



WEEK 4

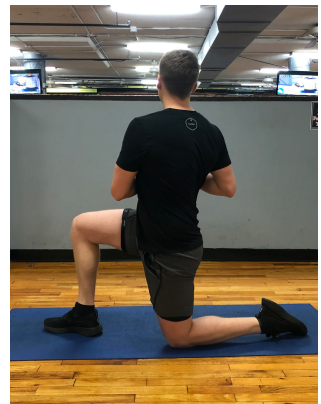
WORKOUT 1: WARMUP

3 Sets of:

1 Minute row or jog at a moderate intensity



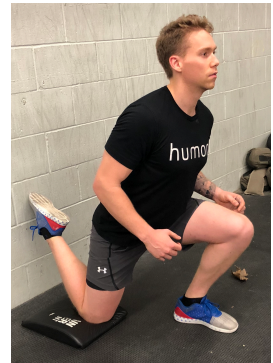
10 Reverse lunges with a twist



10 Wall-facing air squats



10 Active couch stretch on each side



WORKOUT 1

A 4 Sets of:

3 Back squats at a 75-80% of last weeks weight

Rest until the Humon data recovers back into the green zone.



B 4 Supersets of:

B1 6 DB weighted step-up (each leg) at last weeks weight



B2 7 Double DB/KB single-leg Romanian deadlift (each leg) at last weeks weight

Go right from B1 to B2, then rest until the Humon data recovers back into the green zone .

WORKOUT 2: WARM UP

10 Minute endurance row

Stay in the green zone on the Humon app



10 Inch worms with cobra stretch



WORKOUT 2

A 10 Sets of:

1 Minute row sprints at 80-85% effort

*Rest until the Humon data recovers back into the green zone.

The goal is to increase distance from last week



WORKOUT 3: WARM UP

5 Sets of:

30 Seconds max effort row sprint

30 Seconds light recovery row



3 Sets of:

30 Second jumping lunges

Rest 1:30 seconds



WORKOUT 3

A

3 Sets of:

6 Back squats at last weeks weight

Rest until the Humon data recovers back into the green zone.

Movement should be continuous with no pausing at the top



B

4 Sets of:

Max effort wall sit

*Rest until the Humon data recovers back into the green zone.

