



DATE:

MOVEMENT 1	REPS	SETS	REST												
THRUSTER	30 SECONDS	5-6	30 SECONDS	WEIGHT											WEEK 1
				REPS											
VIDEO: https://drive.google.com/file/d/1QXOtSLKrY5WA3Vy1H5MvO_bVVOfbGkMr/view?usp=sharing				WEIGHT											WEEK 2
				REPS											
* <i>USE A BARBELL/DUMBBELLS/KETTLEBELLS TOTALLING AROUND 15-25% OF YOUR BODYWEIGHT</i>				WEIGHT											WEEK 3
				REPS											
* <i>HOLD THE WEIGHTS ON YOUR SHOULDERS IN A PRESSING POSITION</i>				WEIGHT											WEEK 4
				REPS											
* <i>SQUAT DOWN TO THE FLOOR KEEPING YOUR CHEST UPRIGHT (ELEVATE YOUR HEELS 2-4 INCHES IF YOU STRUGGLE TO KEEP UPRIGHT)</i>				WEIGHT											WEEK 5
				REPS											
* <i>DRIVE UP AND PRESS IN ONE EXPLOSIVE MOTION</i>				WEIGHT											
				REPS											
* <i>SWITCH HANDS EACH REP IF USING A WEIGHT IN ONE HAND!</i>				WEIGHT											
				REPS											

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