	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lucha training	Lucha (2 hours)	X	X	X	X	X	Lucha (2 hours)
Weight training	X	Legs	Push	Pull	X	X	X
Cardio/conditioning	1 hour HIT/Tabata #3	30 minute run	X	30 minute run	X	30 minute run + HIT #1	1 hour HIT/Tabata #2
Core-specific exercises	Included in HIT	X	X	3 weight, 3 high rep, 1 balance	X	Included in HIT	Included in HIT
Neck	X	X	X	X	X	X	X
Misc.	X	Stunt falls/crashes ~ 1 hour	X	30 minute run	60 minutes yoga	30 minute run	X
							
	1	1				<u> </u>	1

	Data	Dete	Dete	Dete	Date	Patr	Date	Dete	Pote	Dete	Date	Dut	Dete
ercise	Wt/Reps	Wt/Reps	Wt/Reps	Wt/Reps	Uate Wt/Reps	Date Wt/Reps	Uate Wt/Reps	Date Wt/Reps	Date Wt/Reps				
Front squats (4x10)	vvui ieps	vvirteps	wwwieps	ννυπερσ	Willeps	ννιπερο	wwwieps	VVIITEPS	vvurieps	wurieps	ννυπερσ	vvirieps	www.ieps
Back squats (3x10, 2x 2-3 rep max, 1x10)													
Deadlift (2x10, 2x1 rep max, 1x10)													
Kettlebell swings (4x15)													
Weighted lunges (3x10 each side)													
Weighted glute bridges (3x10)													
Box Jumps (3x2-4 @ max height)													
Calf raises (4x8)													
Bench press (2x10, 2x 1 rep max, 1x 10)													
Military press (2x10, 2x 1-2 rep max, 1x10)													
cline bench press (2x10, 2x 1-2 rep max, 1x10)													
Narrow-grip bench press (4x10)													
DB chest flies (4x10)													
Skullcrushers (4x10)													
Reverse tricep pulldowns (4x10)													
-over row, reverse grip (2x10, 2x 3 rep max 1x10)													
Pull ups (4x10)													
Hanging body-weight rows (3x10)													
Body weight TRX flies (3x10)													
Front deltoid raisers (3x10)													
Rear-delt pulldowns (3x10)													
Lateral deltoid raises (3x8-10)													
Shrugs (3x10)													
Reclined bicep curls (4x8-10)													
Random bicep curls burnouts													
Negative curls (3x10)													
4-way neck (3x10)													

I	<u> </u>	<u> </u>	

Exercise	Duration	Rest between sets	# of sets	
Rows	2m	x	1	
KB swings	20s	10s	8	
Deadlifts (light weight)	20s	10s	8	
Power clean	20s	10s	8	
Goblet squats	20s	10s	8	
Bicycle crunches	20s	10s	8	
DB Push-up row n' twist	20s	10s	8	

Exercise	Duration	Rest between sets	# of sets	
Jog/sprint intervals	5m	X	1	
Bear crawl/lunge intervals	5m	X	1	
Agility ladder drills	7m	X	1	
Bicycle crunches	20s	10s	5	
Burps	20s	10s	5	
T Twist	20s	10s	5	
Mountain climbers	20s	10s	5	
Russian twist	20s	10s	5	
Tuck jumps	10s	10s	5	
Push ups	10s	10s		
Shuttle runs	Mixed, ~5 minutes	X	Х	
Plank ups	10	10	5	
Partner wheelbarrows	Mixed, ~5 minutes			
Planks	1 minute per each side	20	3	
Wall handstands	1 minute per each side	X	1	

Exercise	Duration	Rest between sets	# of sets	
Jog/sprint intervals	5m	X	1	
Bear crawl/lunge inter	5m	X	1	
Leap frogs	7m	X	1	
Body weight squats	20s	10s	5	
Penguin/shimmies	20s	10s	5	
Jump rope	20s	10s	5	
Plyo lunges	10s	10s	5	
Leg raisers	20s	10s	5	
Supermans	10s	10s	5	
Wall handstands	1m	X	1	