



# DUMBBELL TRACKER SHEET

## STAGE 4: WEEK 13 | PERFORMANCE WEEK

### LOWER BODY STRENGTH (DAY 85)

#### BLOCK 1 (4 min EMOM)

	SET 1	SET 2	SET 3	SET 4
Front Rack Squat (20 reps)				

#### BLOCK 2

	SET 1	SET 2	SET 3	SET 4
SL Deadlift + Row (10/10 reps)				N/A

Fire Hydrant & Donkey Kickbacks w/Loop (20/20 reps)	N/A	N/A	N/A	N/A
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DB Side Plank (30/30 sec)				N/A
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#### BLOCK 3

	SET 1	SET 2	SET 3	SET 4
Transverse Lunge & Snatch (10/10 reps)				N/A

DB Hip Thrust w/Loop (20 reps)				N/A
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Sit-Up DB Twist (10/10 reps)				N/A
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RATE YOUR PERFORMANCE	LOW				HIGH
	1	2	3	4	5

WHAT DID YOU LEARN?

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### TOTAL BODY POWER (DAY 86)

#### BLOCK 1

	SET 1	SET 2	SET 3
Single Arm DB Snatch (10/10 reps)			

Cossack Squat (20 reps)	N/A	N/A	N/A
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Tuck Jumps (60 sec)	N/A	N/A	N/A
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#### BLOCK 2

	SET 1	SET 2	SET 3
Hollow Hold Press (20 reps)			

Neuro Catch Split Stance (60 sec)			
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Walkout Jump Squat (20 reps)	N/A	N/A	N/A
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#### BLOCK 3

	SET 1	SET 2	SET 3
DB Swing Lunge (20 reps)	N/A	N/A	N/A

RATE YOUR PERFORMANCE	LOW				HIGH
	1	2	3	4	5

WHAT DID YOU LEARN?

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### UPPER BODY STRENGTH (DAY 88)

#### BLOCK 1

	SET 1	SET 2	SET 3	SET 4
10 Push-Ups + 20 Rows (20 reps)				

Reverse Fly (20 reps)				
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Plank Drag (60 sec)				
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#### BLOCK 2 (4 min EMOM)

	SET 1	SET 2	SET 3	SET 4
Wide Curl & Press (10/10 reps)				

#### BLOCK 3

	SET 1	SET 2	SET 3	SET 4
Dead Pull (20 reps)				

DB Pull Apart (20 reps)				
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Alt High Pull (20 reps)				
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RATE YOUR PERFORMANCE	LOW				HIGH
	1	2	3	4	5

WHAT DID YOU LEARN?

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### TOTAL BODY TEMPO (DAY 89)

#### BLOCK 1

	SET 1	SET 2	SET 3
Iso Split Squat (30/30 sec)			

Crab Call Out (60 sec)	N/A	N/A	N/A
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#### BLOCK 2

	SET 1	SET 2	SET 3
Single Leg RDL Clean (10/10 reps)			

Beast Call Out (60 sec)	N/A	N/A	N/A
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#### BLOCK 3

	SET 1	SET 2	SET 3
Plank Pike (20 reps)	N/A	N/A	N/A

Traveling Ape (60 sec)	N/A	N/A	N/A
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Farmer March Variation (60 sec)			
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RATE YOUR PERFORMANCE	LOW				HIGH
	1	2	3	4	5

WHAT DID YOU LEARN?

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