

# FULTON TRAINING SYSTEMS CREW

FULTONTRAININGSYSTEMS.COM

## Mobility

### Paddle Ball Chest Release

<b>DATE:</b>				
<b>A1 BENCH PRESS</b>				
<b>3 X 8</b>				

**\*\* DO ONE SET OF THE FOLLOWING AB EXERCISES IN BETWEEN EACH BENCH PRESS SET \*\***

<b>A2 HANGING KNEE RAISE</b>				
<b>3 x 10-12</b>				
<b>A3 WEIGHTED CRUNCH</b>				
<b>3 x 10-12</b>				

<b>B1 INCLINE DB PRESS</b>				
<b>3 X 8-12</b>				

# FULTON TRAINING SYSTEMS CREW

FULTONTRAININGSYSTEMS.COM

<b>C1 INCLINE DB FLYE</b>				
<b>3 X 8-12</b>				
<b>C2 INCLINE DB PRESS</b>				
<b>3 X 8-12</b>				

<b>D1 TRICEP ROPE PULLDOWN</b>				
<b>3 X 12-15</b>				
<b>D2 TRICEP DIP</b>				
<b>3 X 12-15</b>				

**Notes:**

Start drinking your post-workout shake halfway through the workout

# FULTON TRAINING SYSTEMS CREW

FULTONTRAININGSYSTEMS.COM

**Mobility:**

**Foam Roll Glutes**

**Foam Roll Hamstrings**

**Foam Roll Calves**

**Hip Hinges x 10**

**Hip Swings x 10**

**Inchworms x 10**

DATE:				
<b>A1 Trap Bar Deadlift</b>				
<b>3 x 8</b>				
<b>B1 DB Romanian Deadlift</b>				
<b>3 x 8-12</b>				
<b>C1 Hamstring Curl</b>				
<b>3 x 8-12</b>				
<b>C2 Squat Jumps</b>				
<b>3 x 8-12</b>				

# FULTON TRAINING SYSTEMS CREW

FULTONTRAININGSYSTEMS.COM

--	--	--	--	--

<b>D1 Calf Raises</b>			
<b>2 x 15-20</b>			
<b>D2 Kettlebell Swings</b>			
<b>20 reps</b>			

**Notes:**

Start drinking your post-workout shake halfway through the workout

# FULTON TRAINING SYSTEMS CREW

FULTONTRAININGSYSTEMS.COM

## Foam Roll Upper Back

DATE			
<b>A1 TRAP BAR ROWS</b>			
<b>3 X 8</b>			

**\*\* DO ONE SET OF ABDOMINALS IN BETWEEN EACH SET OF TRAP BAR ROWS\*\***

<b>A1 Hanging Knee Raise</b>			
<b>3 x 10-12</b>			
<b>A2 Weighted Crunch</b>			
<b>3 x 10-12</b>			

<b>B1 1-Arm DB Row</b>			
<b>3 X 8-12</b>			

# FULTON TRAINING SYSTEMS CREW

FULTONTRAININGSYSTEMS.COM

<b>C1 Pullup</b>			
<b>3 X Failure</b>			
<b>C2 DB Rear Flye</b>			
<b>3 X 8-12</b>			

<b>D1 DB Bicep Curl</b>			
<b>3 X 12-15</b>			
<b>D2 DB Lateral Raise</b>			
<b>3 X 12-15</b>			

**Notes:**

Start drinking your post-workout shake halfway through the workout

# FULTON TRAINING SYSTEMS CREW

FULTONTRAININGSYSTEMS.COM

Mobility  
Foam Quads  
Hip Hinges x 10  
Hip Swings x 10

DATE:			
A1 BACK SQUAT			
3 X 8			

B1 DB Split Squat			
3 X 8-12			

C1 Goblet Squat with 5 second hold at bottom			
3 X 8-12			

C2 Burpees			
3 X 8-12			

# FULTON TRAINING SYSTEMS CREW

FULTONTRAININGSYSTEMS.COM

D1 Alternating Lunge Jumps			
3 x 12 per leg			

**Notes:**

Start drinking your post-workout shake halfway through the workout