

INTENSE MORNING WORKOUT

PHASE 1: HIGH INTENSITY STRENGTH & POWER

DATE: _____

EXERCISE	REPS/TIME	REST	TRACKING (SETS)
Dynamic Warm-up World's Greatest Stretch, Leg Swings	5 Min	-	[] Ready
Barbell Back Squats Tempo: 3-0-1-0	8-10	60s	
Weighted Pull-Ups Explosive pull	Failure	90s	
Dumbbell Incline Press Maximum ROM	10-12	60s	
Kettlebell Swings Power Focus	20	45s	
Hanging Leg Raises Strict Form	15	30s	
Assault Bike Sprints 90% Max Effort	30s	60s	

PERFORMANCE NOTES
FOCUS FOR NEXT SESSION