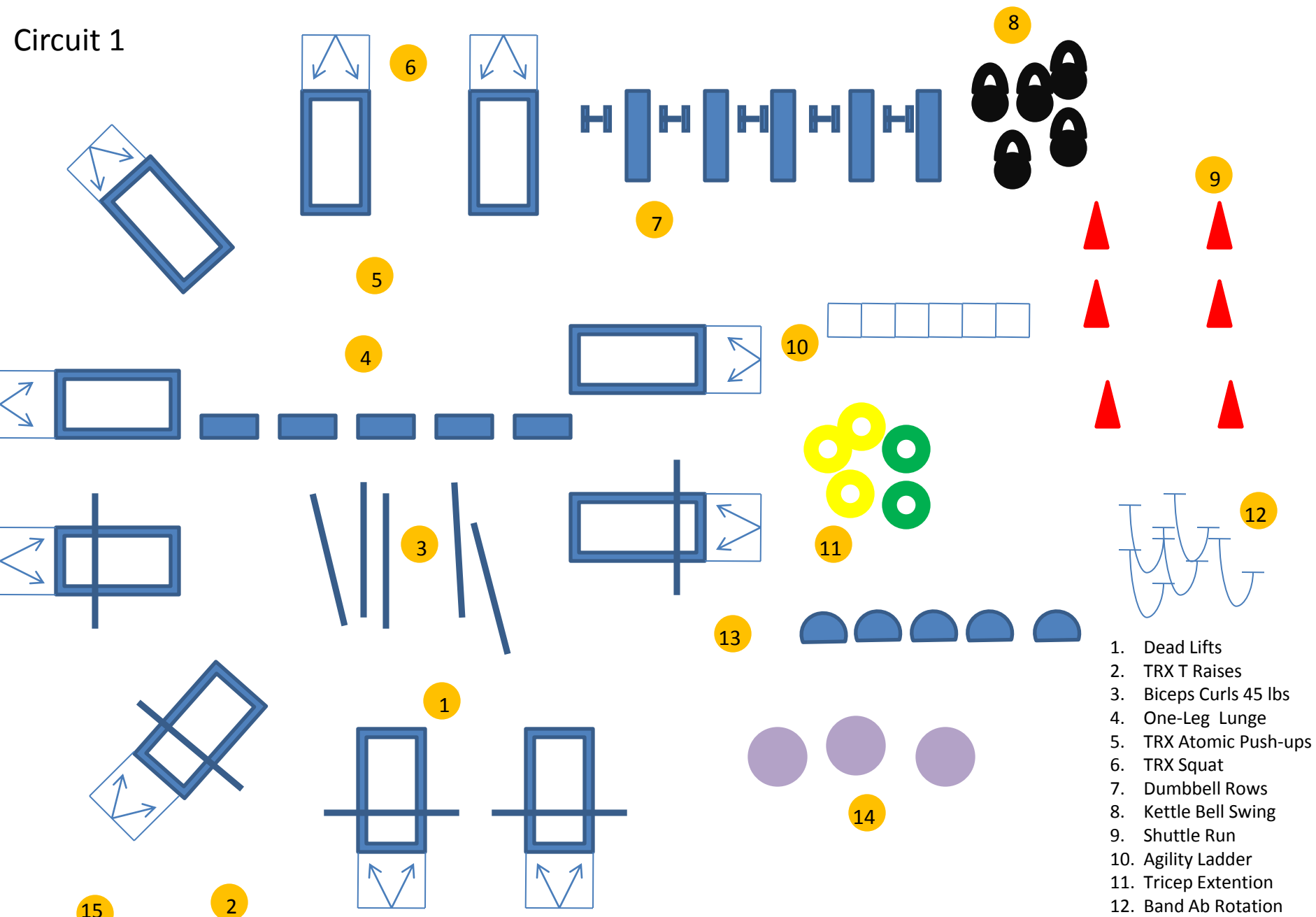
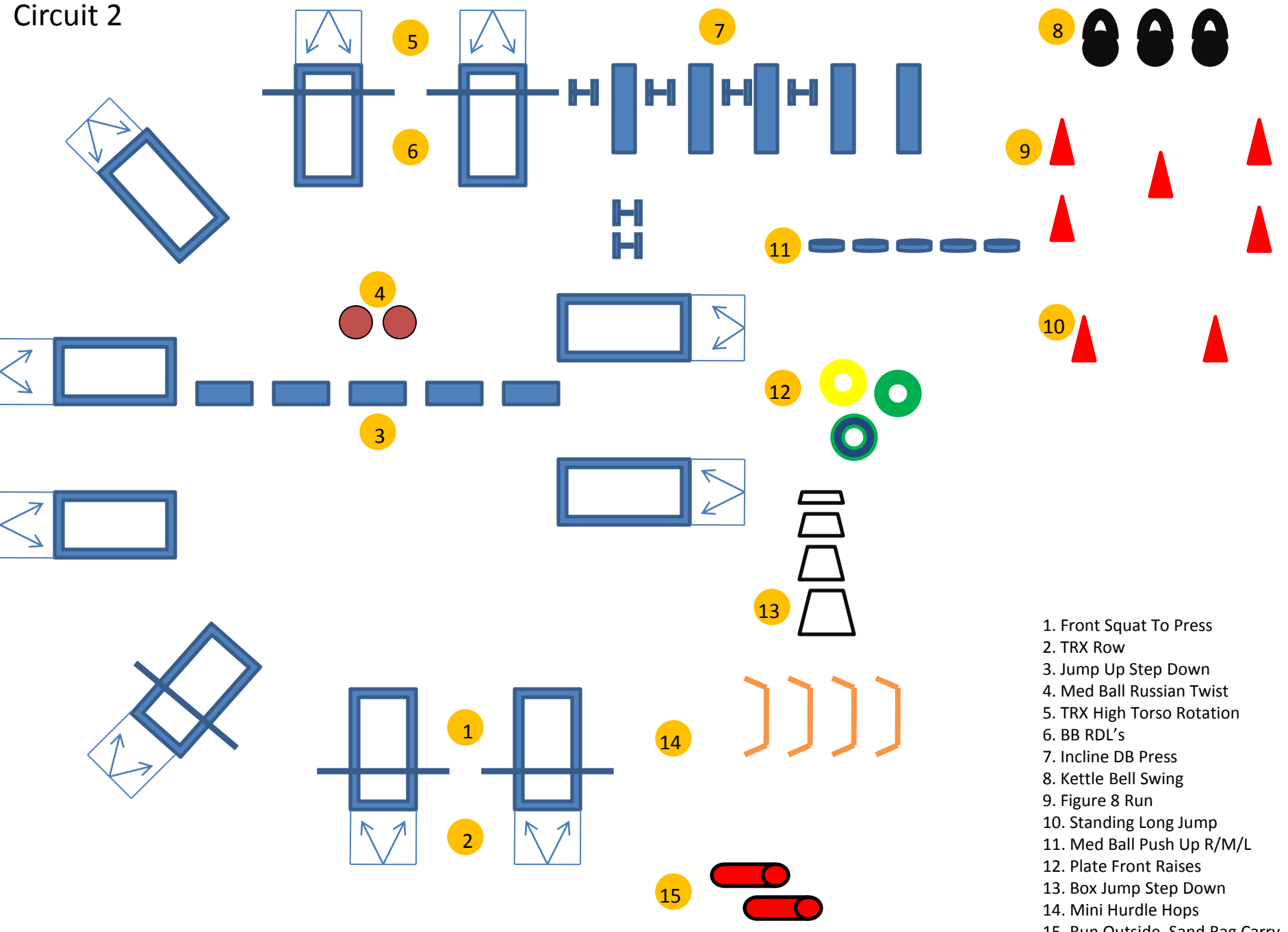


# Circuit 1



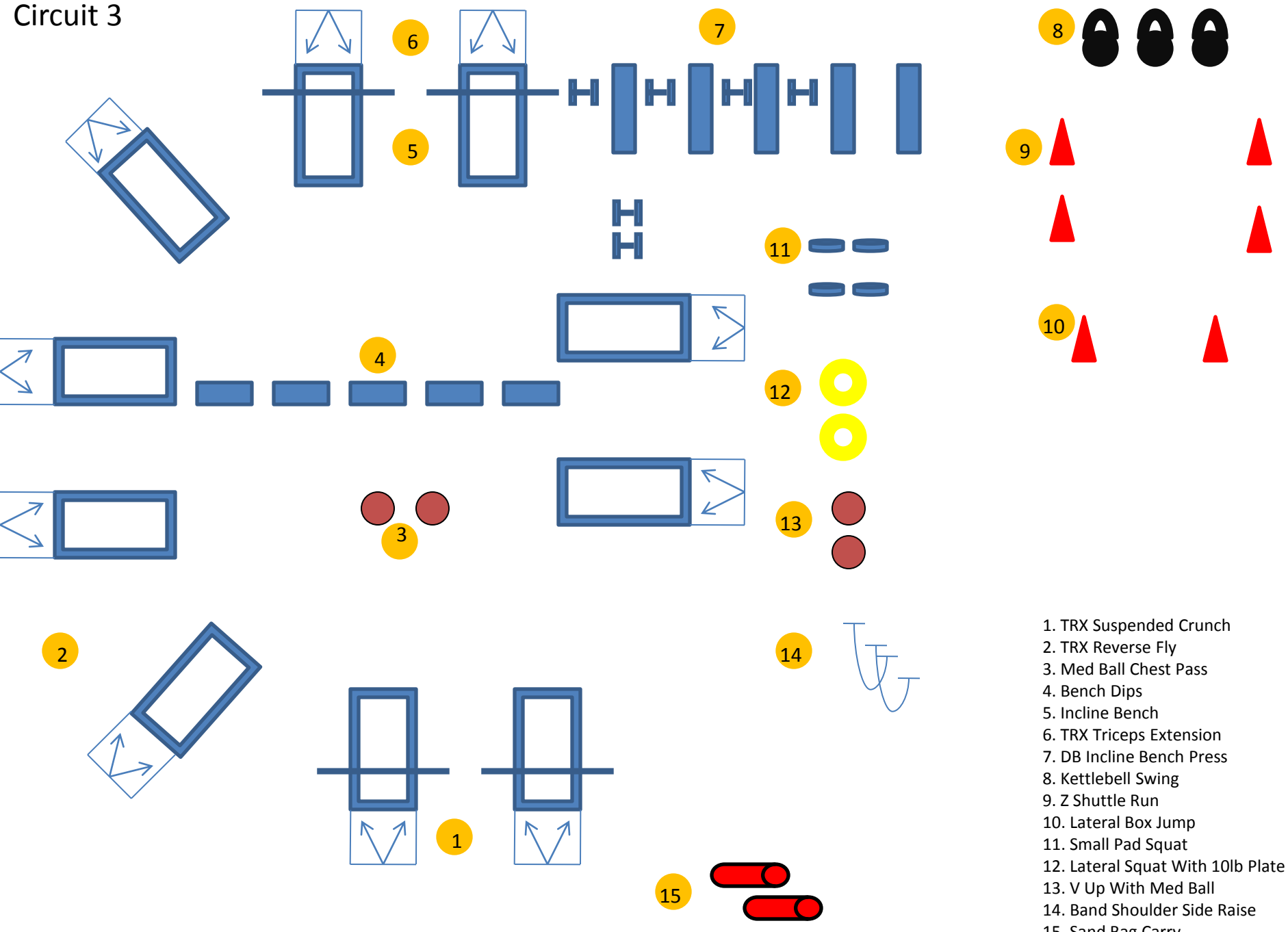
1. Dead Lifts
2. TRX T Raises
3. Biceps Curls 45 lbs
4. One-Leg Lunge
5. TRX Atomic Push-ups
6. TRX Squat
7. Dumbbell Rows
8. Kettle Bell Swing
9. Shuttle Run
10. Agility Ladder
11. Tricep Extension
12. Band Ab Rotation
13. Bosu Crunch
14. Ball Hamstring Curl
15. Laps X2

# Circuit 2



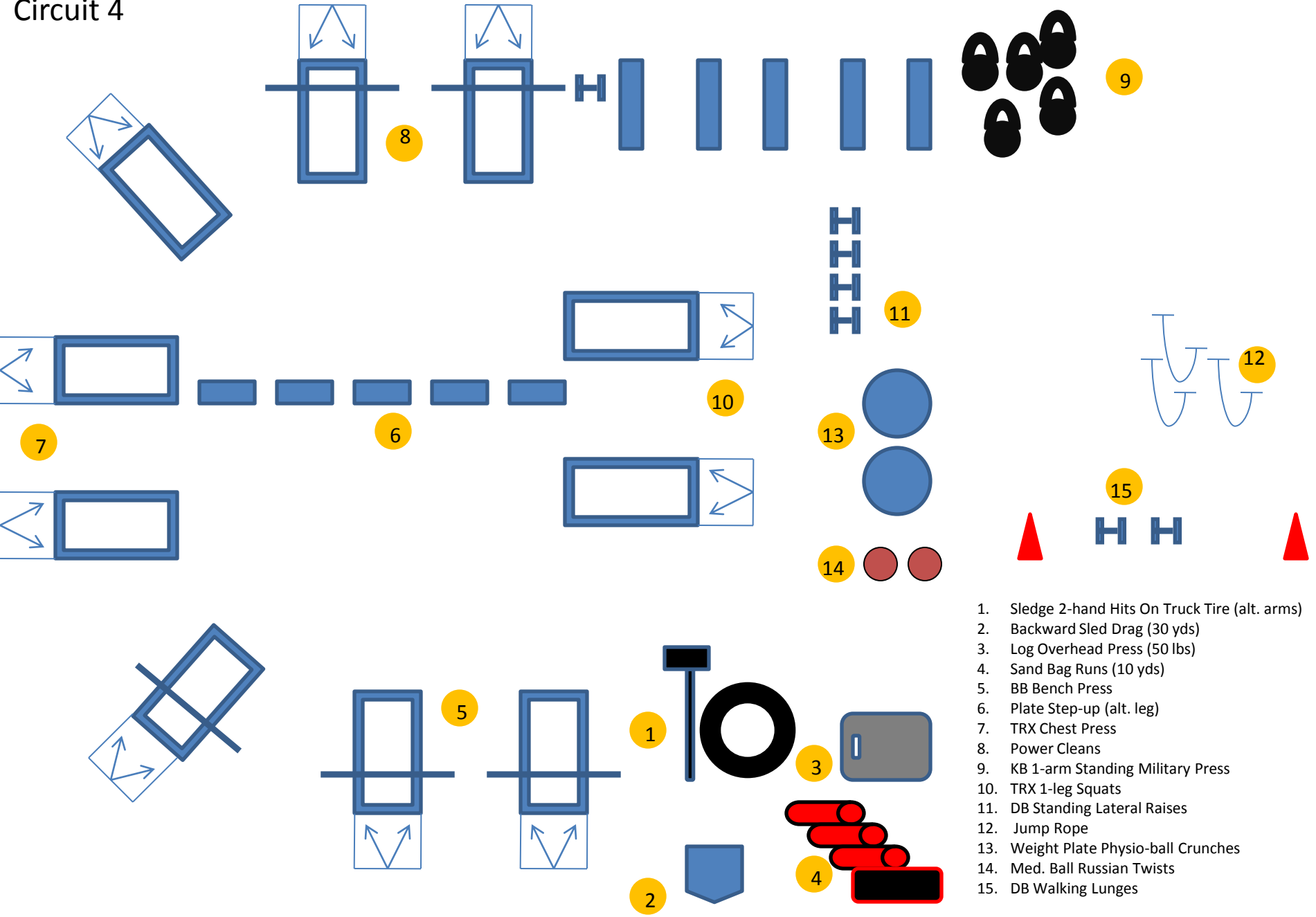
1. Front Squat To Press
2. TRX Row
3. Jump Up Step Down
4. Med Ball Russian Twist
5. TRX High Torso Rotation
6. BB RDL's
7. Incline DB Press
8. Kettle Bell Swing
9. Figure 8 Run
10. Standing Long Jump
11. Med Ball Push Up R/M/L
12. Plate Front Raises
13. Box Jump Step Down
14. Mini Hurdle Hops
15. Run Outside, Sand Bag Carry

# Circuit 3



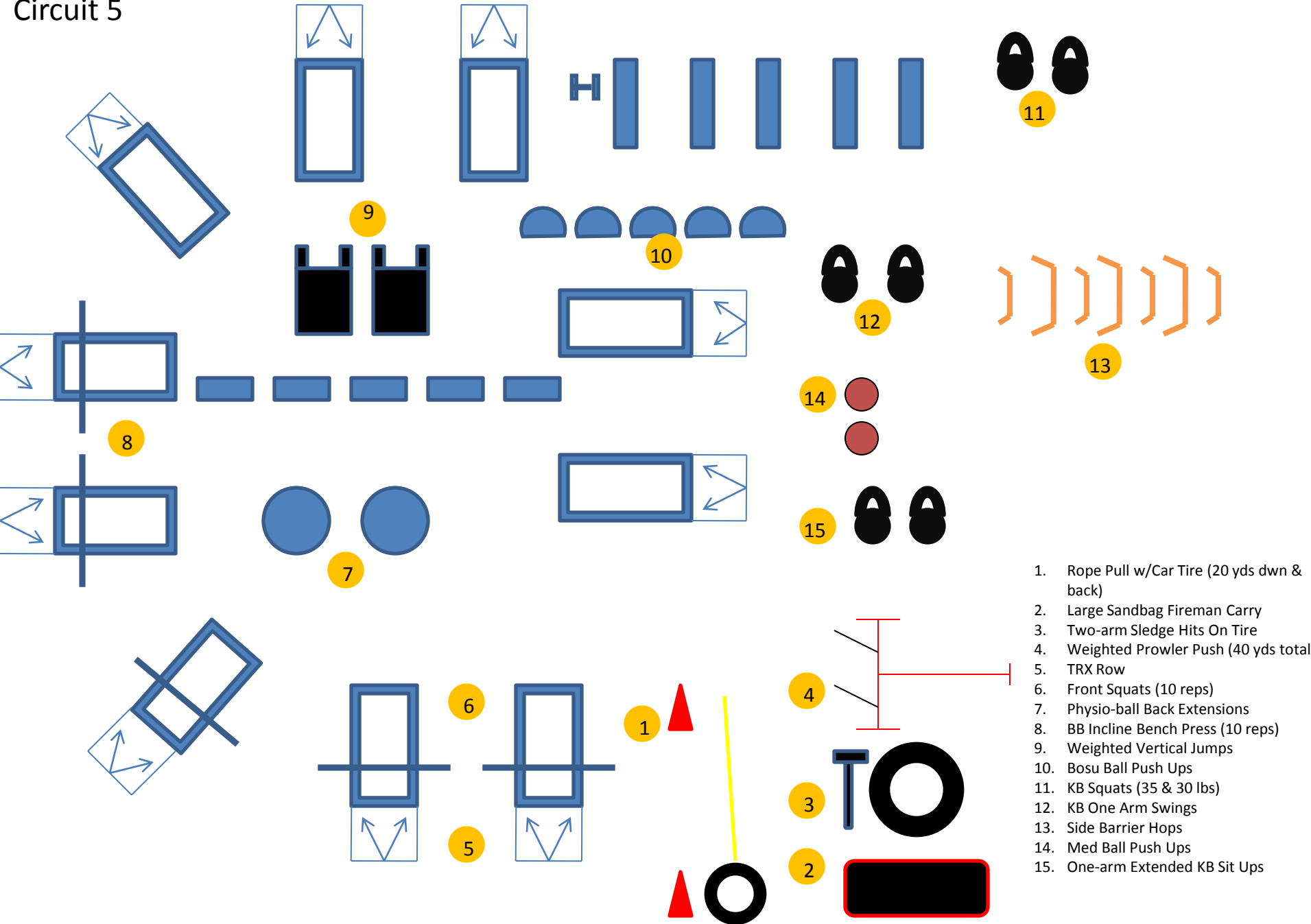
1. TRX Suspended Crunch
2. TRX Reverse Fly
3. Med Ball Chest Pass
4. Bench Dips
5. Incline Bench
6. TRX Triceps Extension
7. DB Incline Bench Press
8. Kettlebell Swing
9. Z Shuttle Run
10. Lateral Box Jump
11. Small Pad Squat
12. Lateral Squat With 10lb Plate
13. V Up With Med Ball
14. Band Shoulder Side Raise
15. Sand Bag Carry

# Circuit 4



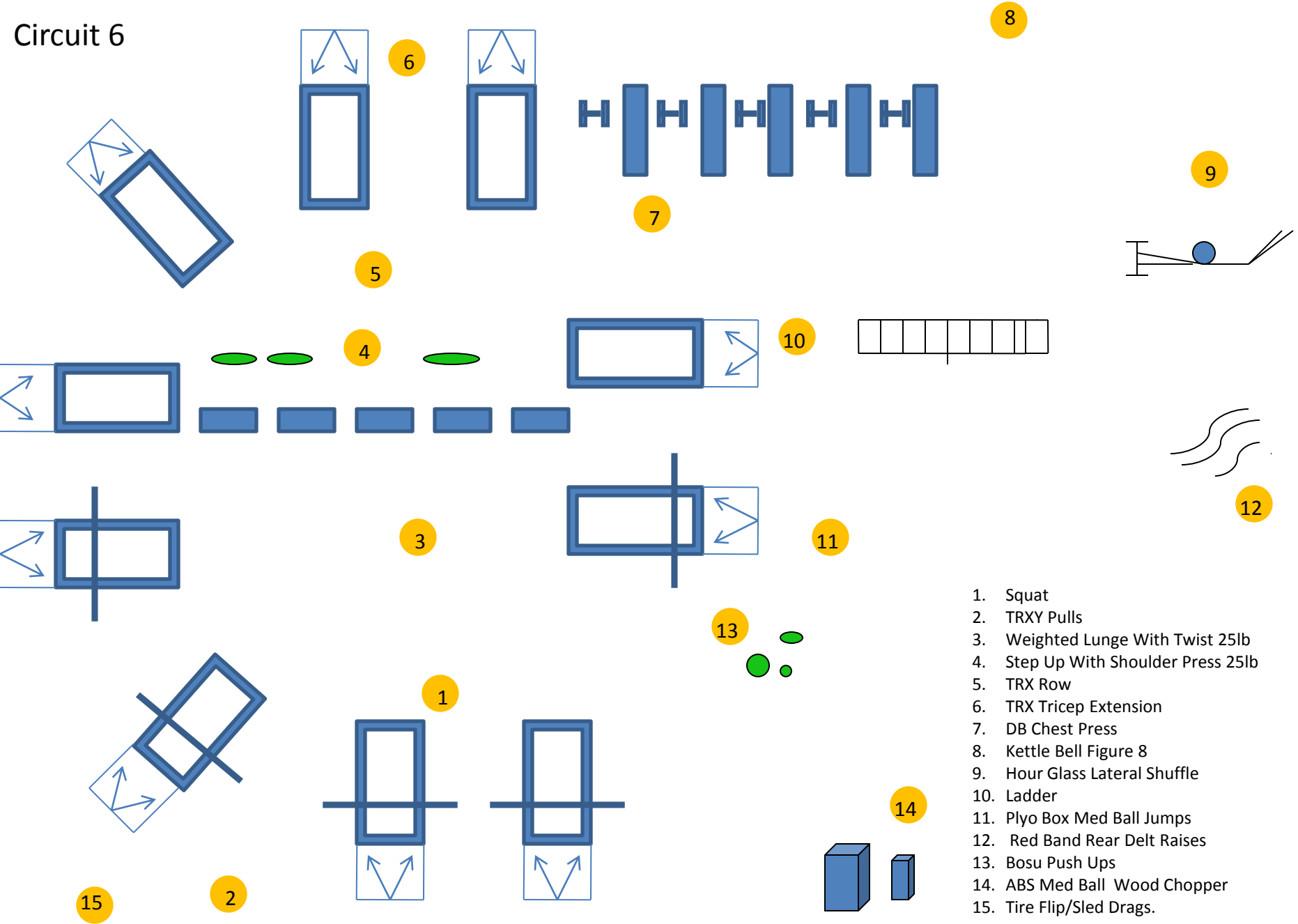
1. Sledge 2-hand Hits On Truck Tire (alt. arms)
2. Backward Sled Drag (30 yds)
3. Log Overhead Press (50 lbs)
4. Sand Bag Runs (10 yds)
5. BB Bench Press
6. Plate Step-up (alt. leg)
7. TRX Chest Press
8. Power Cleans
9. KB 1-arm Standing Military Press
10. TRX 1-leg Squats
11. DB Standing Lateral Raises
12. Jump Rope
13. Weight Plate Physio-ball Crunches
14. Med. Ball Russian Twists
15. DB Walking Lunges

# Circuit 5



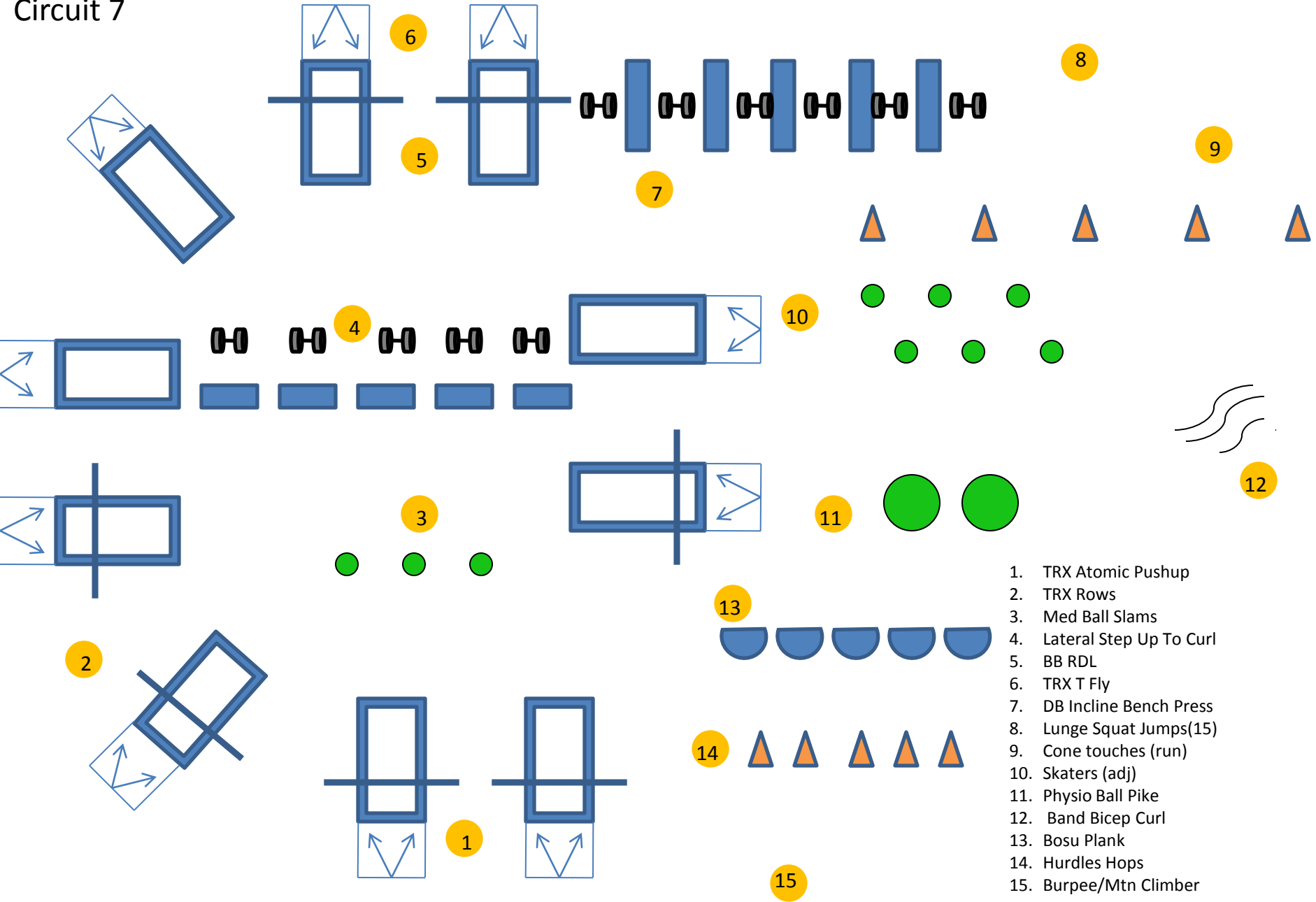
1. Rope Pull w/Car Tire (20 yds dwn & back)
2. Large Sandbag Fireman Carry
3. Two-arm Sledge Hits On Tire
4. Weighted Prowler Push (40 yds total)
5. TRX Row
6. Front Squats (10 reps)
7. Physio-ball Back Extensions
8. BB Incline Bench Press (10 reps)
9. Weighted Vertical Jumps
10. Bosu Ball Push Ups
11. KB Squats (35 & 30 lbs)
12. KB One Arm Swings
13. Side Barrier Hops
14. Med Ball Push Ups
15. One-arm Extended KB Sit Ups

# Circuit 6



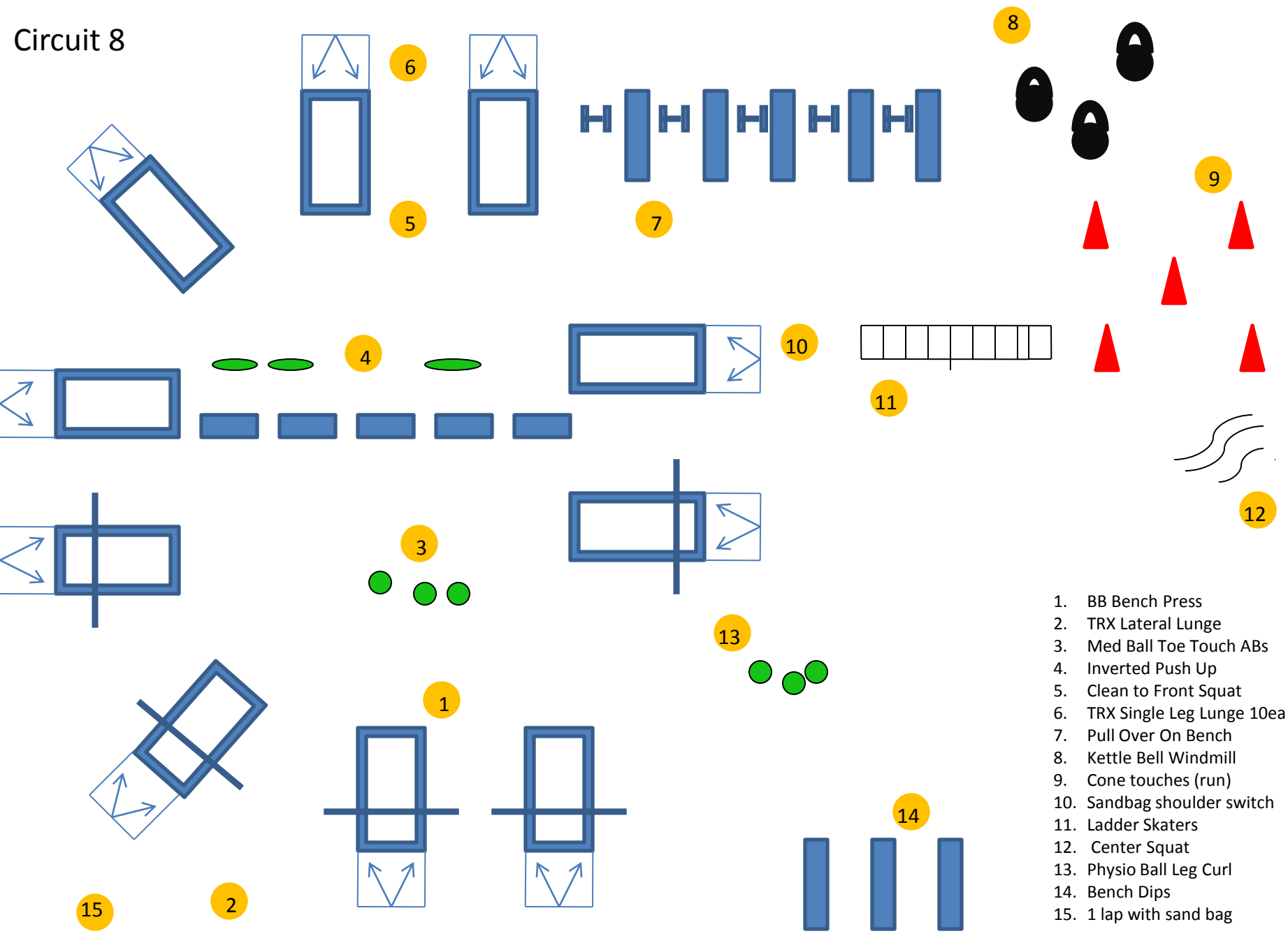
1. Squat
2. TRXY Pulls
3. Weighted Lunge With Twist 25lb
4. Step Up With Shoulder Press 25lb
5. TRX Row
6. TRX Tricep Extension
7. DB Chest Press
8. Kettle Bell Figure 8
9. Hour Glass Lateral Shuffle
10. Ladder
11. Plyo Box Med Ball Jumps
12. Red Band Rear Delt Raises
13. Bosu Push Ups
14. ABS Med Ball Wood Chopper
15. Tire Flip/Sled Drags.

# Circuit 7



1. TRX Atomic Pushup
2. TRX Rows
3. Med Ball Slams
4. Lateral Step Up To Curl
5. BB RDL
6. TRX T Fly
7. DB Incline Bench Press
8. Lunge Squat Jumps(15)
9. Cone touches (run)
10. Skaters (adj)
11. Physio Ball Pike
12. Band Bicep Curl
13. Bosu Plank
14. Hurdles Hops
15. Burpee/Mtn Climber

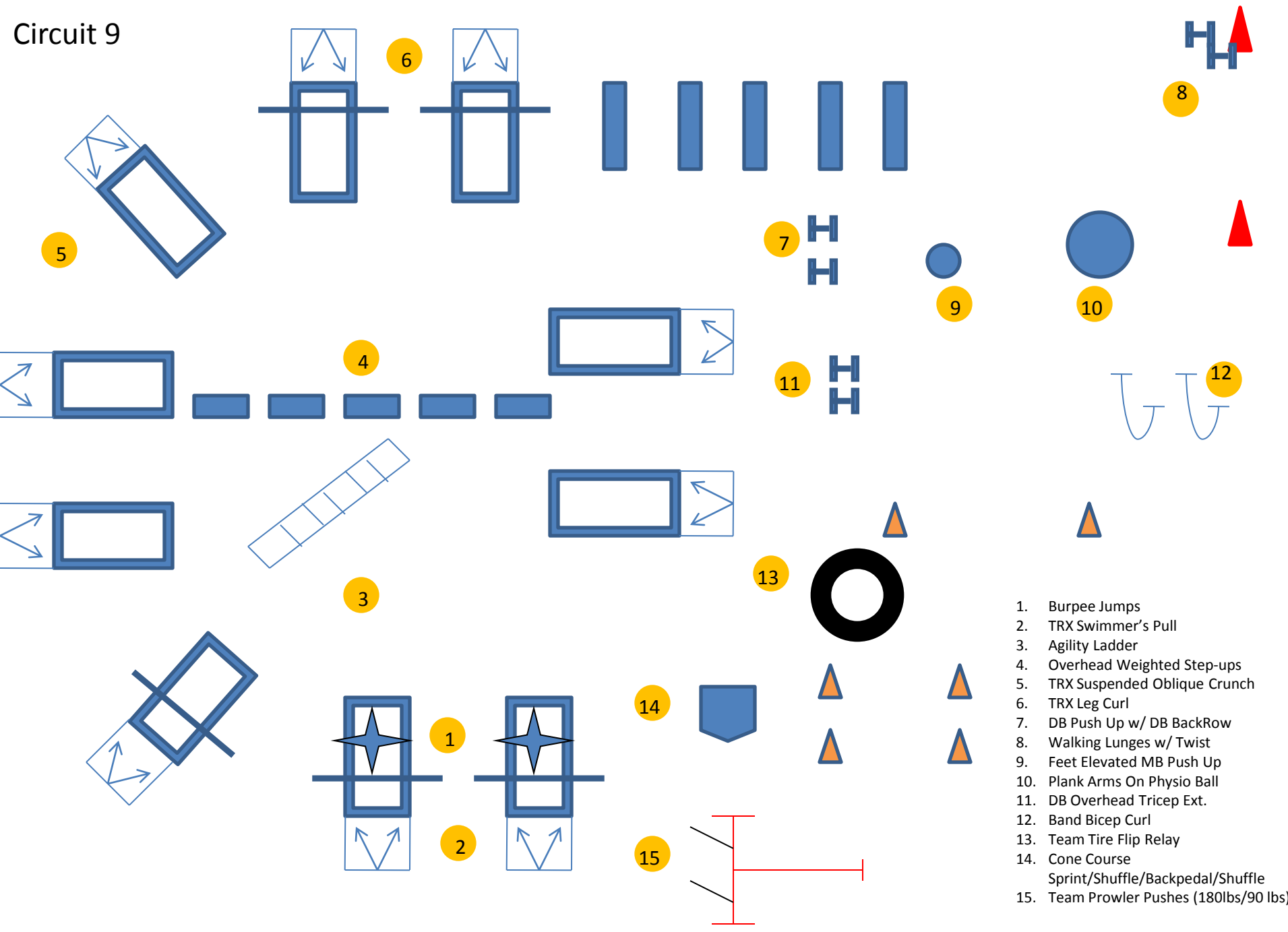
# Circuit 8



1. BB Bench Press
2. TRX Lateral Lunge
3. Med Ball Toe Touch ABS
4. Inverted Push Up
5. Clean to Front Squat
6. TRX Single Leg Lunge 10ea
7. Pull Over On Bench
8. Kettle Bell Windmill
9. Cone touches (run)
10. Sandbag shoulder switch
11. Ladder Skaters
12. Center Squat
13. Physio Ball Leg Curl
14. Bench Dips
15. 1 lap with sand bag

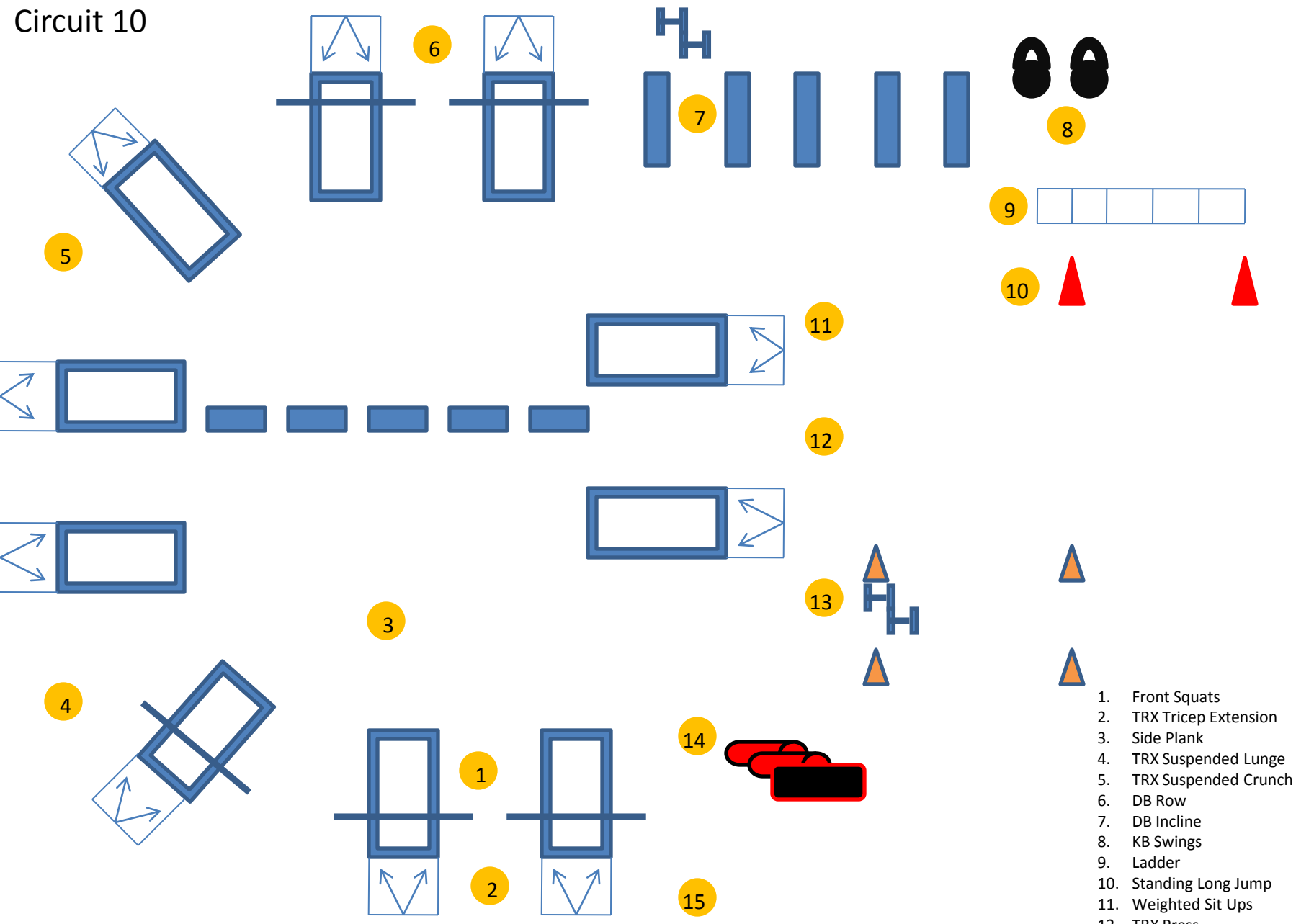


# Circuit 9



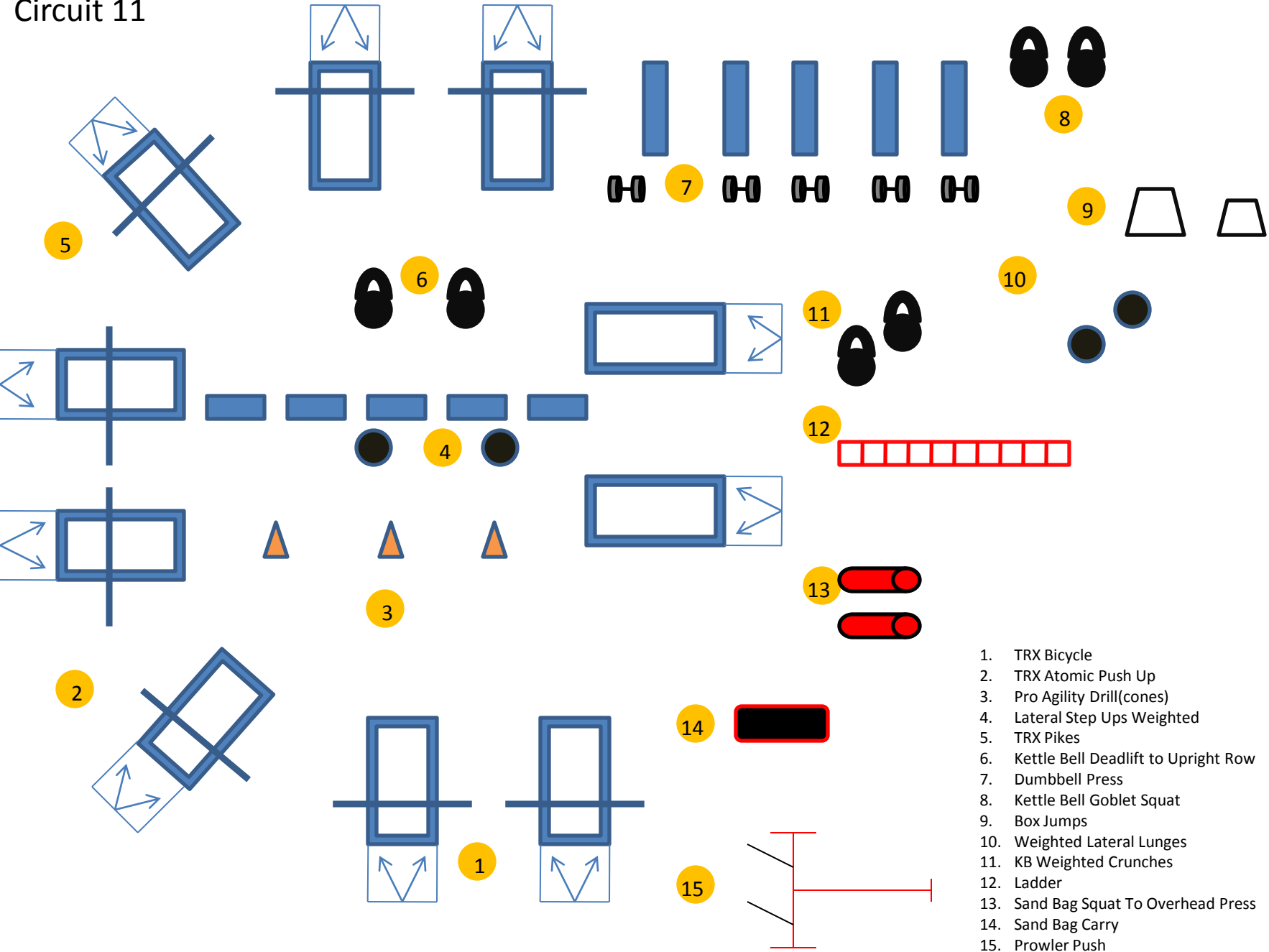
1. Burpee Jumps
2. TRX Swimmer's Pull
3. Agility Ladder
4. Overhead Weighted Step-ups
5. TRX Suspended Oblique Crunch
6. TRX Leg Curl
7. DB Push Up w/ DB BackRow
8. Walking Lunges w/ Twist
9. Feet Elevated MB Push Up
10. Plank Arms On Physio Ball
11. DB Overhead Tricep Ext.
12. Band Bicep Curl
13. Team Tire Flip Relay
14. Cone Course  
Sprint/Shuffle/Backpedal/Shuffle
15. Team Prowler Pushes (180lbs/90 lbs)

# Circuit 10



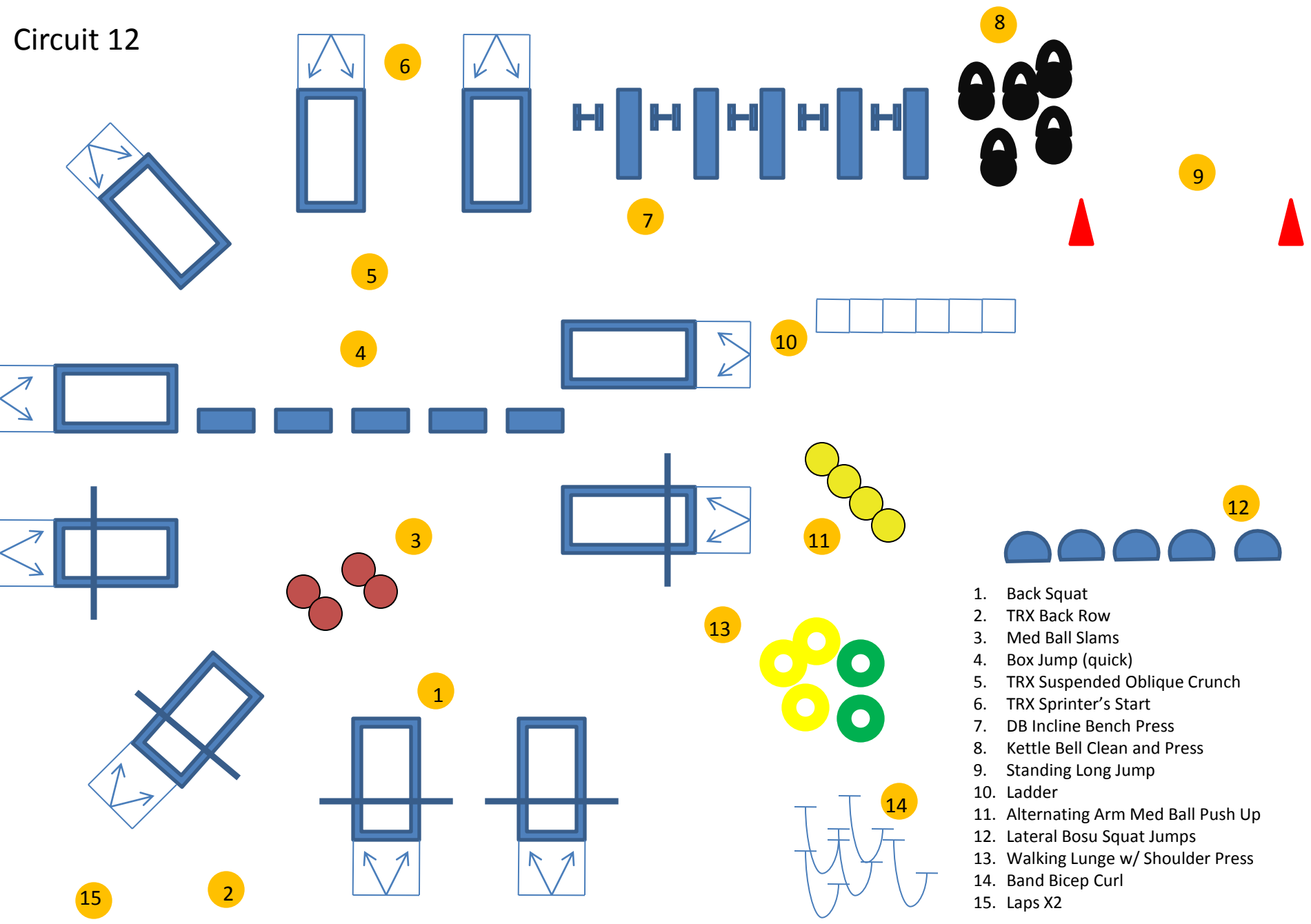
1. Front Squats
2. TRX Tricep Extension
3. Side Plank
4. TRX Suspended Lunge
5. TRX Suspended Crunch
6. DB Row
7. DB Incline
8. KB Swings
9. Ladder
10. Standing Long Jump
11. Weighted Sit Ups
12. TRX Press
13. Walking Lunges
14. Sand Bag Carry Sprint
15. Lane Dogs

# Circuit 11



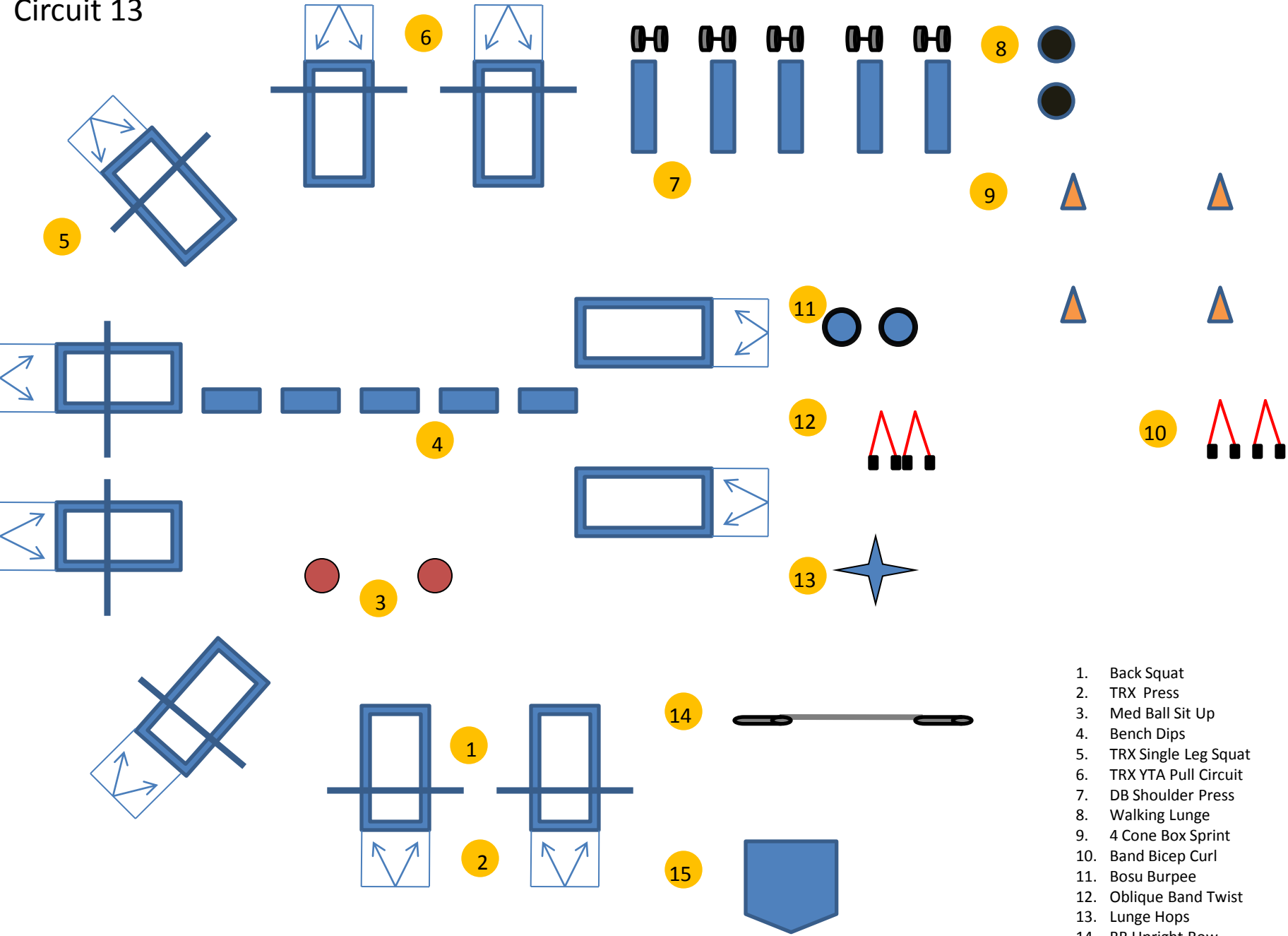
1. TRX Bicycle
2. TRX Atomic Push Up
3. Pro Agility Drill(cones)
4. Lateral Step Ups Weighted
5. TRX Pikes
6. Kettle Bell Deadlift to Upright Row
7. Dumbbell Press
8. Kettle Bell Goblet Squat
9. Box Jumps
10. Weighted Lateral Lunges
11. KB Weighted Crunches
12. Ladder
13. Sand Bag Squat To Overhead Press
14. Sand Bag Carry
15. Prowler Push

# Circuit 12



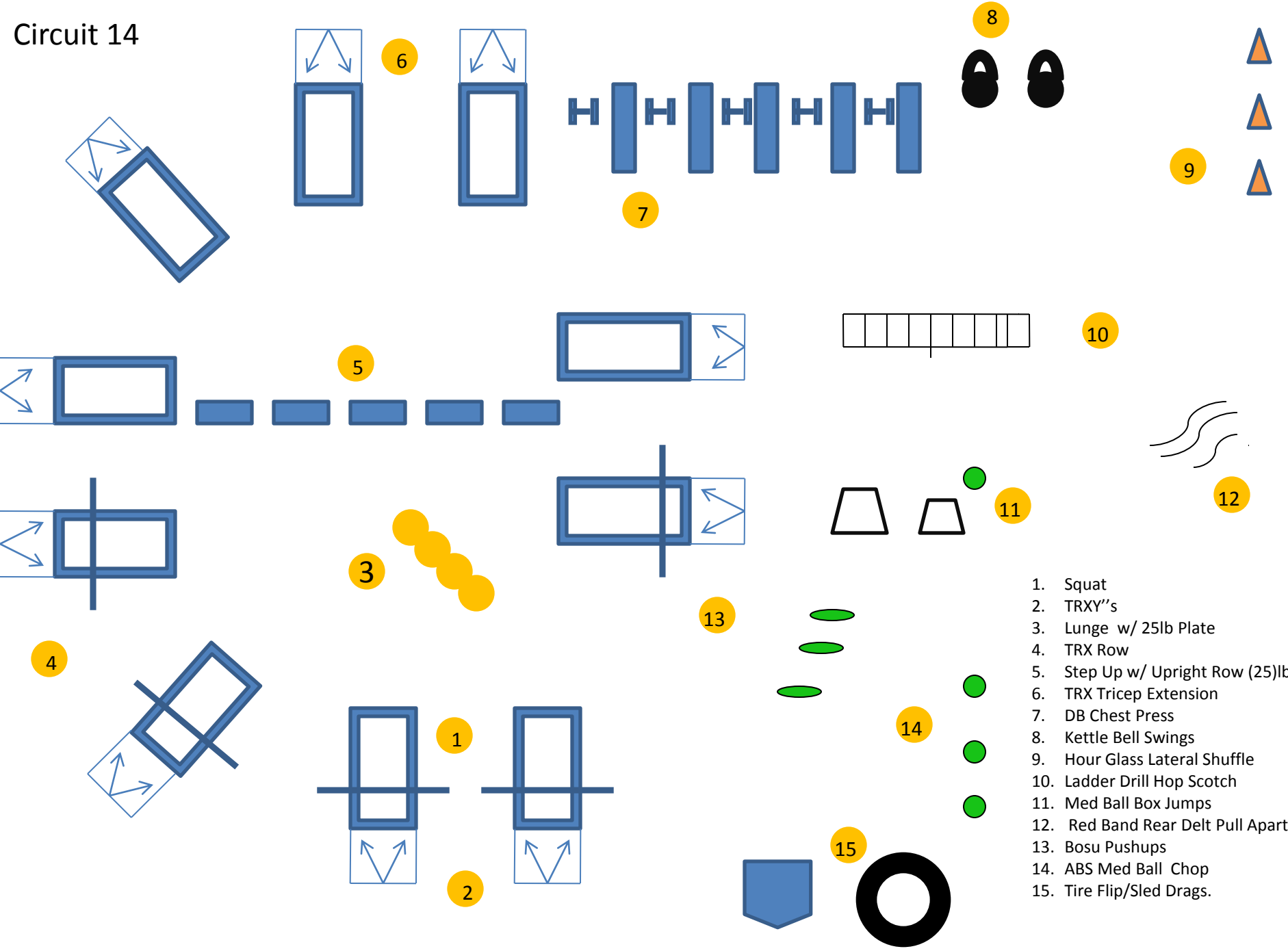
1. Back Squat
2. TRX Back Row
3. Med Ball Slams
4. Box Jump (quick)
5. TRX Suspended Oblique Crunch
6. TRX Sprinter's Start
7. DB Incline Bench Press
8. Kettle Bell Clean and Press
9. Standing Long Jump
10. Ladder
11. Alternating Arm Med Ball Push Up
12. Lateral Bosu Squat Jumps
13. Walking Lunge w/ Shoulder Press
14. Band Bicep Curl
15. Laps X2

# Circuit 13



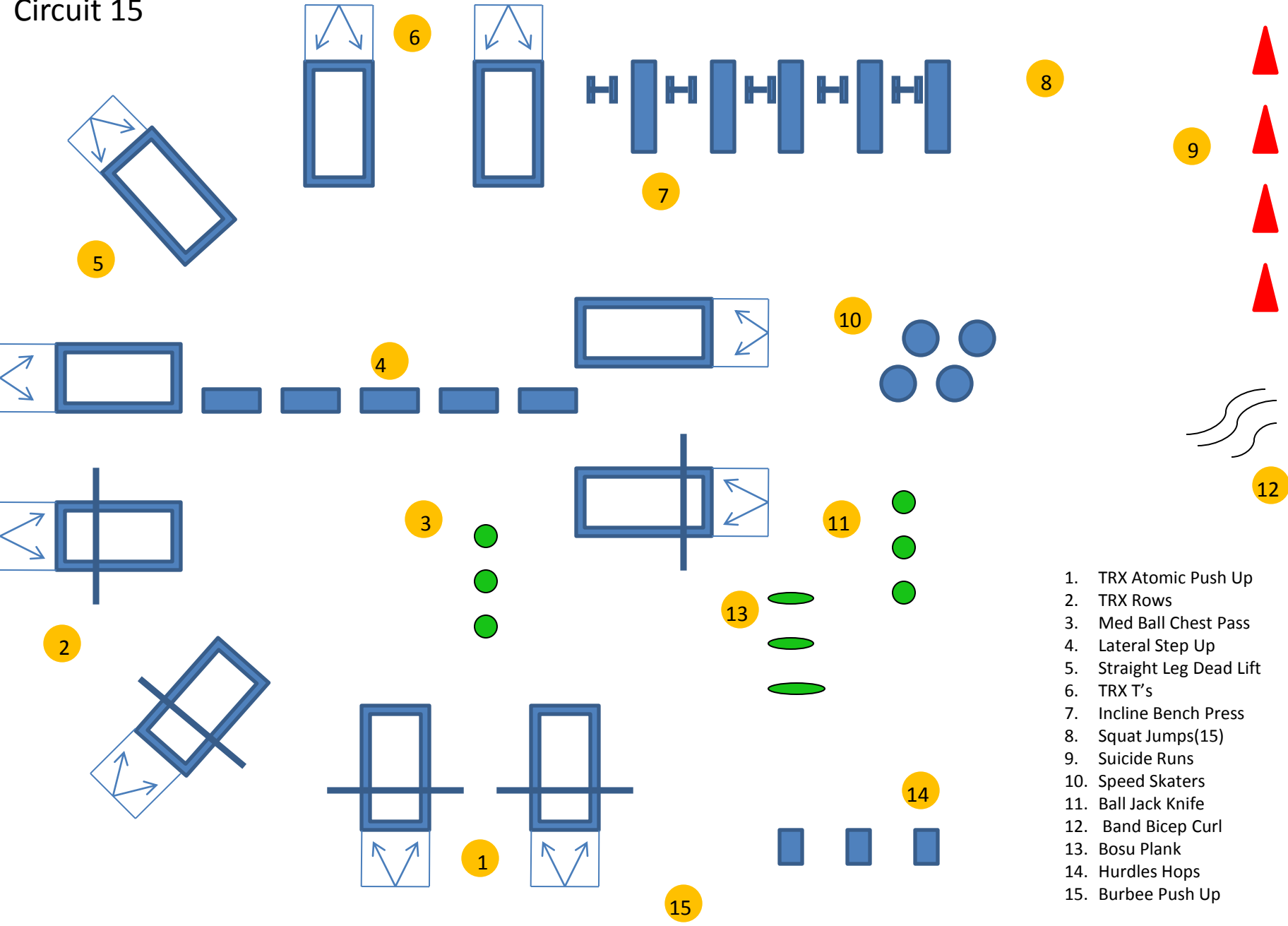
1. Back Squat
2. TRX Press
3. Med Ball Sit Up
4. Bench Dips
5. TRX Single Leg Squat
6. TRX YTA Pull Circuit
7. DB Shoulder Press
8. Walking Lunge
9. 4 Cone Box Sprint
10. Band Bicep Curl
11. Bosu Burpee
12. Oblique Band Twist
13. Lunge Hops
14. BB Upright Row
15. Sled Drag

# Circuit 14



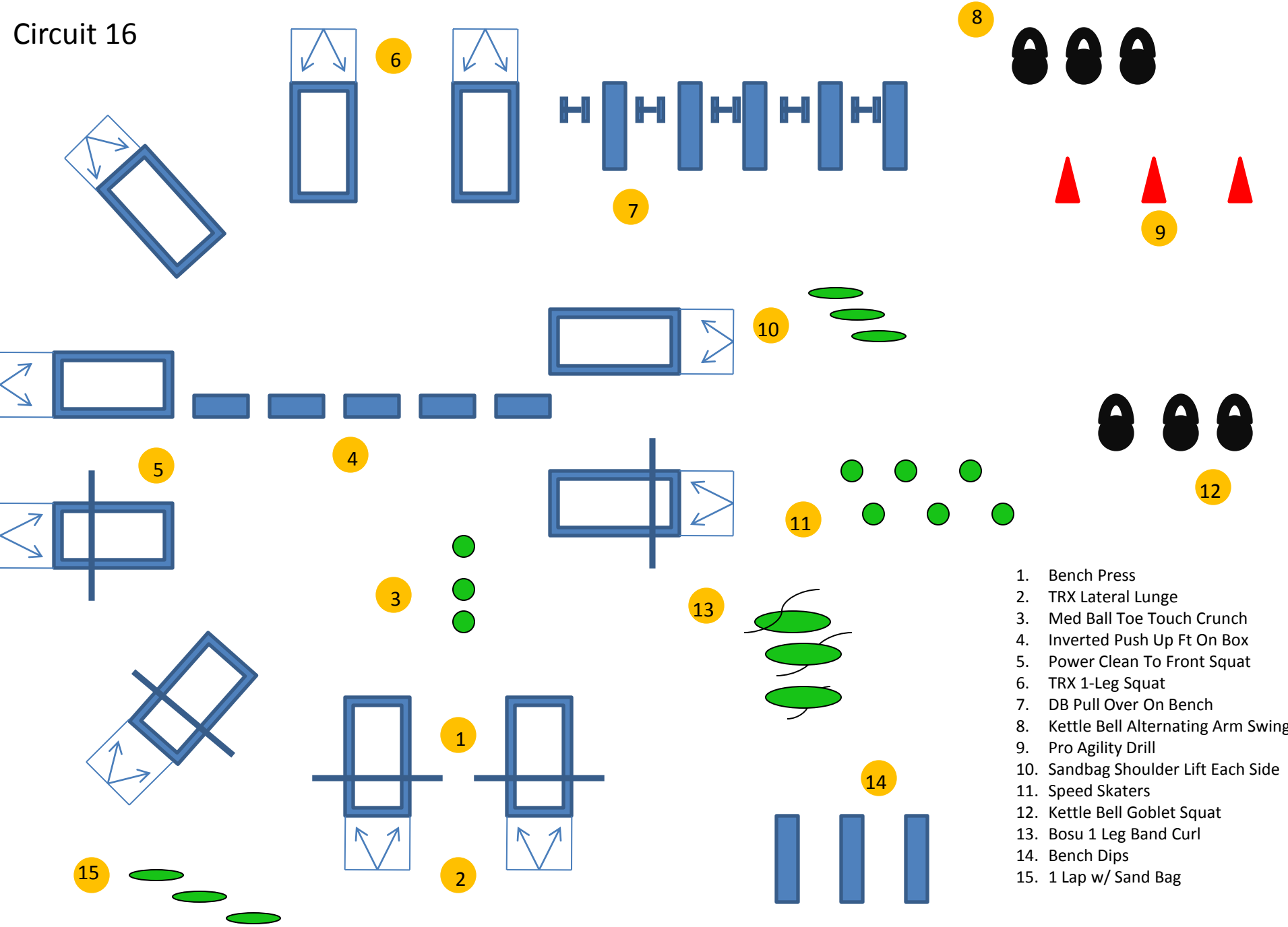
1. Squat
2. TRX Y's
3. Lunge w/ 25lb Plate
4. TRX Row
5. Step Up w/ Upright Row (25)lb
6. TRX Tricep Extension
7. DB Chest Press
8. Kettle Bell Swings
9. Hour Glass Lateral Shuffle
10. Ladder Drill Hop Scotch
11. Med Ball Box Jumps
12. Red Band Rear Delt Pull Aparts
13. Bosu Pushups
14. ABS Med Ball Chop
15. Tire Flip/Sled Drags.

# Circuit 15



1. TRX Atomic Push Up
2. TRX Rows
3. Med Ball Chest Pass
4. Lateral Step Up
5. Straight Leg Dead Lift
6. TRX T's
7. Incline Bench Press
8. Squat Jumps(15)
9. Suicide Runs
10. Speed Skaters
11. Ball Jack Knife
12. Band Bicep Curl
13. Bosu Plank
14. Hurdles Hops
15. Burbee Push Up

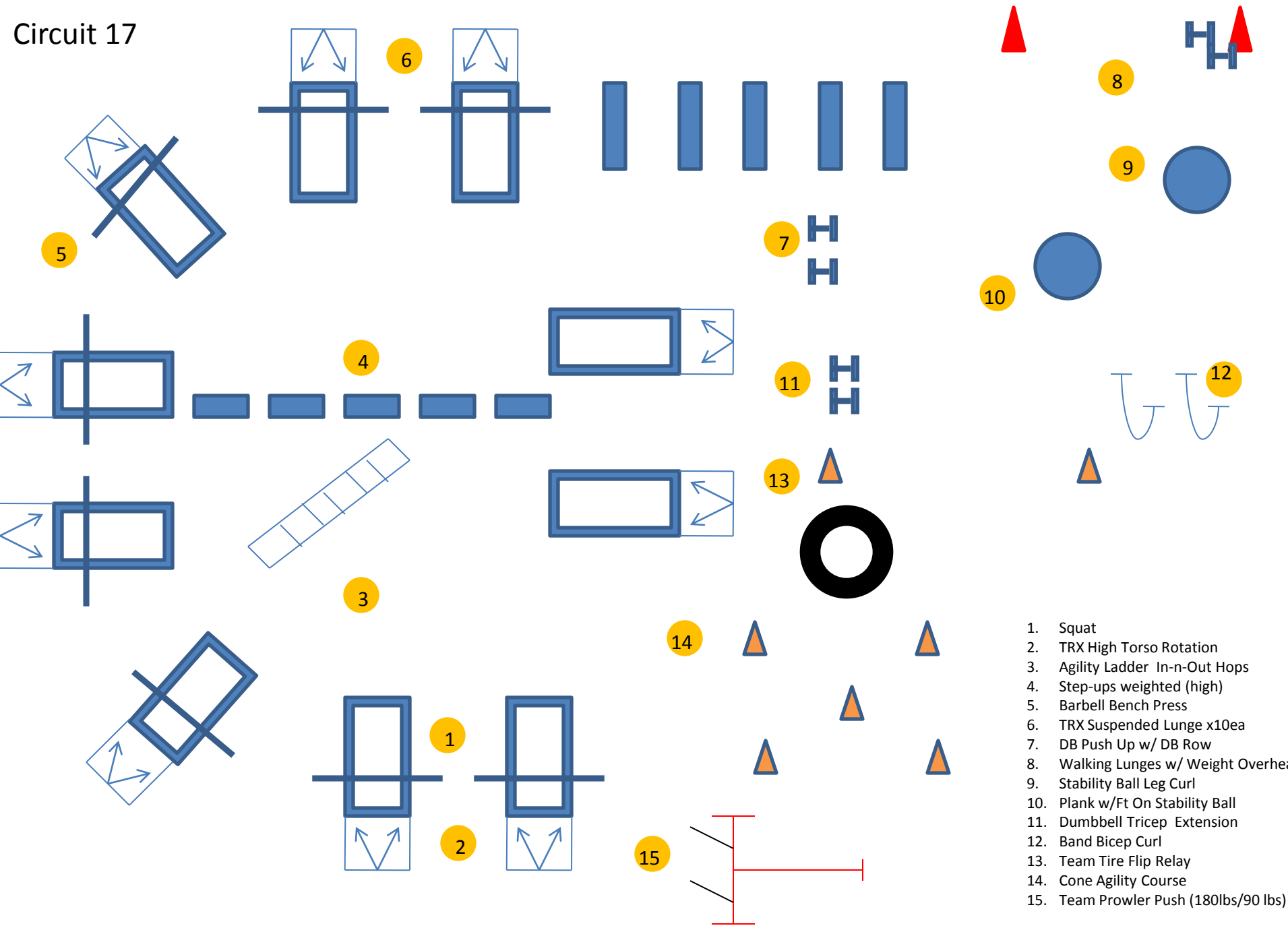
# Circuit 16



1. Bench Press
2. TRX Lateral Lunge
3. Med Ball Toe Touch Crunch
4. Inverted Push Up Ft On Box
5. Power Clean To Front Squat
6. TRX 1-Leg Squat
7. DB Pull Over On Bench
8. Kettle Bell Alternating Arm Swing
9. Pro Agility Drill
10. Sandbag Shoulder Lift Each Side
11. Speed Skaters
12. Kettle Bell Goblet Squat
13. Bosu 1 Leg Band Curl
14. Bench Dips
15. 1 Lap w/ Sand Bag

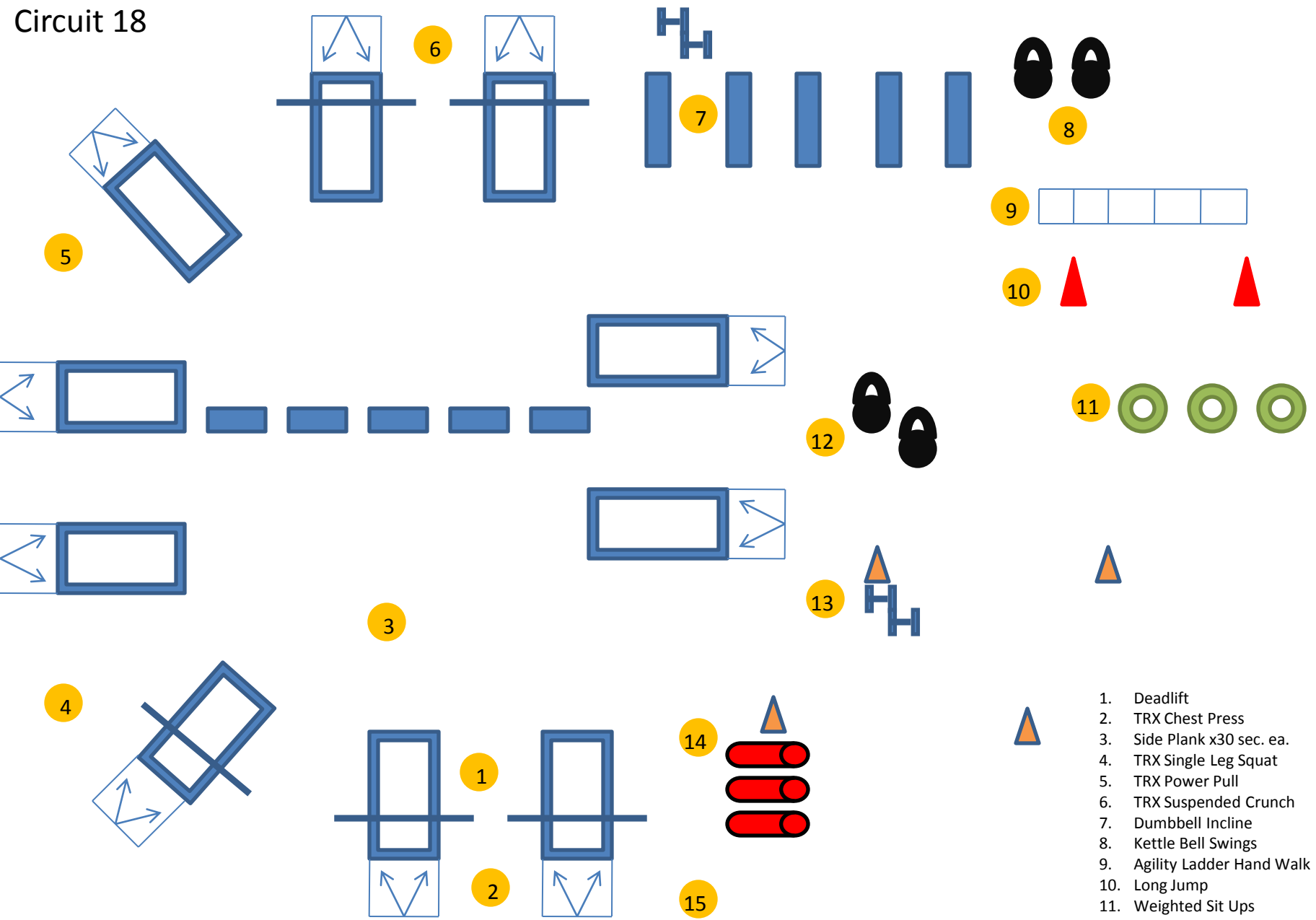


# Circuit 17



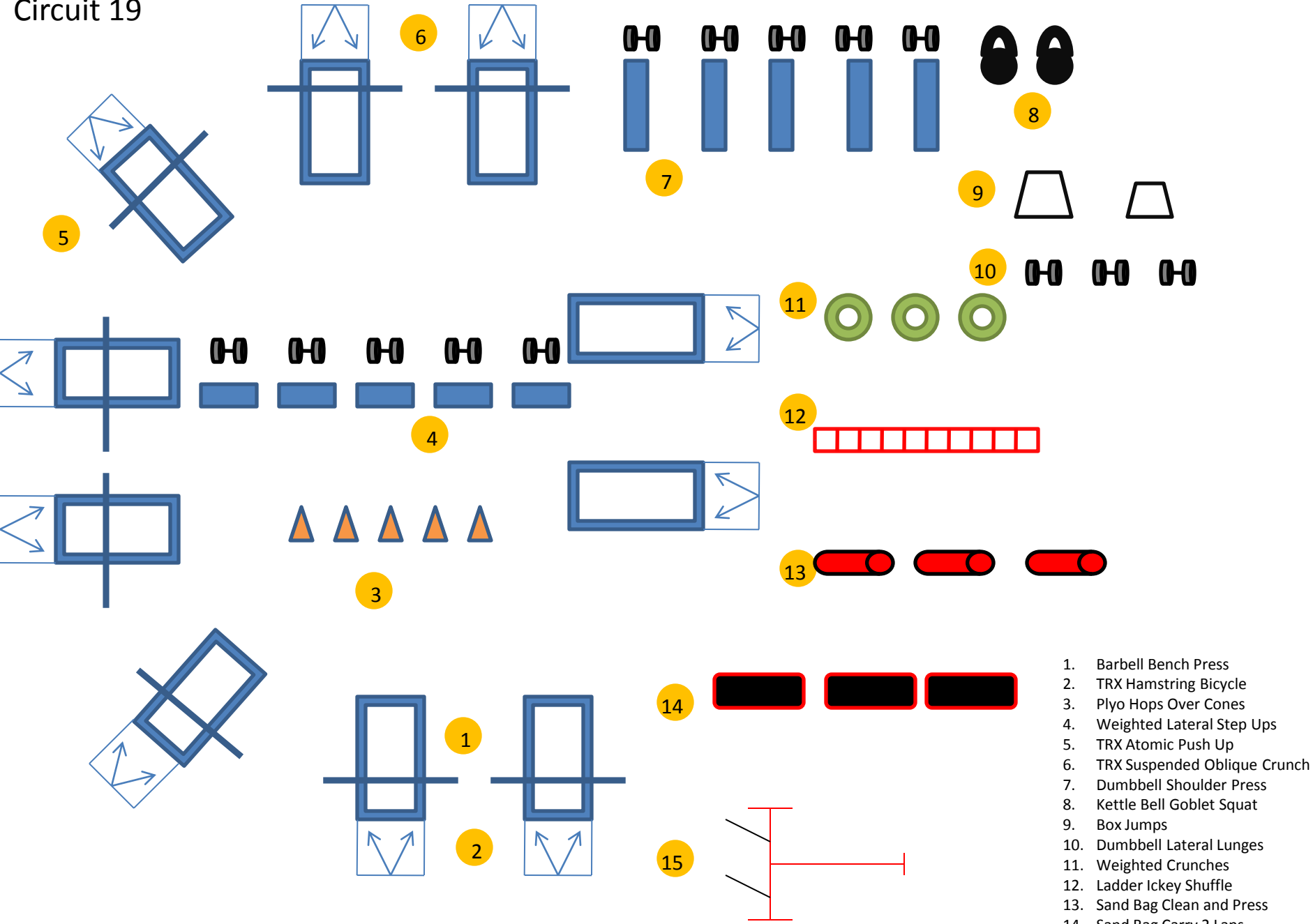
1. Squat
2. TRX High Torso Rotation
3. Agility Ladder In-n-Out Hops
4. Step-ups weighted (high)
5. Barbell Bench Press
6. TRX Suspended Lunge x10ea
7. DB Push Up w/ DB Row
8. Walking Lunges w/ Weight Overhead
9. Stability Ball Leg Curl
10. Plank w/Ft On Stability Ball
11. Dumbbell Tricep Extension
12. Band Bicep Curl
13. Team Tire Flip Relay
14. Cone Agility Course
15. Team Prowler Push (180lbs/90 lbs)

# Circuit 18



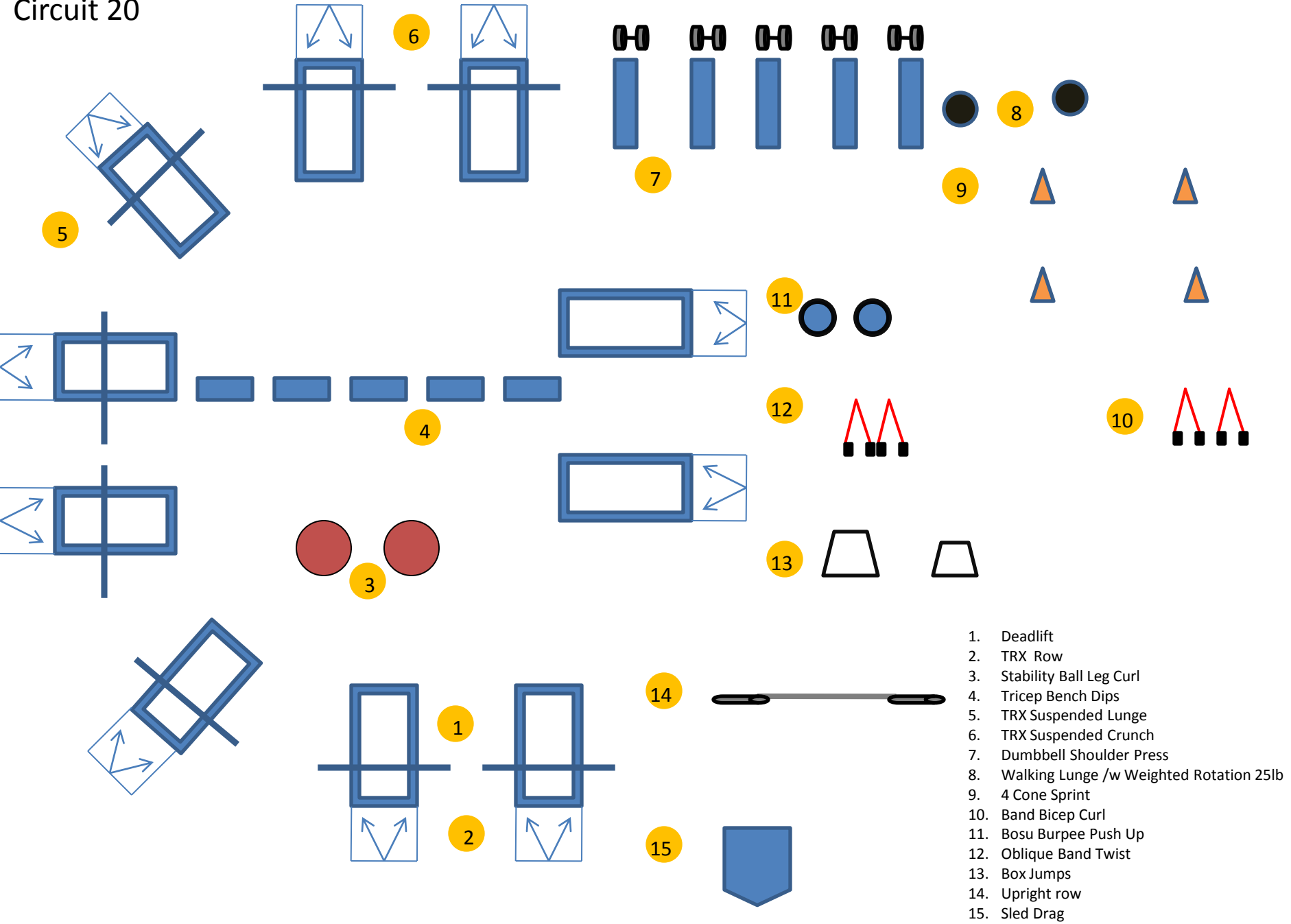
1. Deadlift
2. TRX Chest Press
3. Side Plank x30 sec. ea.
4. TRX Single Leg Squat
5. TRX Power Pull
6. TRX Suspended Crunch
7. Dumbbell Incline
8. Kettle Bell Swings
9. Agility Ladder Hand Walk
10. Long Jump
11. Weighted Sit Ups
12. Kettle Bell Curl to Press
13. Walking Lunges
14. Sand Bag Carry
15. 2 Laps

# Circuit 19



1. Barbell Bench Press
2. TRX Hamstring Bicycle
3. Plyo Hops Over Cones
4. Weighted Lateral Step Ups
5. TRX Atomic Push Up
6. TRX Suspended Oblique Crunch
7. Dumbbell Shoulder Press
8. Kettlebell Goblet Squat
9. Box Jumps
10. Dumbbell Lateral Lunges
11. Weighted Crunches
12. Ladder Ickey Shuffle
13. Sand Bag Clean and Press
14. Sand Bag Carry 2 Laps
15. Prowler/Sled Push

# Circuit 20

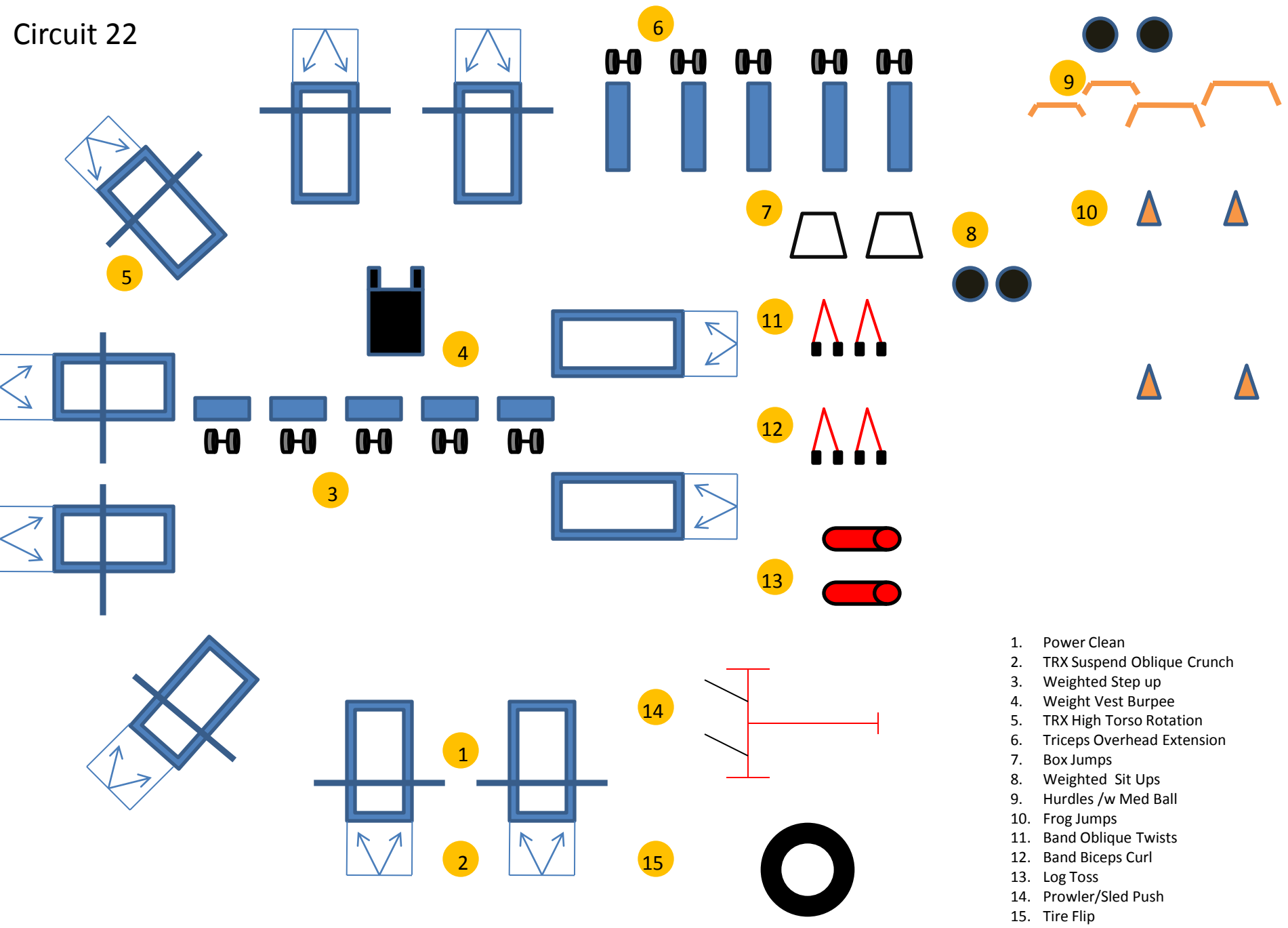


1. Deadlift
2. TRX Row
3. Stability Ball Leg Curl
4. Tricep Bench Dips
5. TRX Suspended Lunge
6. TRX Suspended Crunch
7. Dumbbell Shoulder Press
8. Walking Lunge /w Weighted Rotation 25lb
9. 4 Cone Sprint
10. Band Bicep Curl
11. Bosu Burpee Push Up
12. Oblique Band Twist
13. Box Jumps
14. Upright row
15. Sled Drag

# Circuit 21

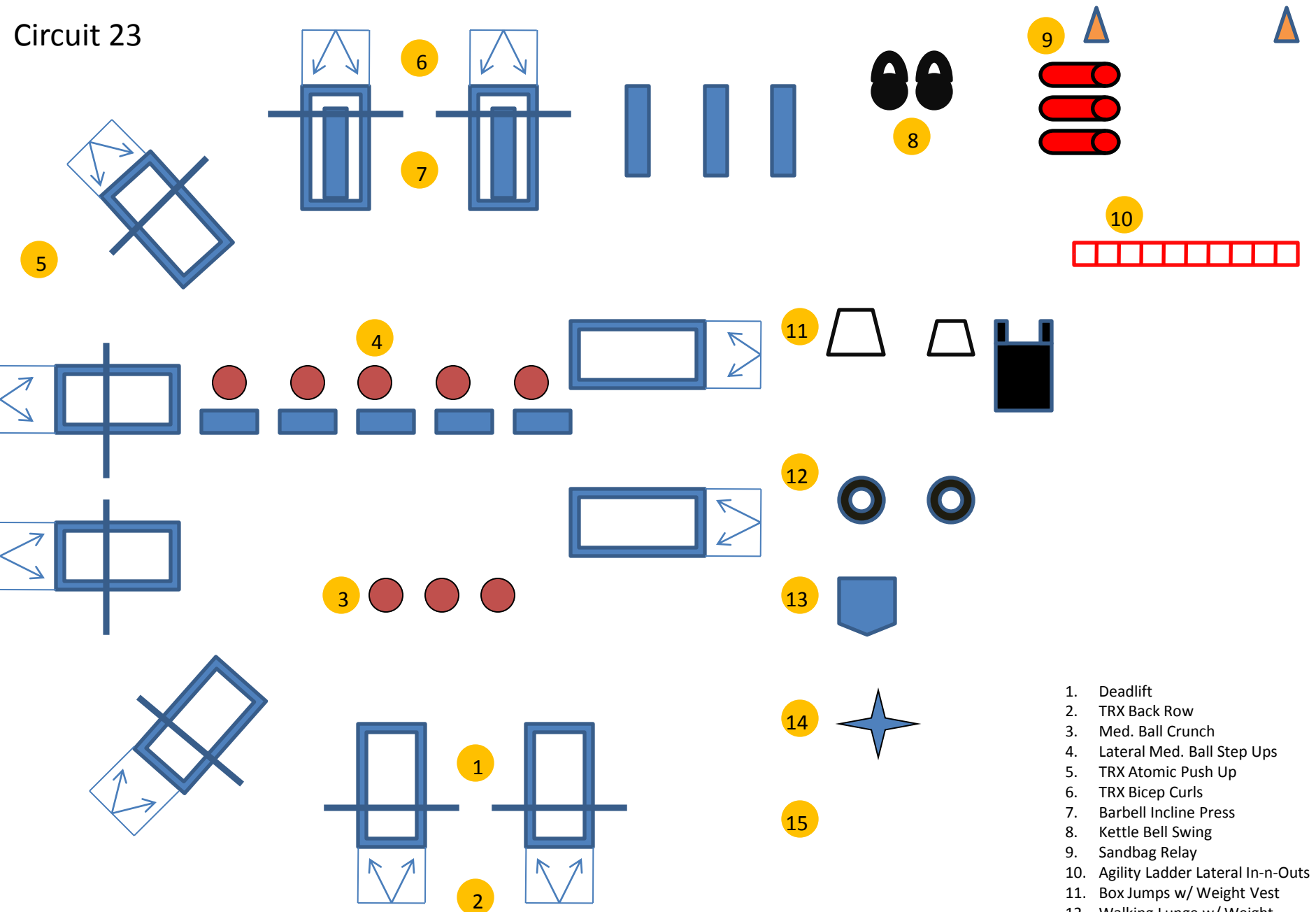
1. TRX Tricep Press
2. Power Clean
3. Bosu Squat To Upright Row
4. Tricep Dips
5. Inverted Push Up Feet On Bench
6. Barbell Reverse Lunge
7. TRX Suspended Crunch
8. Dumbbell Bench Press
9. Kettle Bell Swings
10. Z Hop To Long Jump
11. Kettle Bell Curl To Shoulder Press
12. Med. Ball Slams
13. Weighted Sit Up
14. Prowler/Sled Push
15. Tire flip

# Circuit 22



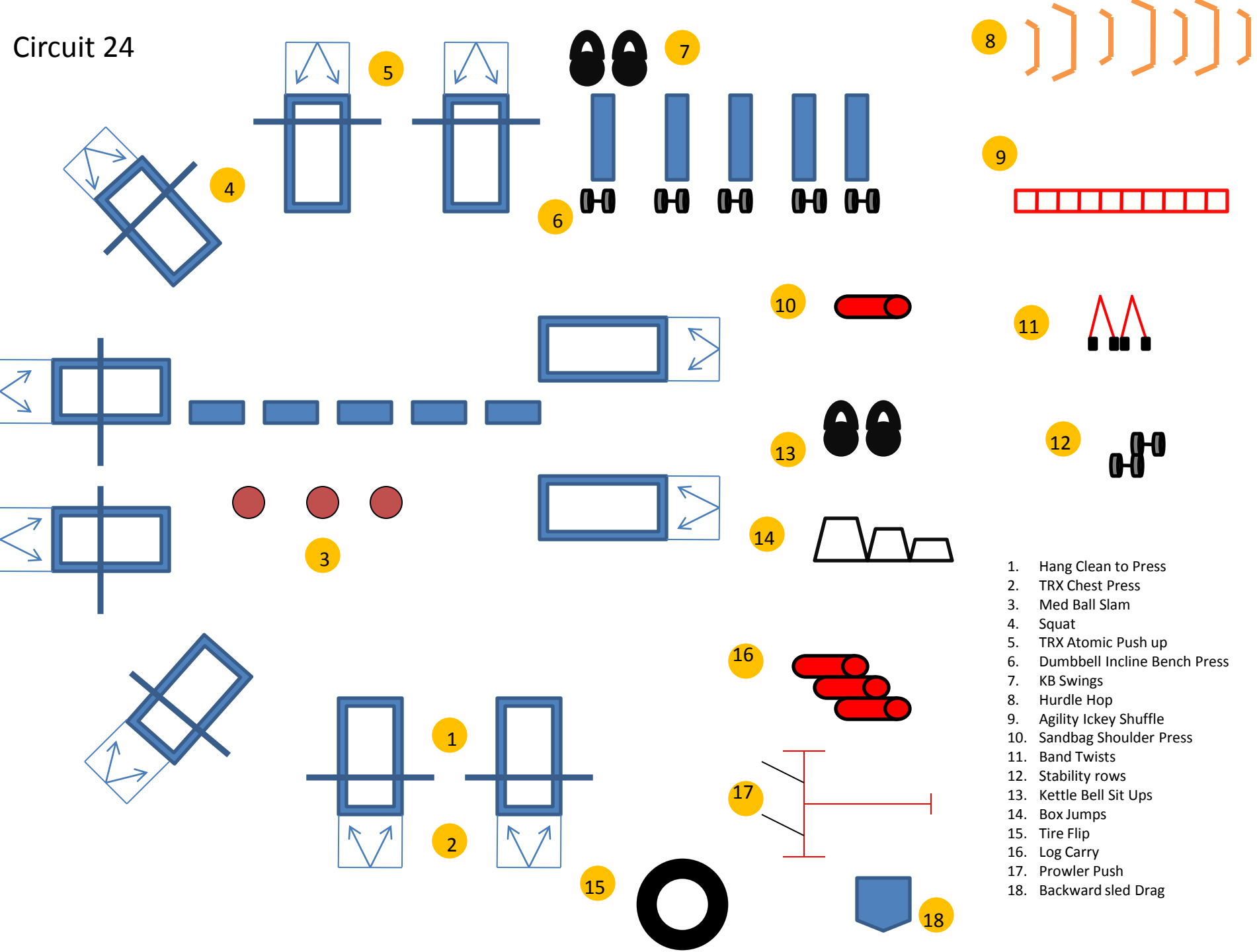
1. Power Clean
2. TRX Suspend Oblique Crunch
3. Weighted Step up
4. Weight Vest Burpee
5. TRX High Torso Rotation
6. Triceps Overhead Extension
7. Box Jumps
8. Weighted Sit Ups
9. Hurdles /w Med Ball
10. Frog Jumps
11. Band Oblique Twists
12. Band Biceps Curl
13. Log Toss
14. Prowler/Sled Push
15. Tire Flip

# Circuit 23



1. Deadlift
2. TRX Back Row
3. Med. Ball Crunch
4. Lateral Med. Ball Step Ups
5. TRX Atomic Push Up
6. TRX Bicep Curls
7. Barbell Incline Press
8. Kettle Bell Swing
9. Sandbag Relay
10. Agility Ladder Lateral In-n-Outs
11. Box Jumps w/ Weight Vest
12. Walking Lunge w/ Weight
13. Sled Drag
14. Burpee Push Up
15. 2x laps

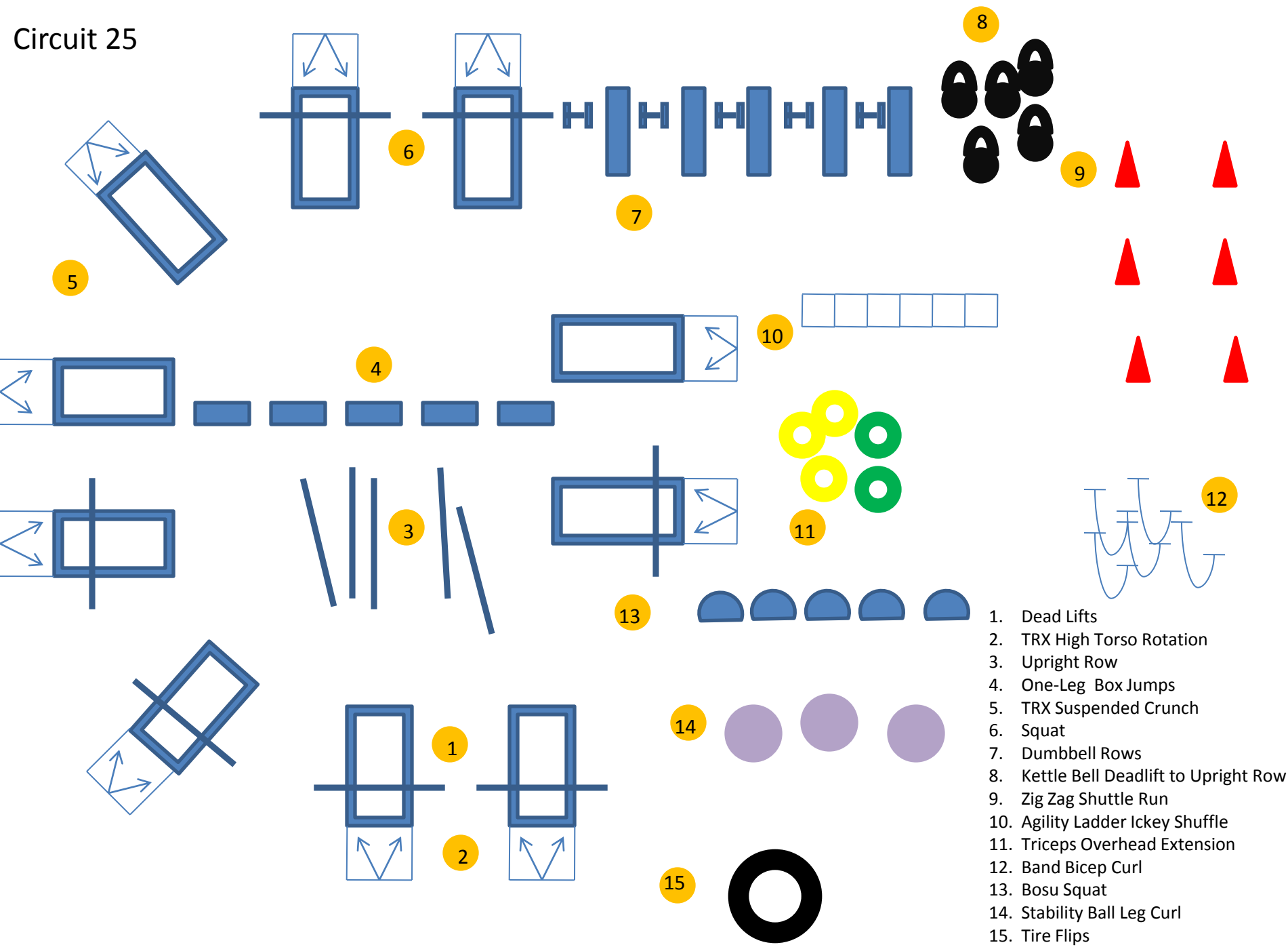
# Circuit 24



1. Hang Clean to Press
2. TRX Chest Press
3. Med Ball Slam
4. Squat
5. TRX Atomic Push up
6. Dumbbell Incline Bench Press
7. KB Swings
8. Hurdle Hop
9. Agility Ickey Shuffle
10. Sandbag Shoulder Press
11. Band Twists
12. Stability rows
13. Kettle Bell Sit Ups
14. Box Jumps
15. Tire Flip
16. Log Carry
17. Prowler Push
18. Backward sled Drag

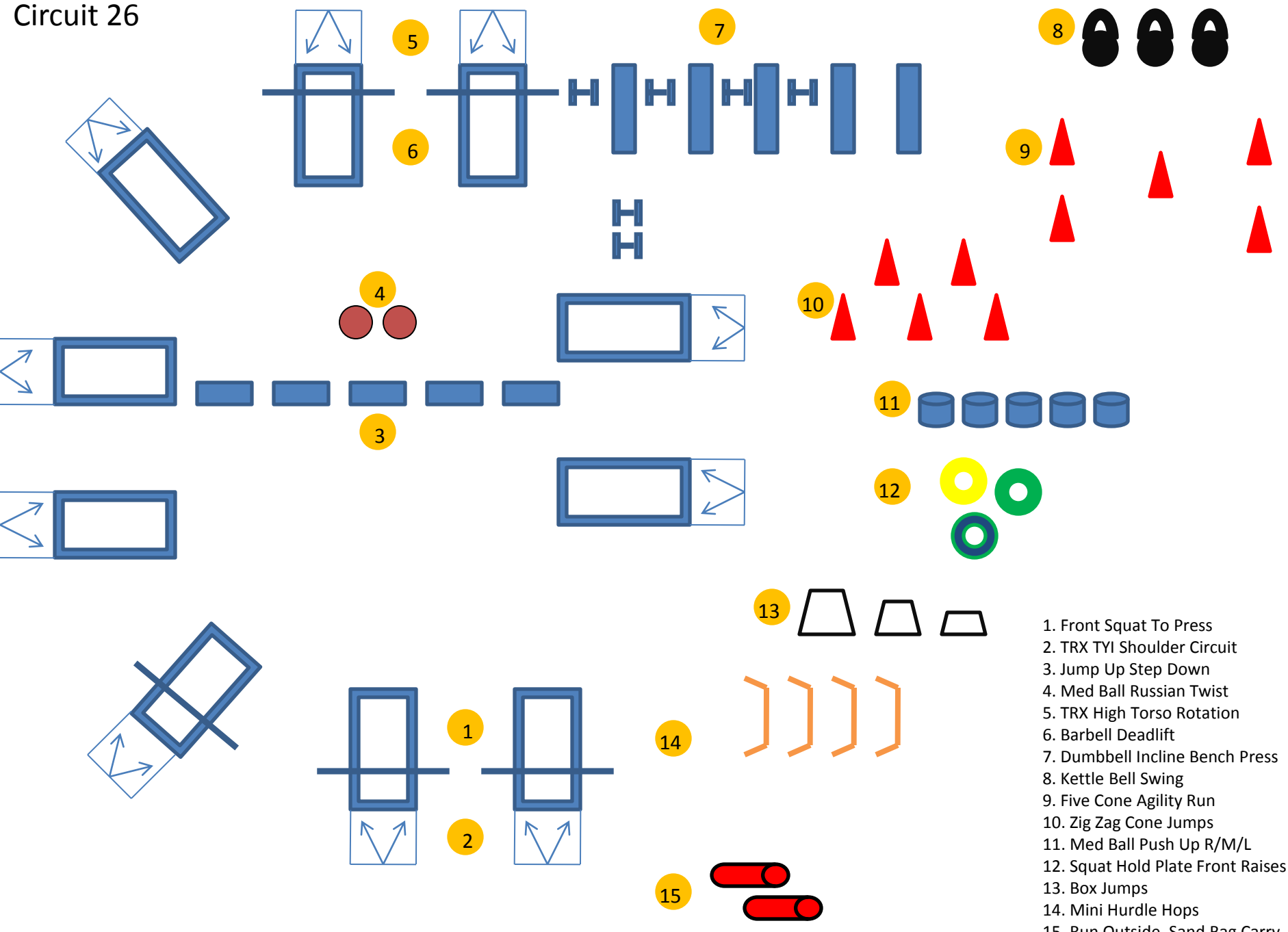


# Circuit 25



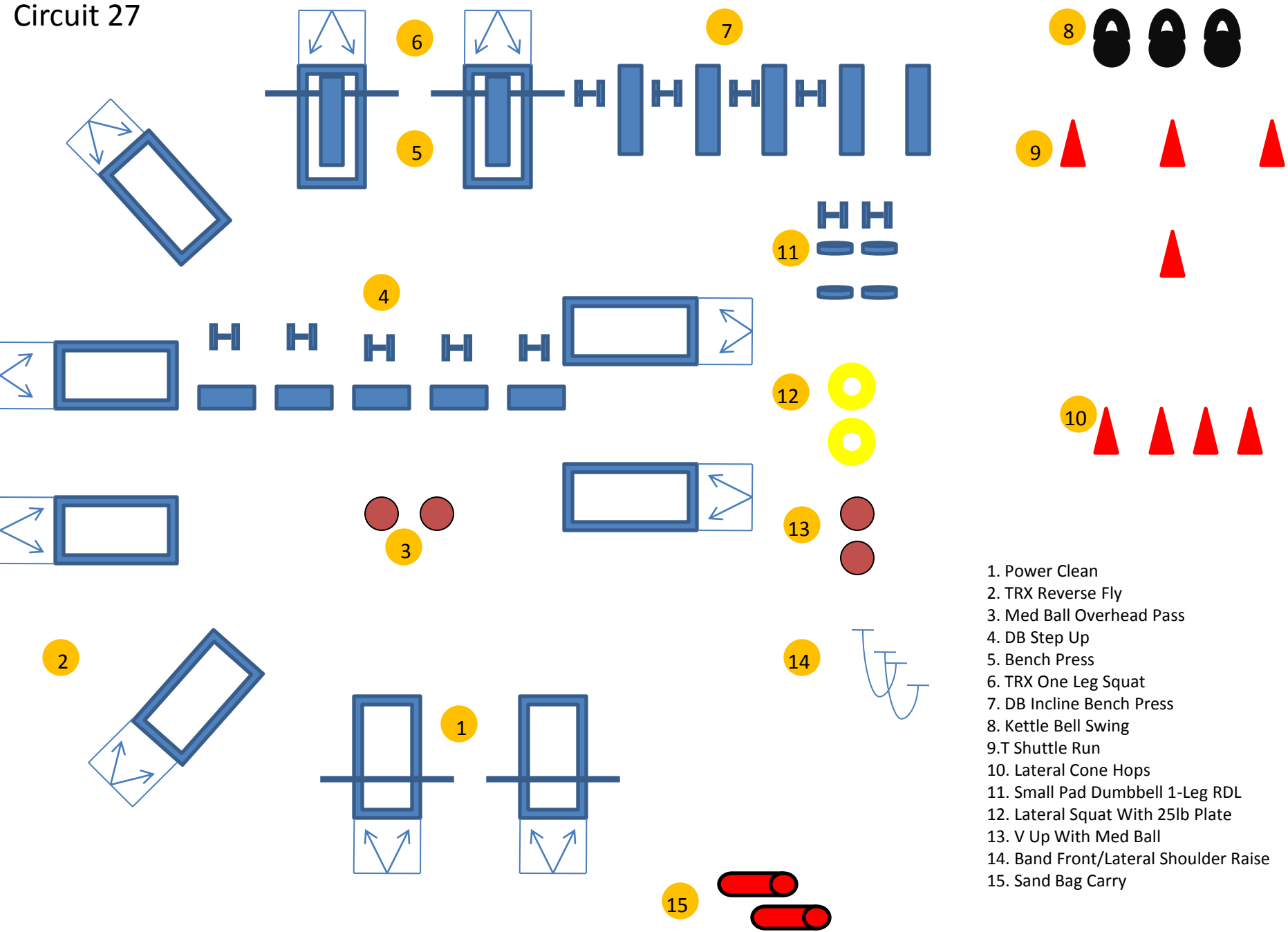
1. Dead Lifts
2. TRX High Torso Rotation
3. Upright Row
4. One-Leg Box Jumps
5. TRX Suspended Crunch
6. Squat
7. Dumbbell Rows
8. Kettle Bell Deadlift to Upright Row
9. Zig Zag Shuttle Run
10. Agility Ladder Ickey Shuffle
11. Triceps Overhead Extension
12. Band Bicep Curl
13. Bosu Squat
14. Stability Ball Leg Curl
15. Tire Flips

# Circuit 26



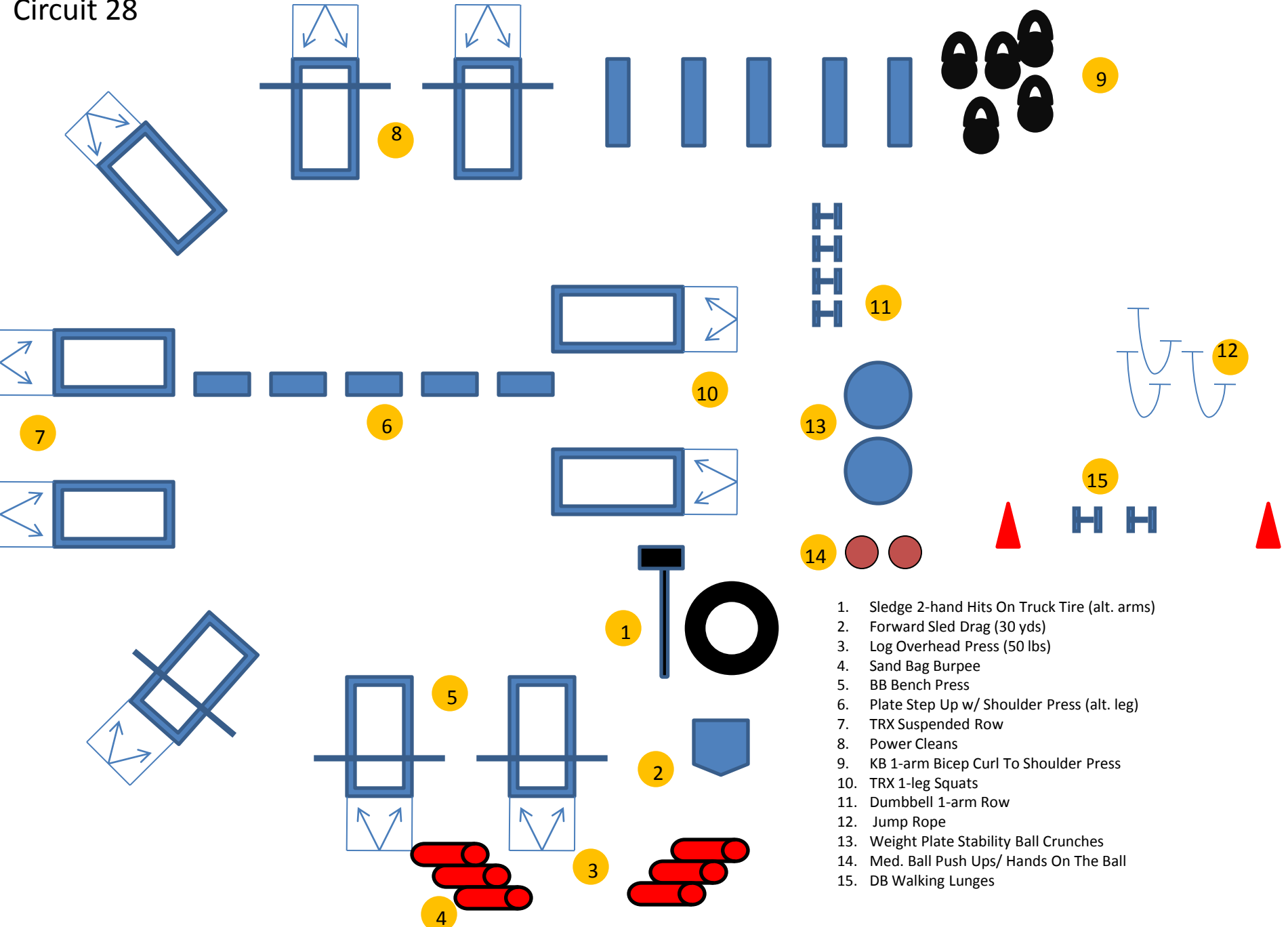
1. Front Squat To Press
2. TRX TYI Shoulder Circuit
3. Jump Up Step Down
4. Med Ball Russian Twist
5. TRX High Torso Rotation
6. Barbell Deadlift
7. Dumbbell Incline Bench Press
8. Kettle Bell Swing
9. Five Cone Agility Run
10. Zig Zag Cone Jumps
11. Med Ball Push Up R/M/L
12. Squat Hold Plate Front Raises
13. Box Jumps
14. Mini Hurdle Hops
15. Run Outside, Sand Bag Carry

# Circuit 27



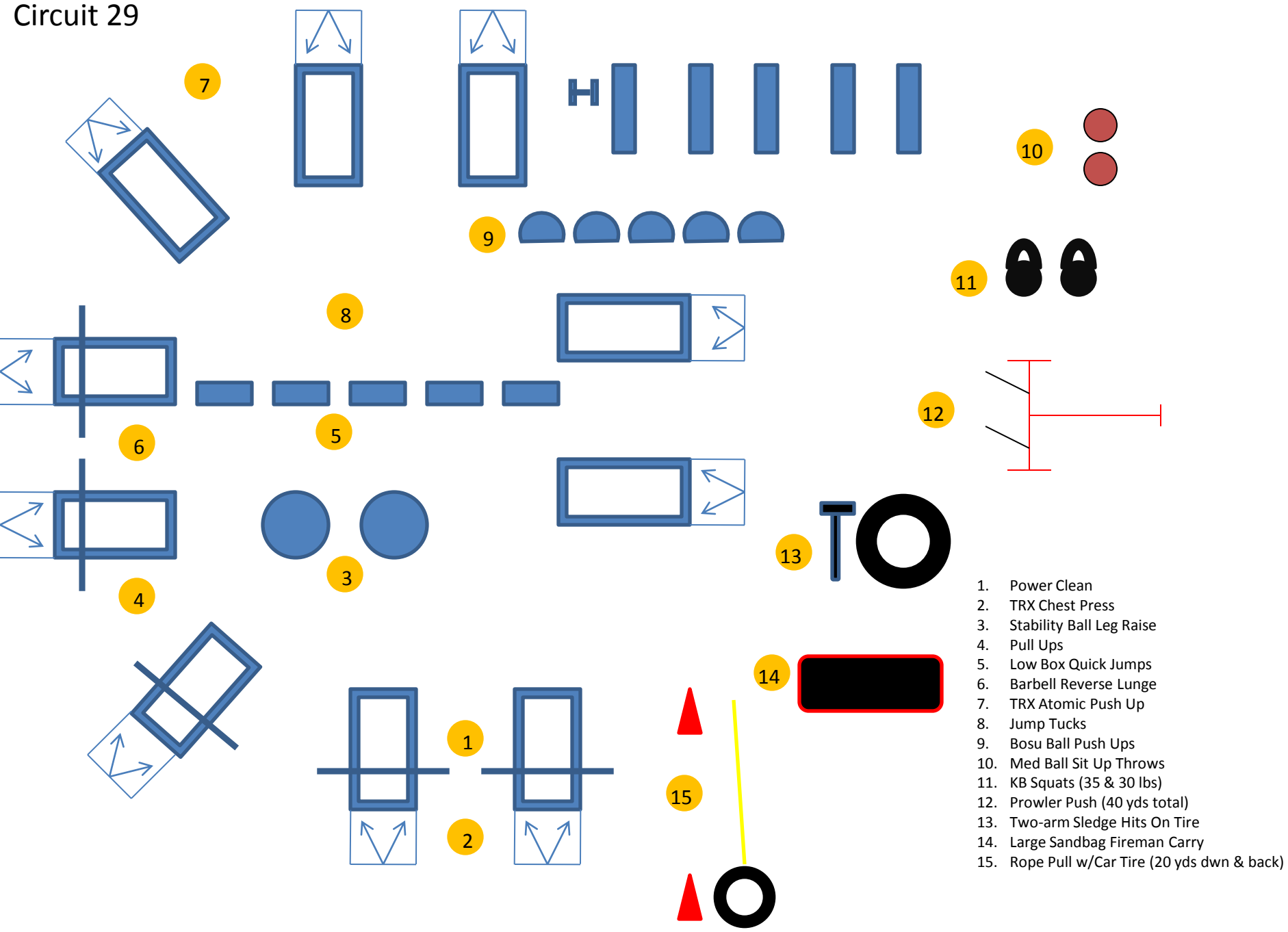
1. Power Clean
2. TRX Reverse Fly
3. Med Ball Overhead Pass
4. DB Step Up
5. Bench Press
6. TRX One Leg Squat
7. DB Incline Bench Press
8. Kettle Bell Swing
9. T Shuttle Run
10. Lateral Cone Hops
11. Small Pad Dumbbell 1-Leg RDL
12. Lateral Squat With 25lb Plate
13. V Up With Med Ball
14. Band Front/Lateral Shoulder Raise
15. Sand Bag Carry

# Circuit 28



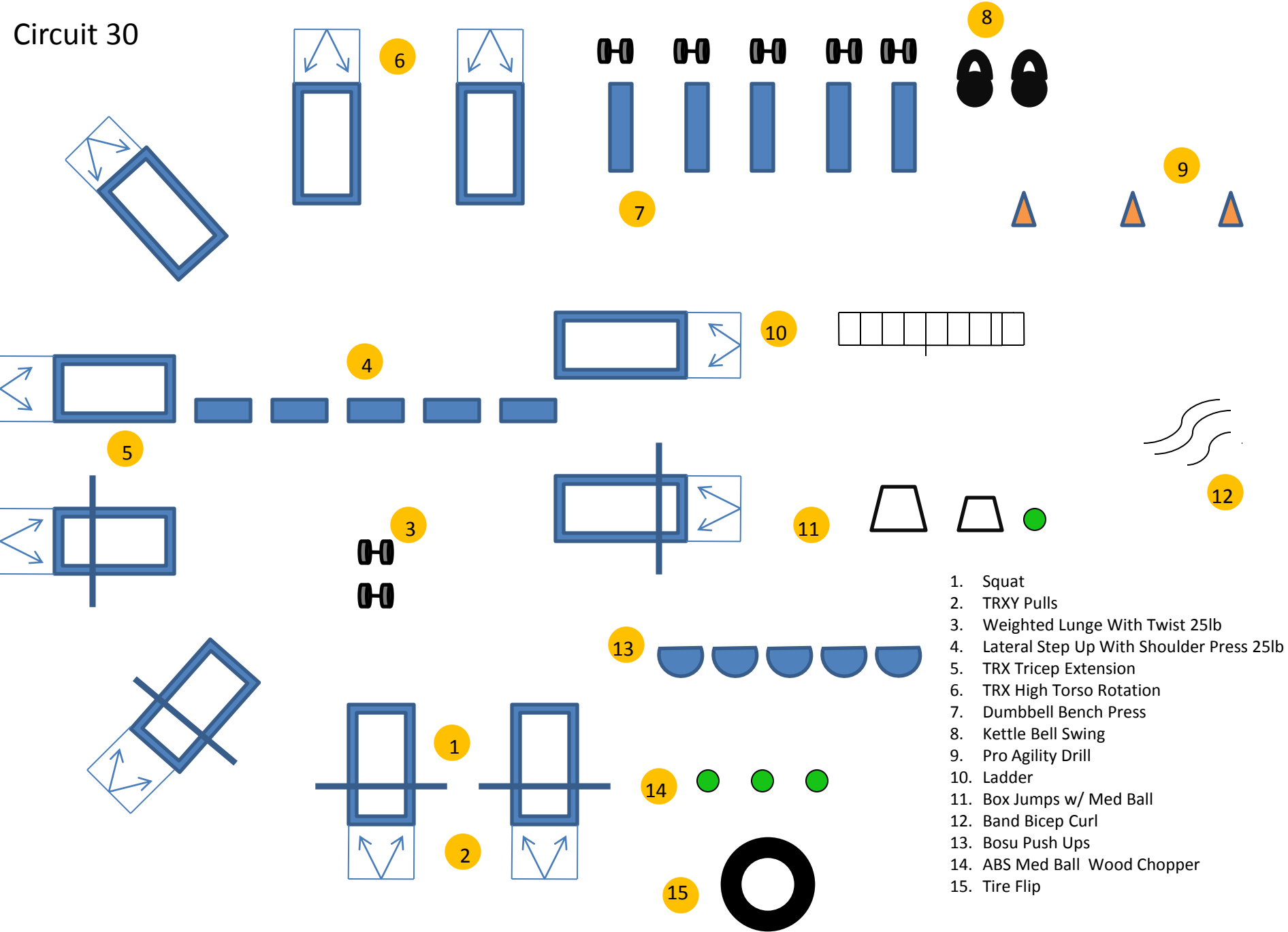
1. Sledge 2-hand Hits On Truck Tire (alt. arms)
2. Forward Sled Drag (30 yds)
3. Log Overhead Press (50 lbs)
4. Sand Bag Burpee
5. BB Bench Press
6. Plate Step Up w/ Shoulder Press (alt. leg)
7. TRX Suspended Row
8. Power Cleans
9. KB 1-arm Bicep Curl To Shoulder Press
10. TRX 1-leg Squats
11. Dumbbell 1-arm Row
12. Jump Rope
13. Weight Plate Stability Ball Crunches
14. Med. Ball Push Ups/ Hands On The Ball
15. DB Walking Lunges

# Circuit 29



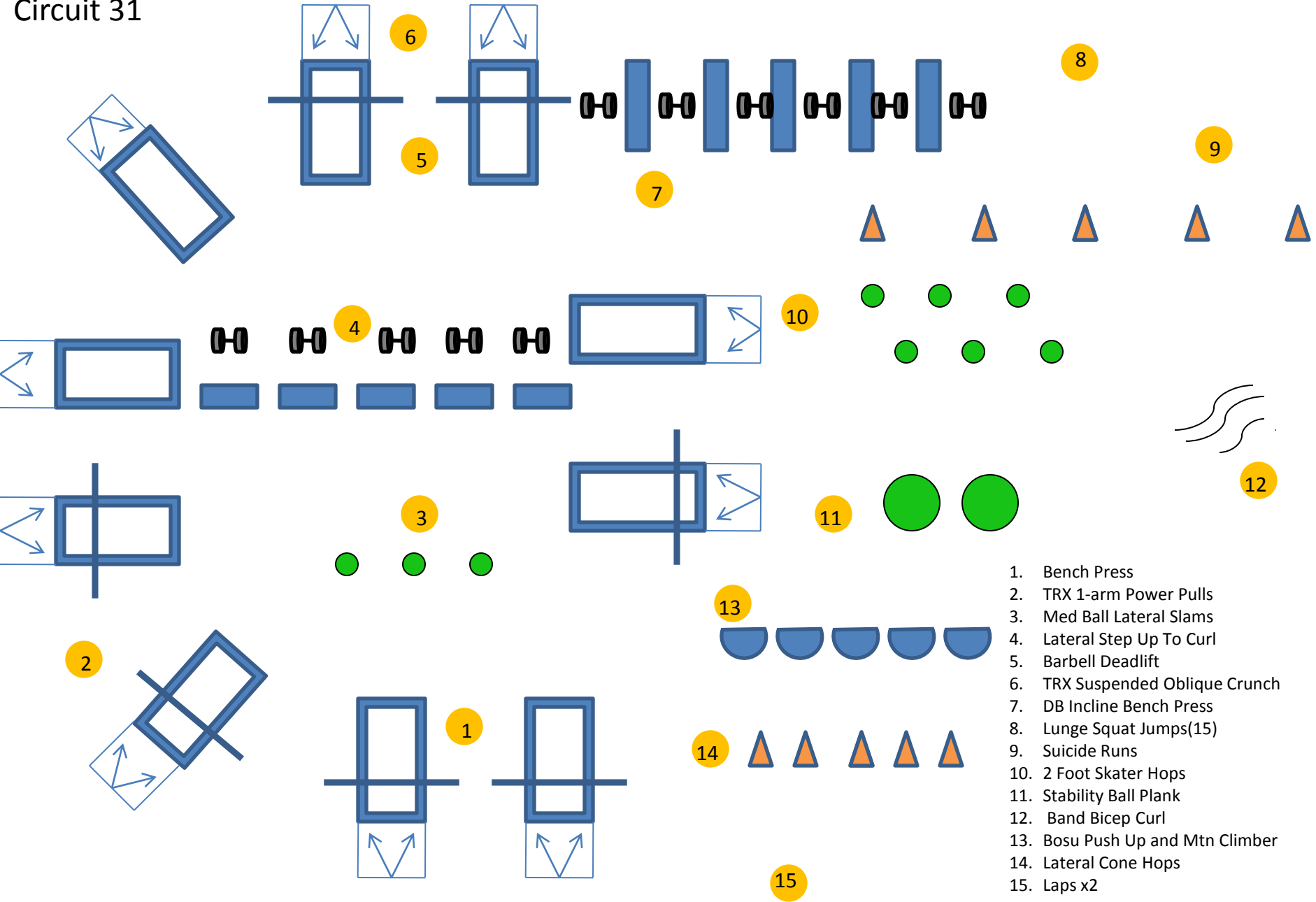
1. Power Clean
2. TRX Chest Press
3. Stability Ball Leg Raise
4. Pull Ups
5. Low Box Quick Jumps
6. Barbell Reverse Lunge
7. TRX Atomic Push Up
8. Jump Tucks
9. Bosu Ball Push Ups
10. Med Ball Sit Up Throws
11. KB Squats (35 & 30 lbs)
12. Prowler Push (40 yds total)
13. Two-arm Sledge Hits On Tire
14. Large Sandbag Fireman Carry
15. Rope Pull w/Car Tire (20 yds dwn & back)

# Circuit 30



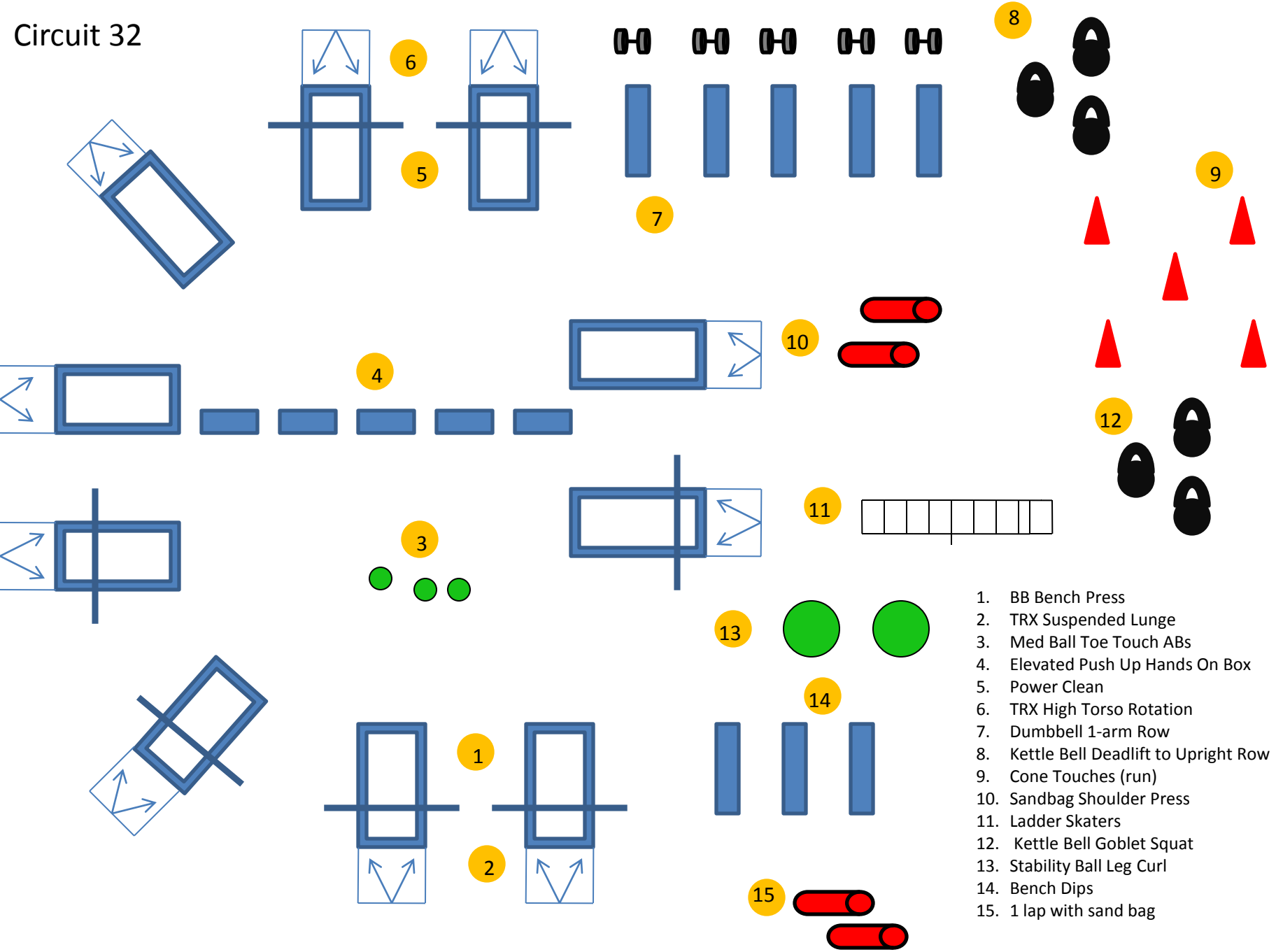
1. Squat
2. TRXY Pulls
3. Weighted Lunge With Twist 25lb
4. Lateral Step Up With Shoulder Press 25lb
5. TRX Tricep Extension
6. TRX High Torso Rotation
7. Dumbbell Bench Press
8. Kettle Bell Swing
9. Pro Agility Drill
10. Ladder
11. Box Jumps w/ Med Ball
12. Band Bicep Curl
13. Bosu Push Ups
14. ABS Med Ball Wood Chopper
15. Tire Flip

# Circuit 31



1. Bench Press
2. TRX 1-arm Power Pulls
3. Med Ball Lateral Slams
4. Lateral Step Up To Curl
5. Barbell Deadlift
6. TRX Suspended Oblique Crunch
7. DB Incline Bench Press
8. Lunge Squat Jumps(15)
9. Suicide Runs
10. 2 Foot Skater Hops
11. Stability Ball Plank
12. Band Bicep Curl
13. Bosu Push Up and Mtn Climber
14. Lateral Cone Hops
15. Laps x2

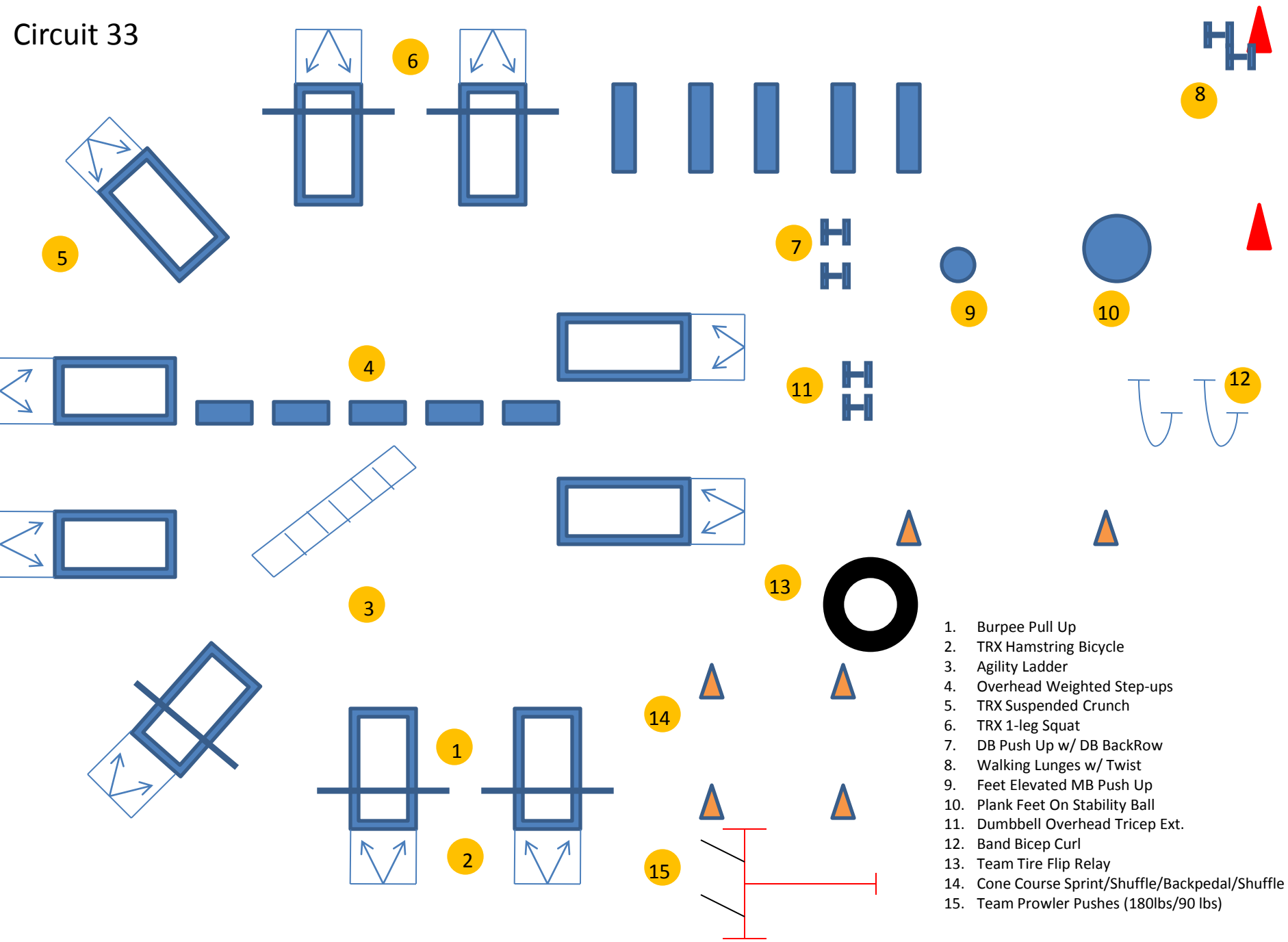
# Circuit 32



1. BB Bench Press
2. TRX Suspended Lunge
3. Med Ball Toe Touch ABS
4. Elevated Push Up Hands On Box
5. Power Clean
6. TRX High Torso Rotation
7. Dumbbell 1-arm Row
8. Kettle Bell Deadlift to Upright Row
9. Cone Touches (run)
10. Sandbag Shoulder Press
11. Ladder Skaters
12. Kettle Bell Goblet Squat
13. Stability Ball Leg Curl
14. Bench Dips
15. 1 lap with sand bag

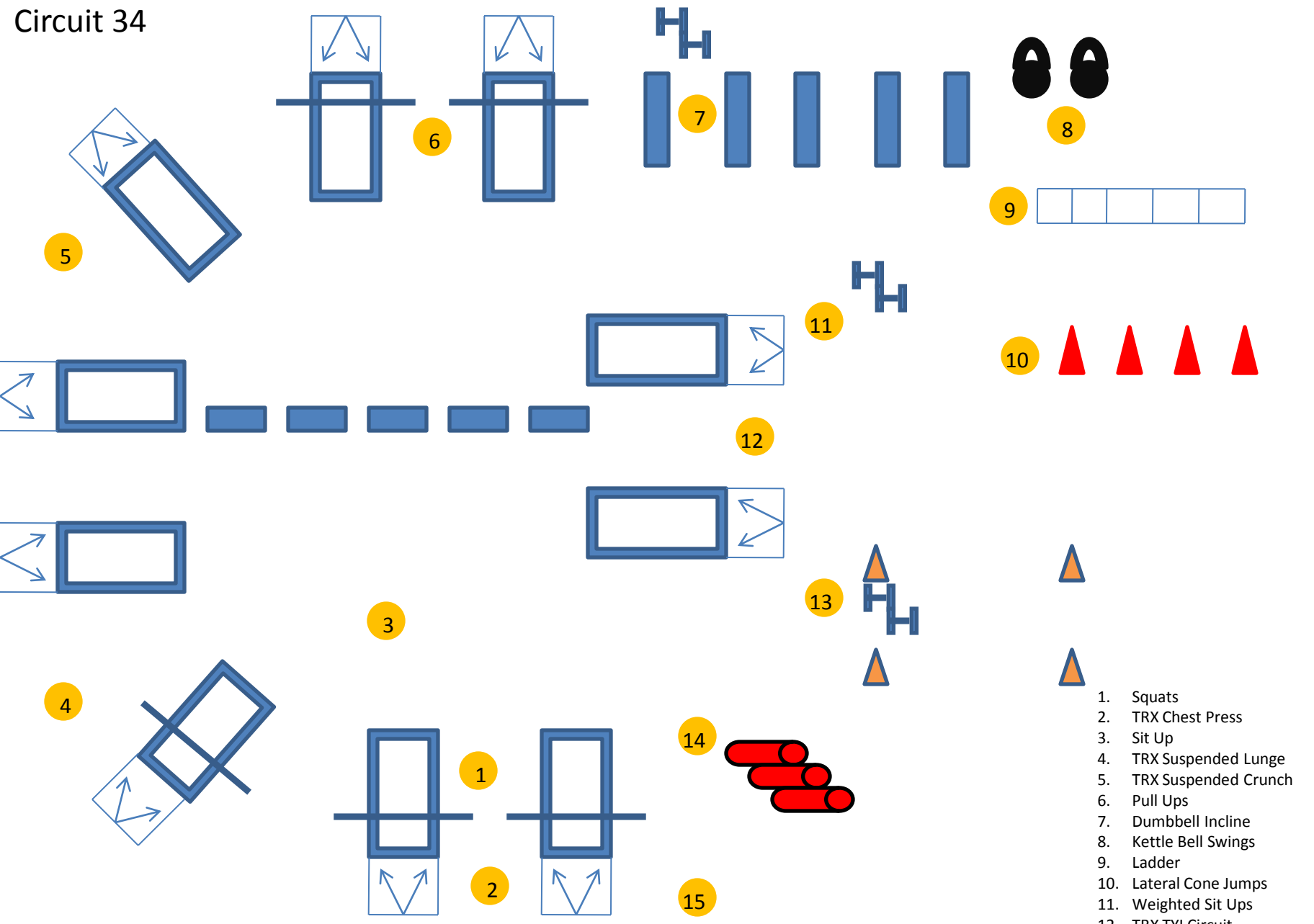


# Circuit 33



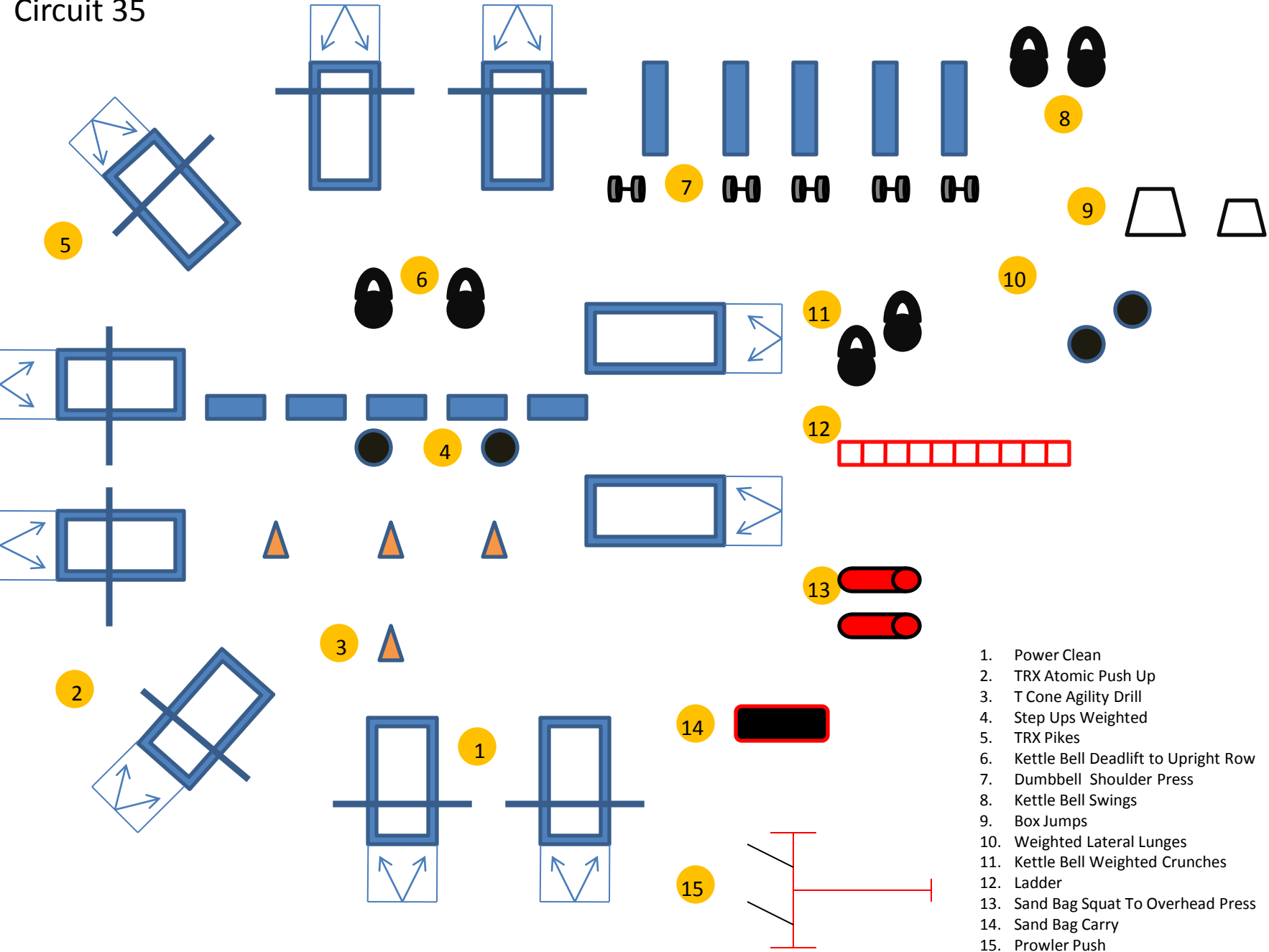
1. Burpee Pull Up
2. TRX Hamstring Bicycle
3. Agility Ladder
4. Overhead Weighted Step-ups
5. TRX Suspended Crunch
6. TRX 1-leg Squat
7. DB Push Up w/ DB BackRow
8. Walking Lunges w/ Twist
9. Feet Elevated MB Push Up
10. Plank Feet On Stability Ball
11. Dumbbell Overhead Tricep Ext.
12. Band Bicep Curl
13. Team Tire Flip Relay
14. Cone Course Sprint/Shuffle/Backpedal/Shuffle
15. Team Prowler Pushes (180lbs/90 lbs)

# Circuit 34



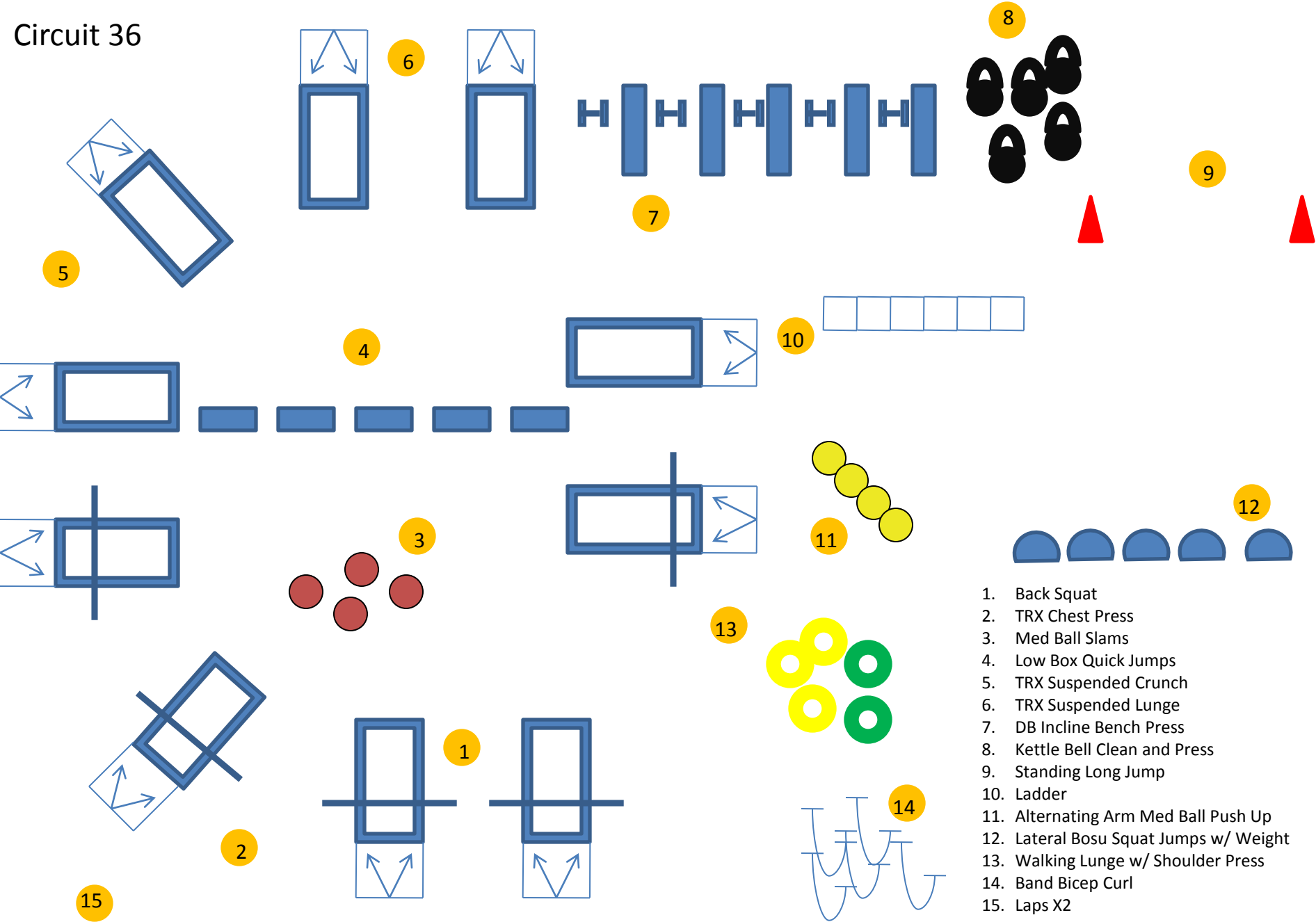
1. Squats
2. TRX Chest Press
3. Sit Up
4. TRX Suspended Lunge
5. TRX Suspended Crunch
6. Pull Ups
7. Dumbbell Incline
8. Kettle Bell Swings
9. Ladder
10. Lateral Cone Jumps
11. Weighted Sit Ups
12. TRX TYI Circuit
13. Dumbbell Walking Lunges
14. Sand Bag Carry Sprint
15. Lame Dogs

# Circuit 35



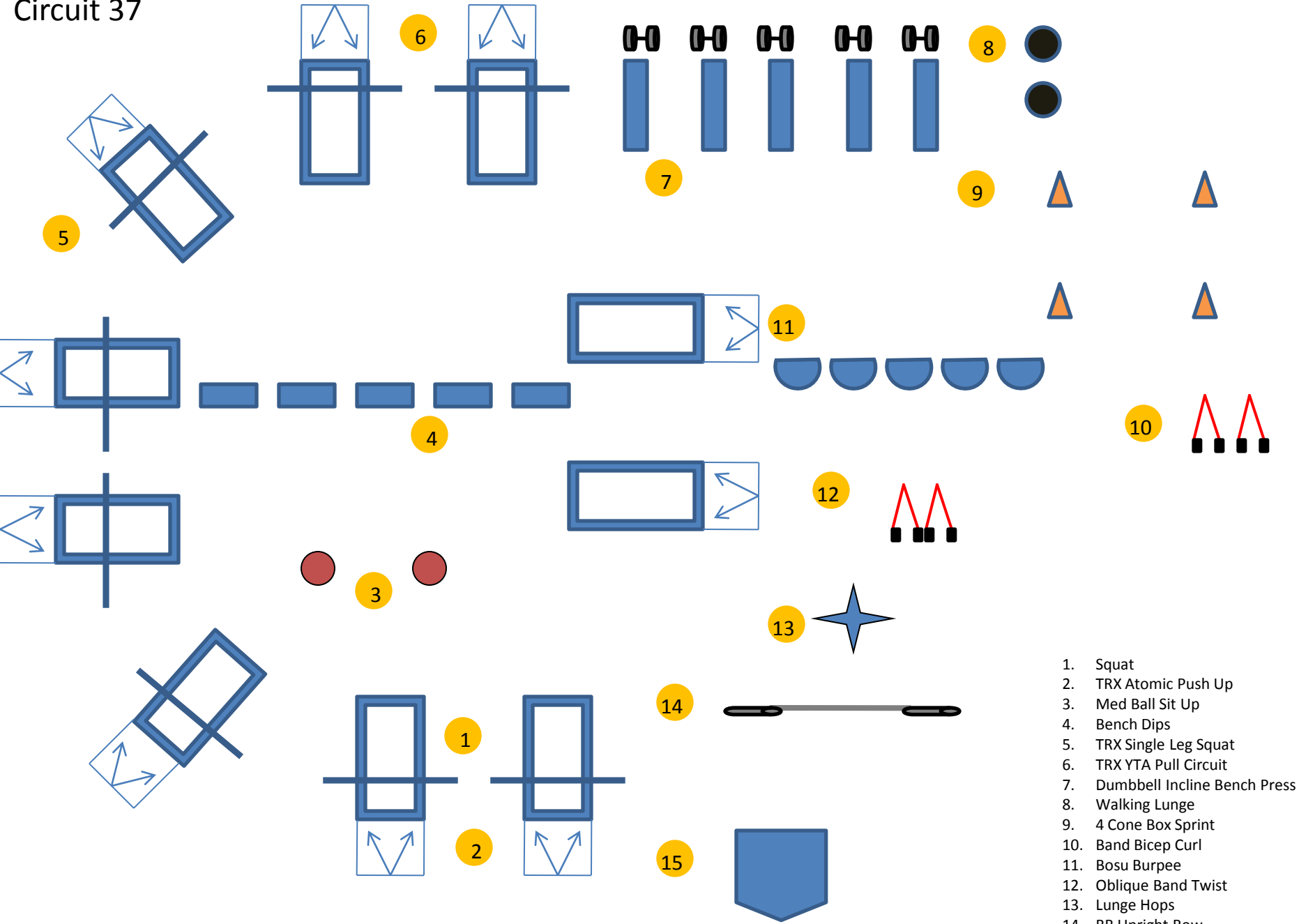
1. Power Clean
2. TRX Atomic Push Up
3. T Cone Agility Drill
4. Step Ups Weighted
5. TRX Pikes
6. Kettle Bell Deadlift to Upright Row
7. Dumbbell Shoulder Press
8. Kettle Bell Swings
9. Box Jumps
10. Weighted Lateral Lunges
11. Kettle Bell Weighted Crunches
12. Ladder
13. Sand Bag Squat To Overhead Press
14. Sand Bag Carry
15. Prowler Push

# Circuit 36



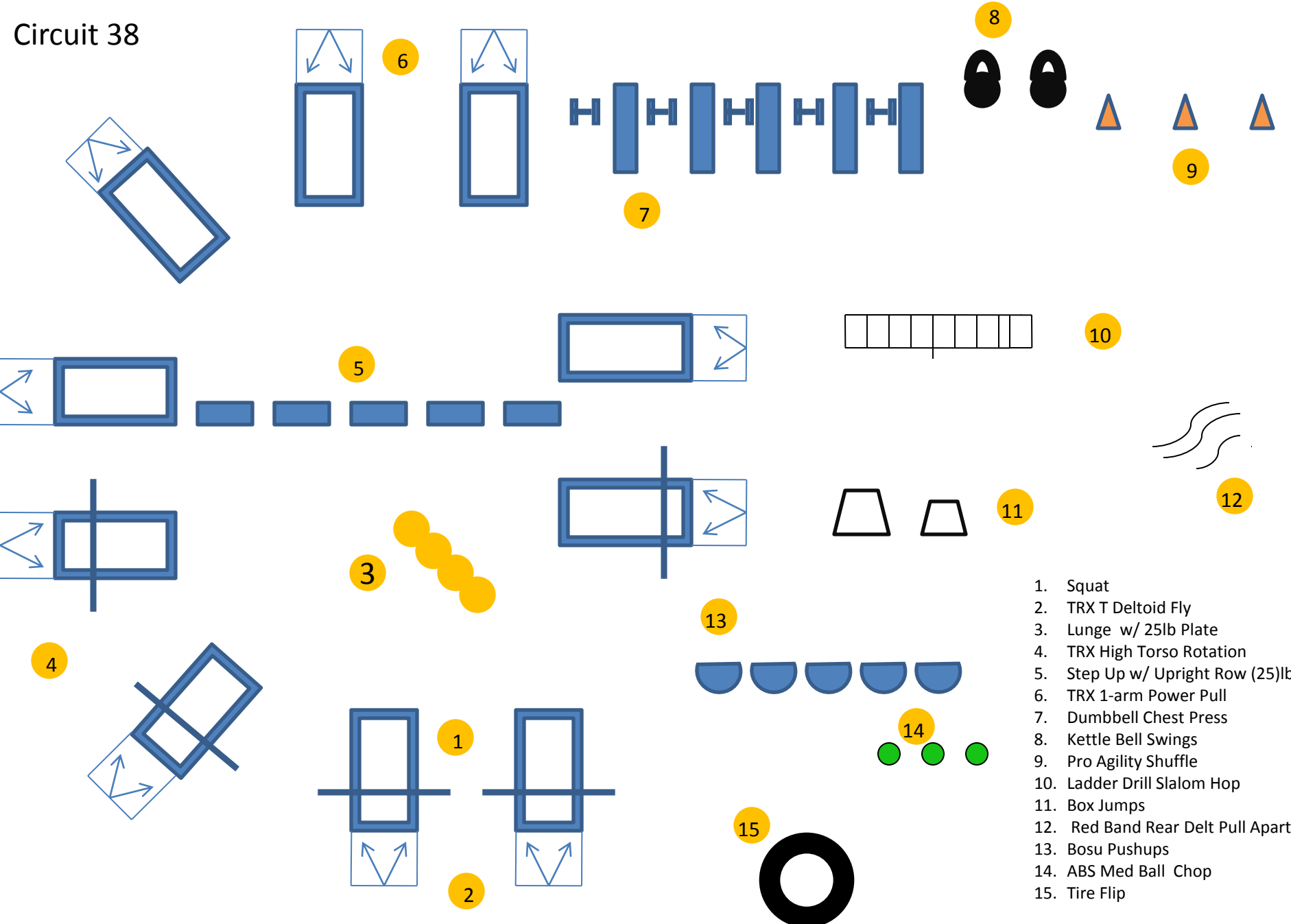
1. Back Squat
2. TRX Chest Press
3. Med Ball Slams
4. Low Box Quick Jumps
5. TRX Suspended Crunch
6. TRX Suspended Lunge
7. DB Incline Bench Press
8. Kettle Bell Clean and Press
9. Standing Long Jump
10. Ladder
11. Alternating Arm Med Ball Push Up
12. Lateral Bosu Squat Jumps w/ Weight
13. Walking Lunge w/ Shoulder Press
14. Band Bicep Curl
15. Laps X2

# Circuit 37



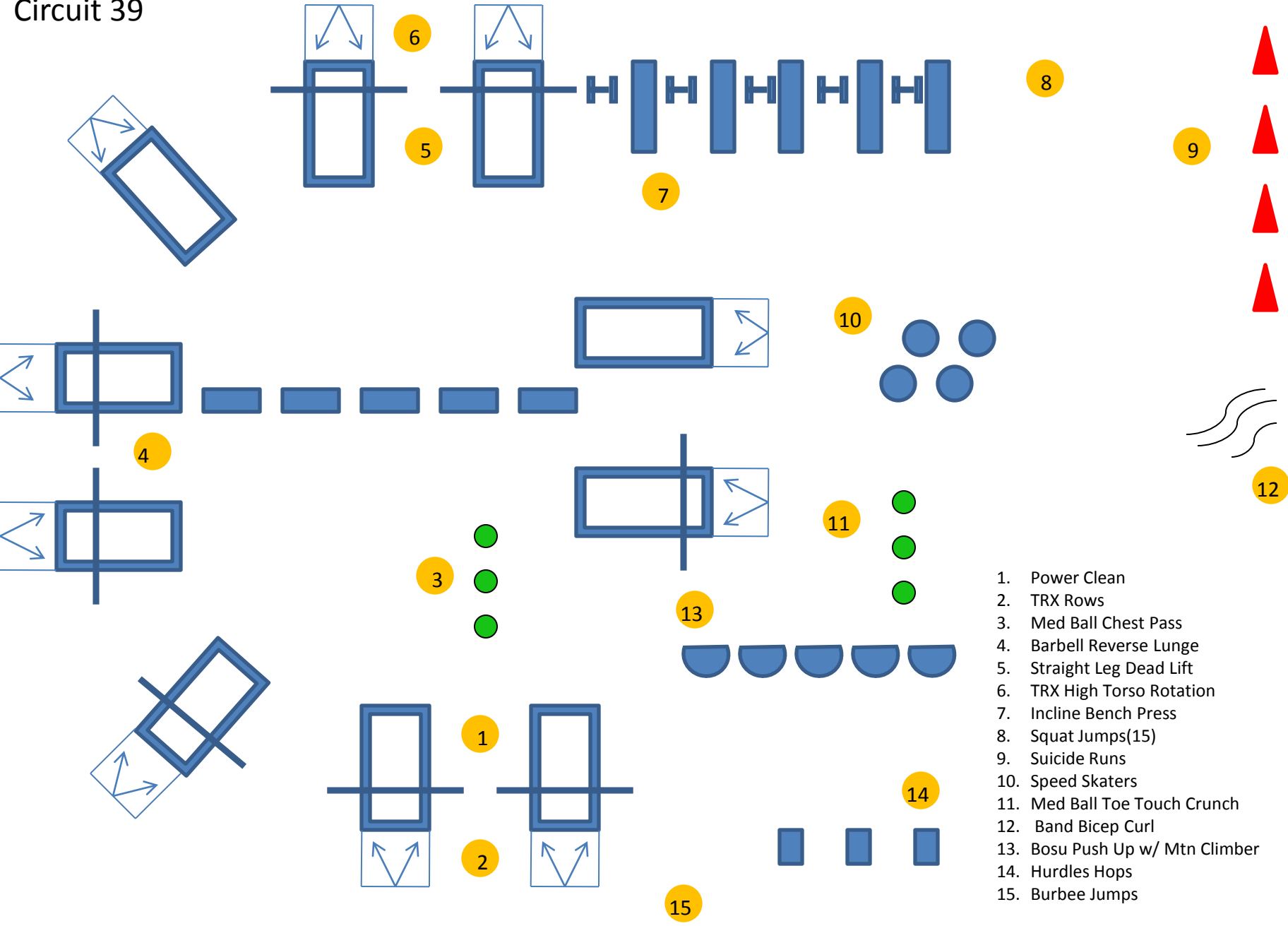
1. Squat
2. TRX Atomic Push Up
3. Med Ball Sit Up
4. Bench Dips
5. TRX Single Leg Squat
6. TRX YTA Pull Circuit
7. Dumbbell Incline Bench Press
8. Walking Lunge
9. 4 Cone Box Sprint
10. Band Bicep Curl
11. Bosu Burpee
12. Oblique Band Twist
13. Lunge Hops
14. BB Upright Row
15. Sled Drag

# Circuit 38



1. Squat
2. TRX T Deltoid Fly
3. Lunge w/ 25lb Plate
4. TRX High Torso Rotation
5. Step Up w/ Upright Row (25)lb
6. TRX 1-arm Power Pull
7. Dumbbell Chest Press
8. Kettle Bell Swings
9. Pro Agility Shuffle
10. Ladder Drill Slalom Hop
11. Box Jumps
12. Red Band Rear Delt Pull Aparts
13. Bosu Pushups
14. ABS Med Ball Chop
15. Tire Flip

# Circuit 39



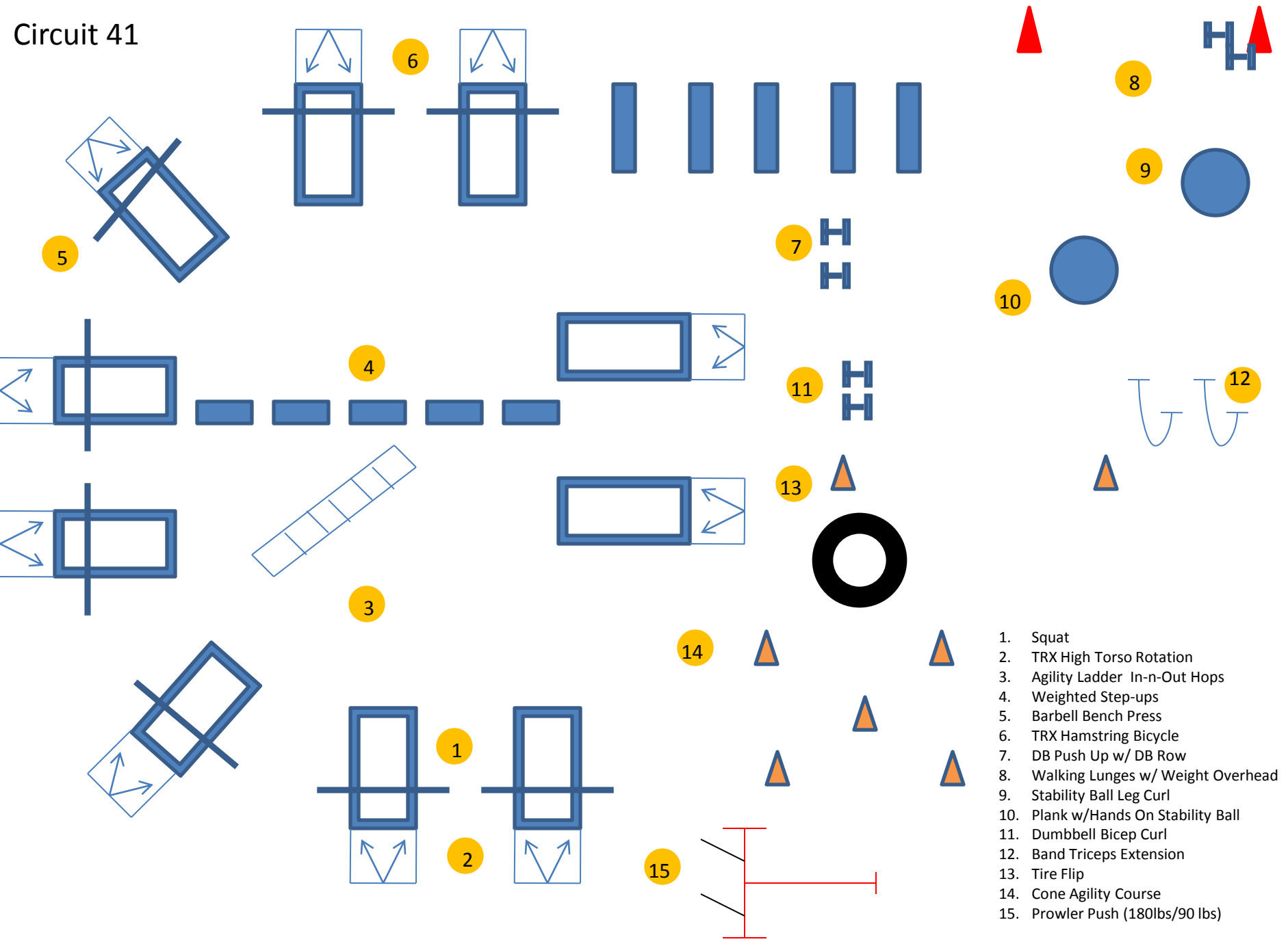
1. Power Clean
2. TRX Rows
3. Med Ball Chest Pass
4. Barbell Reverse Lunge
5. Straight Leg Dead Lift
6. TRX High Torso Rotation
7. Incline Bench Press
8. Squat Jumps(15)
9. Suicide Runs
10. Speed Skaters
11. Med Ball Toe Touch Crunch
12. Band Bicep Curl
13. Bosu Push Up w/ Mtn Climber
14. Hurdles Hops
15. Burbee Jumps

# Circuit 40

1. Bench Press
2. TRX Suspended Lunge
3. Med Ball Toe Touch Crunch
4. Inverted Push Up Ft On Box
5. Power Clean To Front Squat
6. TRX 1-Leg Squat
7. Dumbbell Bench Press
8. Kettle Bell Alternating Arm Swing
9. Cone Box Drill Sprint/Shuffle/Sprint
10. Sandbag Shoulder Lift Each Side
11. Speed Skaters
12. Kettle Bell Goblet Squat
13. Bosu Squats
14. Bench Dips
15. 2 Laps w/ Sand Bag

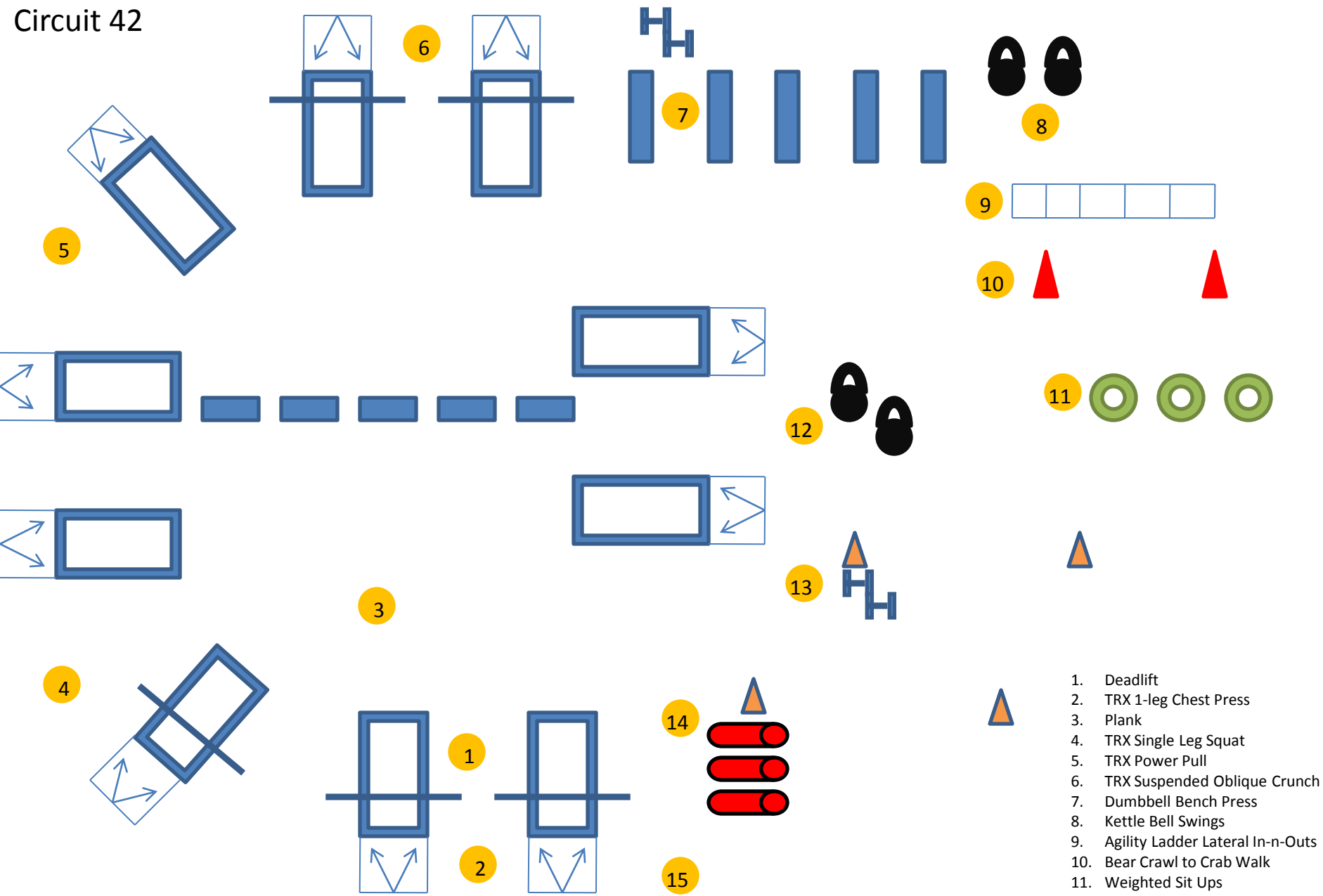


# Circuit 41



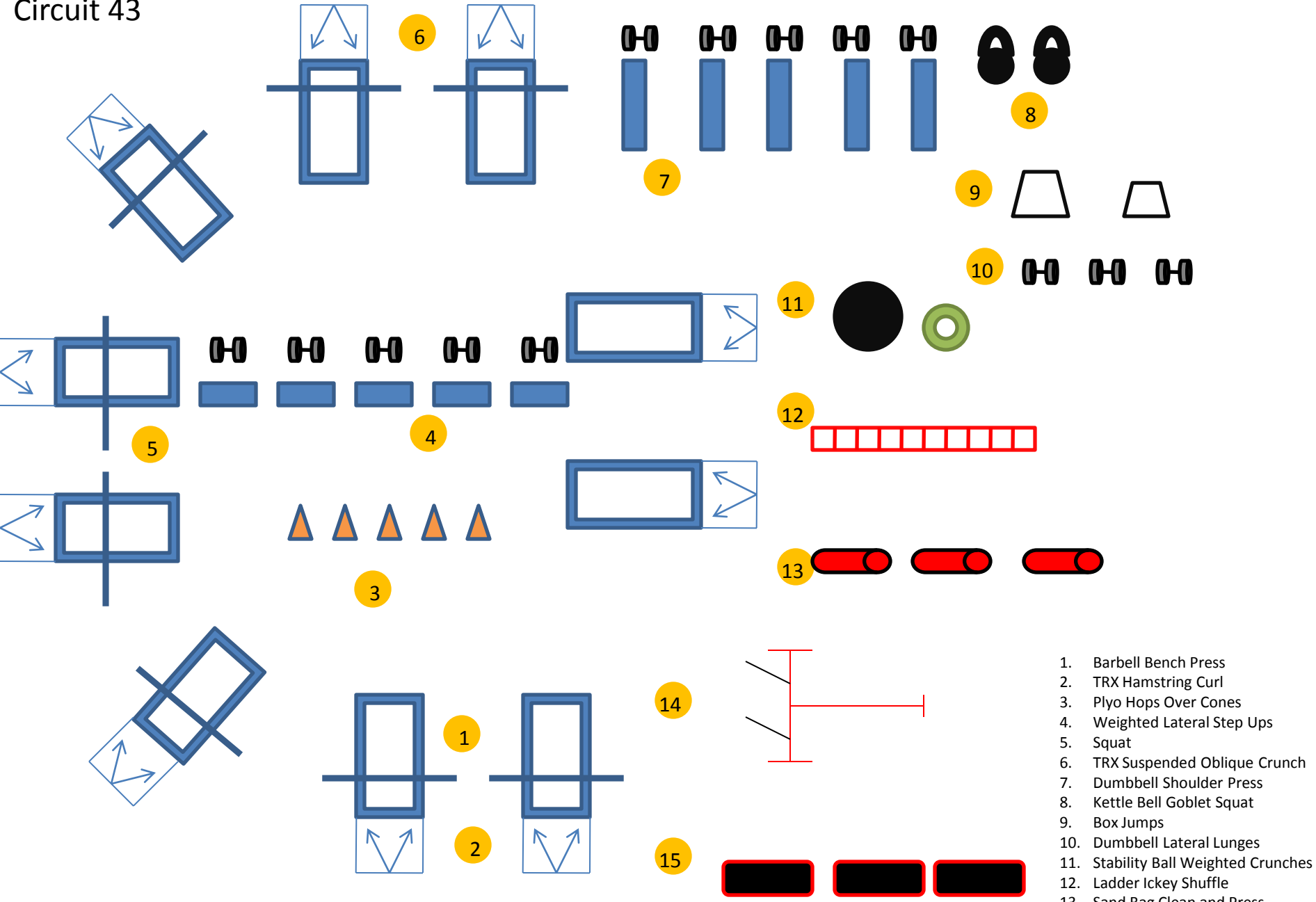
1. Squat
2. TRX High Torso Rotation
3. Agility Ladder In-n-Out Hops
4. Weighted Step-ups
5. Barbell Bench Press
6. TRX Hamstring Bicycle
7. DB Push Up w/ DB Row
8. Walking Lunges w/ Weight Overhead
9. Stability Ball Leg Curl
10. Plank w/Hands On Stability Ball
11. Dumbbell Bicep Curl
12. Band Triceps Extension
13. Tire Flip
14. Cone Agility Course
15. Prowler Push (180lbs/90 lbs)

# Circuit 42



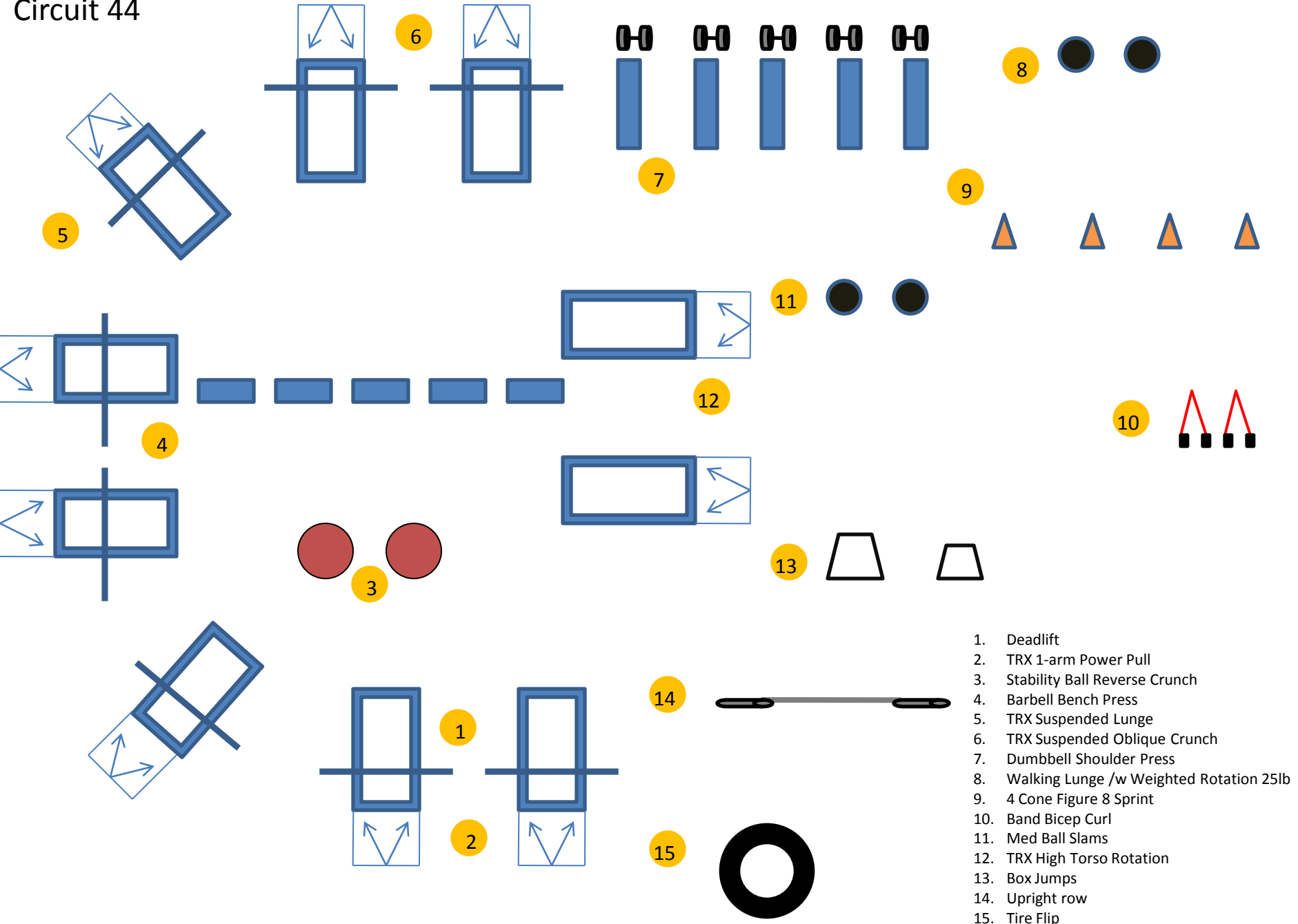
1. Deadlift
2. TRX 1-leg Chest Press
3. Plank
4. TRX Single Leg Squat
5. TRX Power Pull
6. TRX Suspended Oblique Crunch
7. Dumbbell Bench Press
8. Kettle Bell Swings
9. Agility Ladder Lateral In-n-Outs
10. Bear Crawl to Crab Walk
11. Weighted Sit Ups
12. Kettle Bell Clean to Press
13. Dumbbell Walking Lunges
14. Sand Bag Carry
15. 2 Laps

# Circuit 43



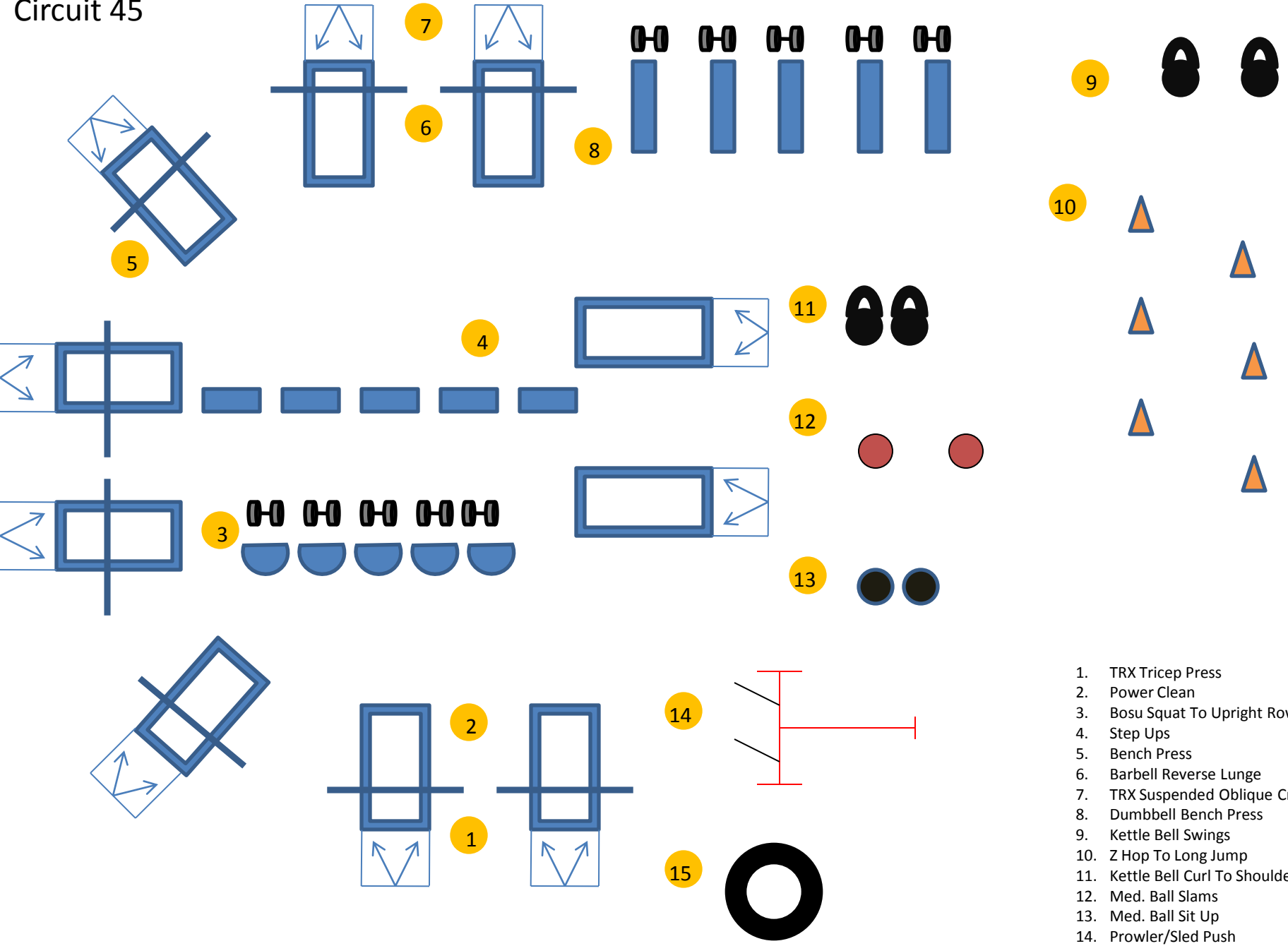
1. Barbell Bench Press
2. TRX Hamstring Curl
3. Plyo Hops Over Cones
4. Weighted Lateral Step Ups
5. Squat
6. TRX Suspended Oblique Crunch
7. Dumbbell Shoulder Press
8. Kettlebell Goblet Squat
9. Box Jumps
10. Dumbbell Lateral Lunges
11. Stability Ball Weighted Crunches
12. Ladder Ickey Shuffle
13. Sand Bag Clean and Press
14. Prowler/Sled Push
15. Sand Bag Carry 2 Laps

# Circuit 44



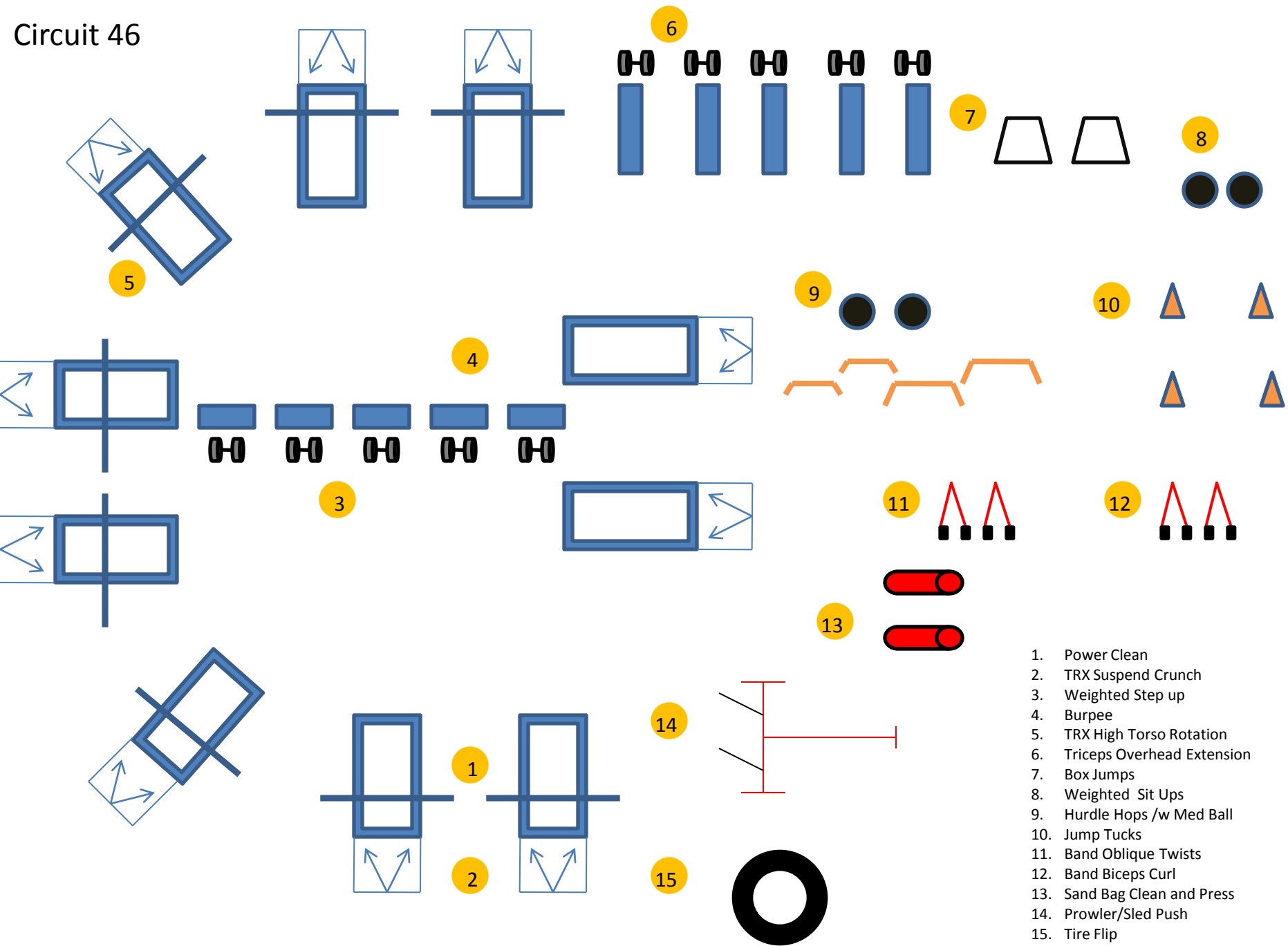
1. Deadlift
2. TRX 1-arm Power Pull
3. Stability Ball Reverse Crunch
4. Barbell Bench Press
5. TRX Suspended Lunge
6. TRX Suspended Oblique Crunch
7. Dumbbell Shoulder Press
8. Walking Lunge /w Weighted Rotation 25lb
9. 4 Cone Figure 8 Sprint
10. Band Bicep Curl
11. Med Ball Slams
12. TRX High Torso Rotation
13. Box Jumps
14. Upright row
15. Tire Flip

# Circuit 45



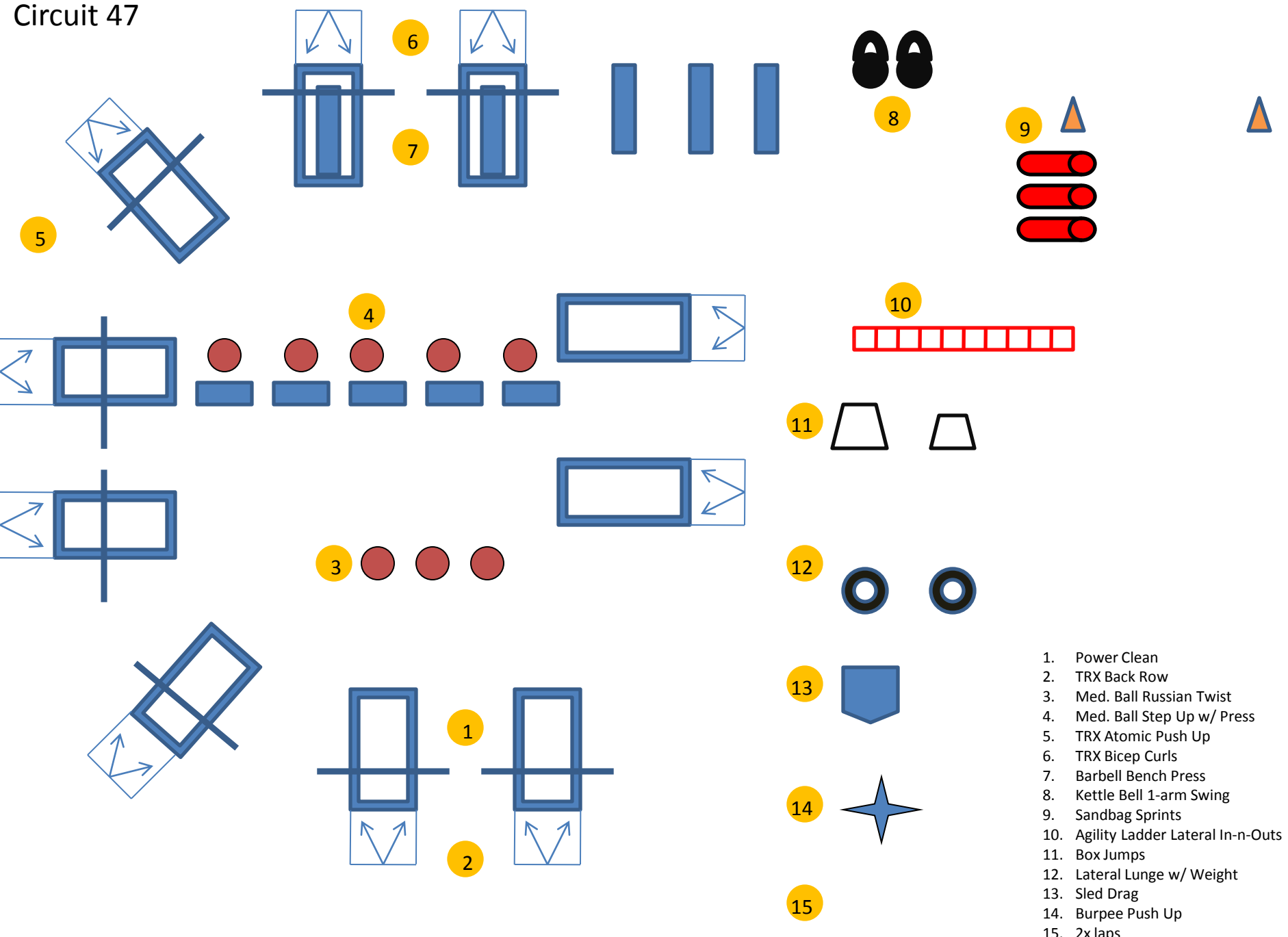
1. TRX Tricep Press
2. Power Clean
3. Bosu Squat To Upright Row
4. Step Ups
5. Bench Press
6. Barbell Reverse Lunge
7. TRX Suspended Oblique Crunch
8. Dumbbell Bench Press
9. Kettle Bell Swings
10. Z Hop To Long Jump
11. Kettle Bell Curl To Shoulder Press
12. Med. Ball Slams
13. Med. Ball Sit Up
14. Prowler/Sled Push
15. Tire flip

# Circuit 46



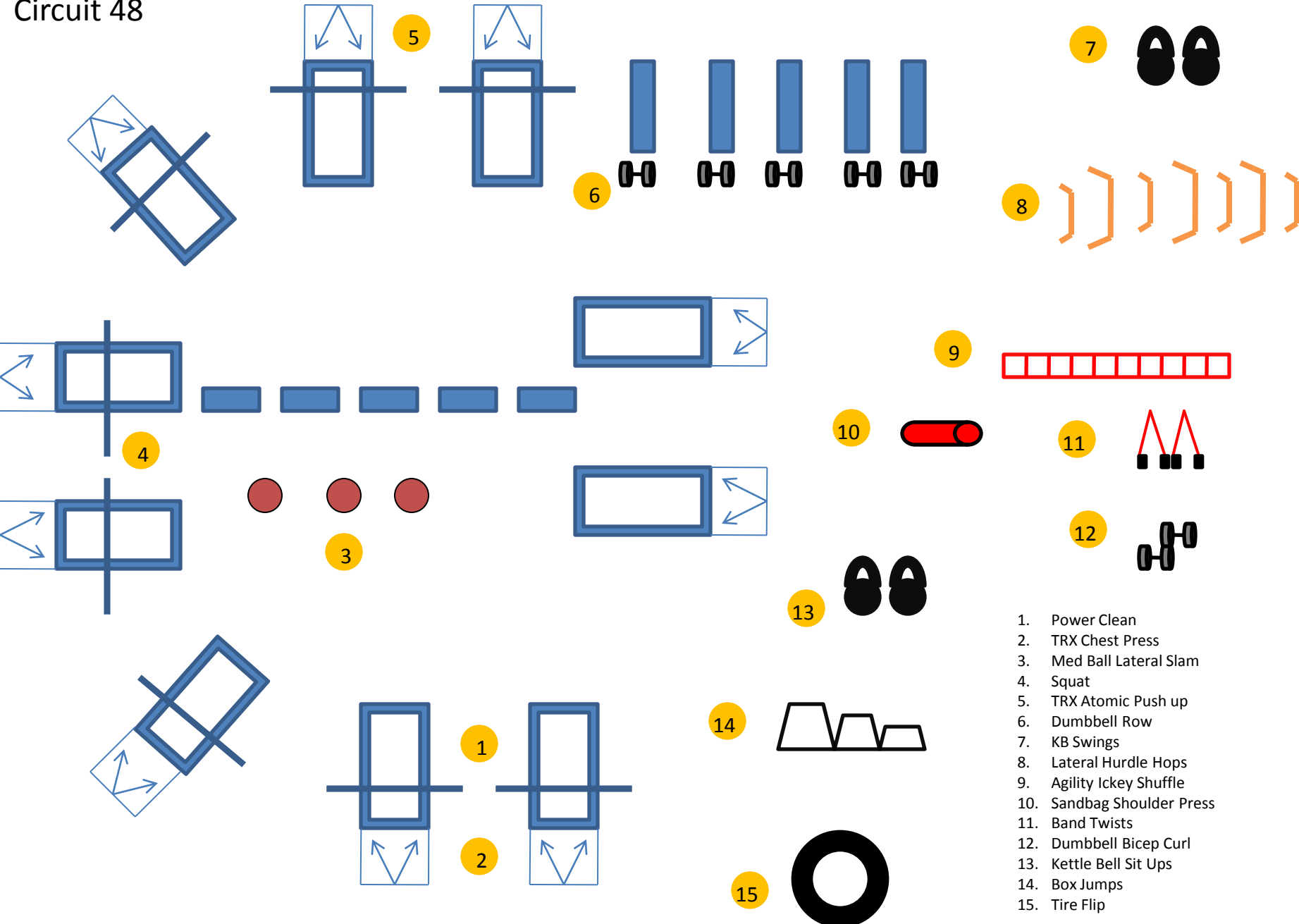
1. Power Clean
2. TRX Suspend Crunch
3. Weighted Step up
4. Burpee
5. TRX High Torso Rotation
6. Triceps Overhead Extension
7. Box Jumps
8. Weighted Sit Ups
9. Hurdle Hops /w Med Ball
10. Jump Tucks
11. Band Oblique Twists
12. Band Biceps Curl
13. Sand Bag Clean and Press
14. Prowler/Sled Push
15. Tire Flip

# Circuit 47



1. Power Clean
2. TRX Back Row
3. Med. Ball Russian Twist
4. Med. Ball Step Up w/ Press
5. TRX Atomic Push Up
6. TRX Bicep Curls
7. Barbell Bench Press
8. Kettle Bell 1-arm Swing
9. Sandbag Sprints
10. Agility Ladder Lateral In-n-Outs
11. Box Jumps
12. Lateral Lunge w/ Weight
13. Sled Drag
14. Burpee Push Up
15. 2x laps

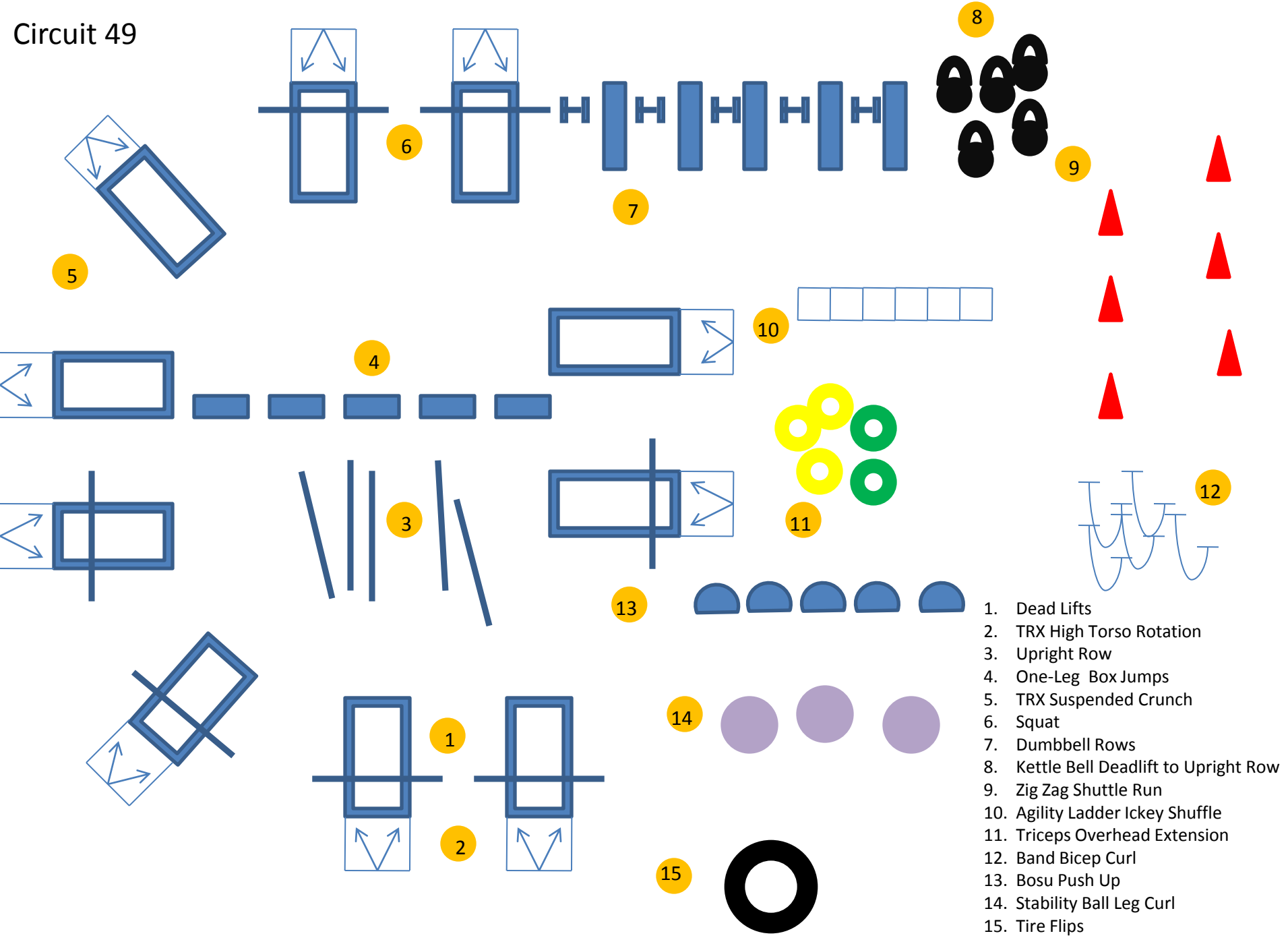
# Circuit 48



1. Power Clean
2. TRX Chest Press
3. Med Ball Lateral Slam
4. Squat
5. TRX Atomic Push up
6. Dumbbell Row
7. KB Swings
8. Lateral Hurdle Hops
9. Agility Ickey Shuffle
10. Sandbag Shoulder Press
11. Band Twists
12. Dumbbell Bicep Curl
13. Kettle Bell Sit Ups
14. Box Jumps
15. Tire Flip

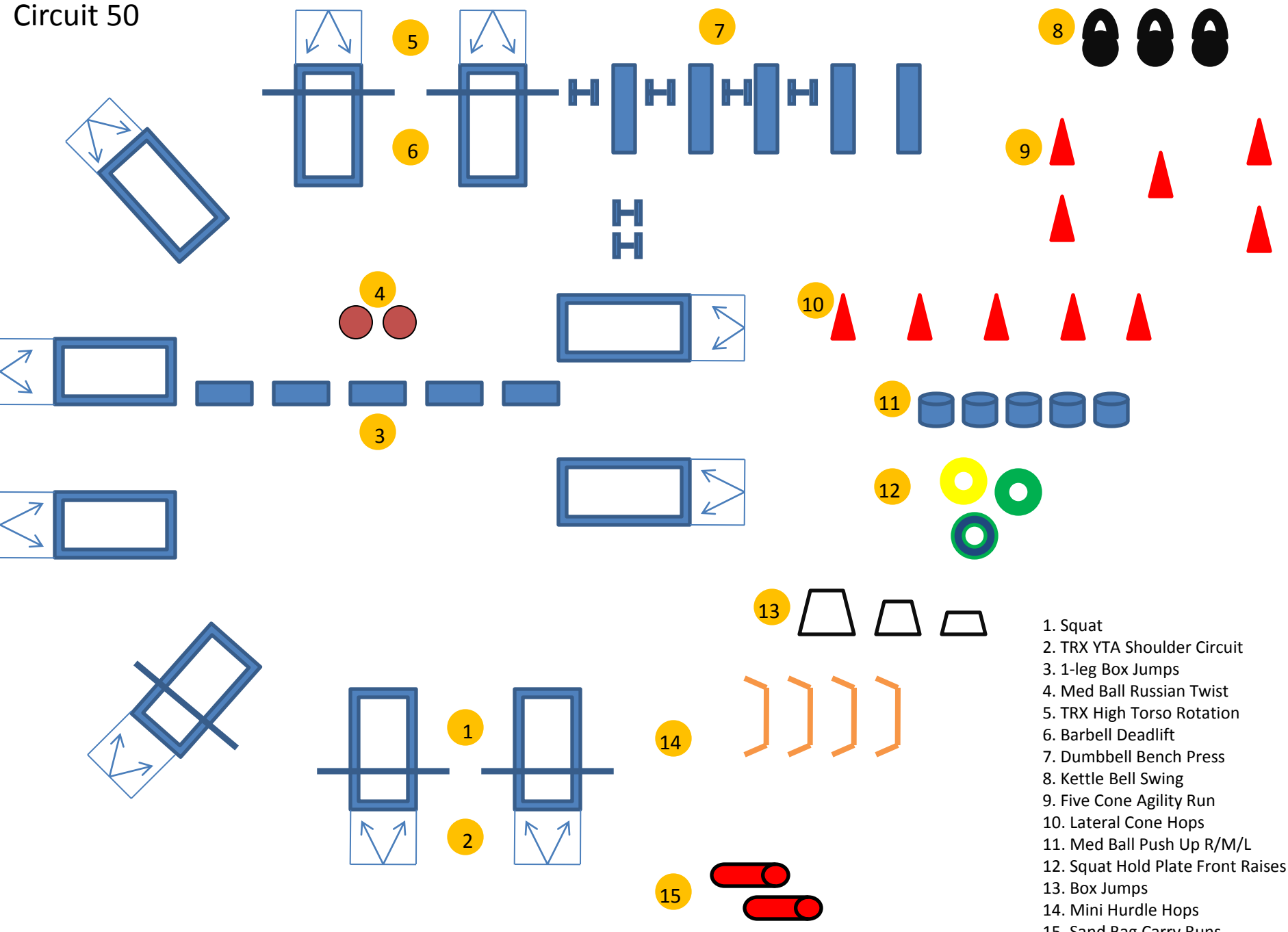


# Circuit 49



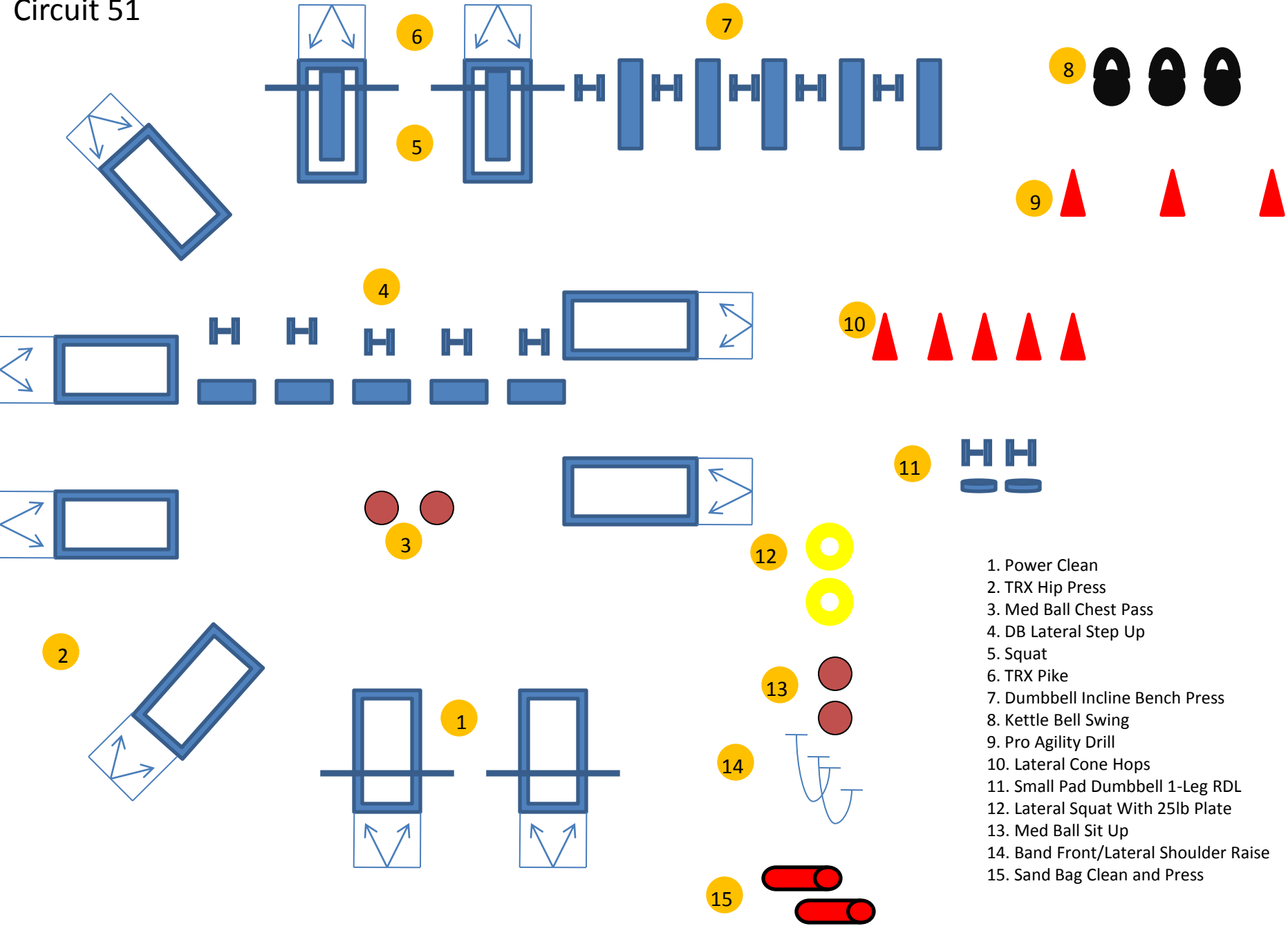
1. Dead Lifts
2. TRX High Torso Rotation
3. Upright Row
4. One-Leg Box Jumps
5. TRX Suspended Crunch
6. Squat
7. Dumbbell Rows
8. Kettle Bell Deadlift to Upright Row
9. Zig Zag Shuttle Run
10. Agility Ladder Ickey Shuffle
11. Triceps Overhead Extension
12. Band Bicep Curl
13. Bosu Push Up
14. Stability Ball Leg Curl
15. Tire Flips

# Circuit 50



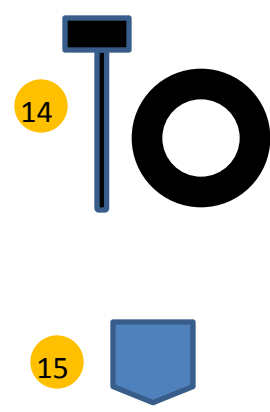
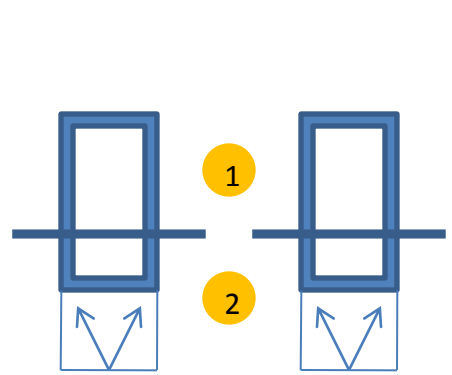
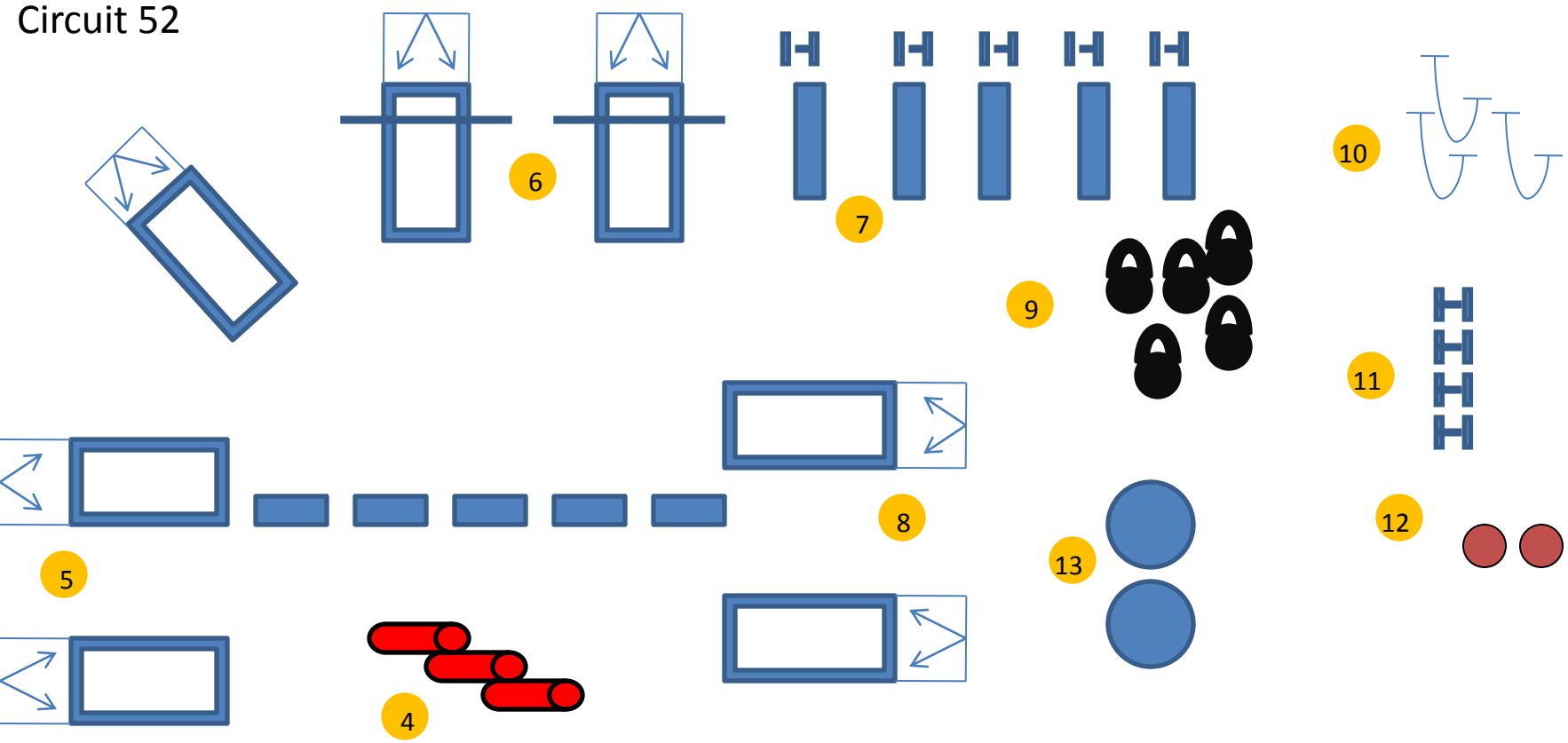
1. Squat
2. TRX YTA Shoulder Circuit
3. 1-leg Box Jumps
4. Med Ball Russian Twist
5. TRX High Torso Rotation
6. Barbell Deadlift
7. Dumbbell Bench Press
8. Kettle Bell Swing
9. Five Cone Agility Run
10. Lateral Cone Hops
11. Med Ball Push Up R/M/L
12. Squat Hold Plate Front Raises
13. Box Jumps
14. Mini Hurdle Hops
15. Sand Bag Carry Runs

# Circuit 51



1. Power Clean
2. TRX Hip Press
3. Med Ball Chest Pass
4. DB Lateral Step Up
5. Squat
6. TRX Pike
7. Dumbbell Incline Bench Press
8. Kettle Bell Swing
9. Pro Agility Drill
10. Lateral Cone Hops
11. Small Pad Dumbbell 1-Leg RDL
12. Lateral Squat With 25lb Plate
13. Med Ball Sit Up
14. Band Front/Lateral Shoulder Raise
15. Sand Bag Clean and Press

# Circuit 52



1. Bench Press
2. TRX Suspended Lunge
3. TRX Suspended Crunch
4. Sand Bag Clean To Front Squat
5. TRX Suspended Row
6. Power Cleans
7. Dumbbell 1-arm Row
8. TRX High Torso Rotation
9. Kettle Bell Swing
10. Jump Rope
11. Dumbbell Bicep Curl
12. Med. Ball Push Ups/ Hands On The Ball
13. Stability Ball Leg Curl
14. Sledge 2-hand Hits On Truck Tire (alt. arms)
15. Forward Sled Drag (30 yds)