



RIPOSTA, CHN
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TITLE FIGHT 2.18.17

SAMPLE WORKOUT

WARM-UP & MOBILITY- Warm-up for 10-15 minutes. Toy Soldiers, Inch Worms, Dive Bombers aka Hindu Push-Ups etc.

A	B	C	D	E	F	G	H
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning	BODYWEIGHT CIRCUIT 15 PUSH-UPS 10 PULL-UPS 15 JUMP SQUATS OR BOX JUMPS X5 :60 SECONDS BETWEEN CIRCUITS NO REST BETWEEN EXERCISES					Work Out of the Day 1. CLEAN&PRESS X5 (Warm up) 3x3 @80% 3x1@85% 2. 100 PUSH-UPS	90 Min of Wrestling
Afternoon			60 min Private for Standup			60 min Private for Standup	
Night		90 Min of Wrestling	POWER CIRCUIT 1. DEADLIFT X10 (Warm up) 5x5 @80% 2. OVERHEAD PRESS x10 (Warm up) 5x5 @80% 3. BACK SQUAT x10 (Warm up) 5x5 @80%	90 Min of Wrestling	90 Min of Wrestling		