

JULY TRAINING PLAN

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FULL BODY

KETTLEBELL SWINGS
:30 SEC
SQUAT HOLD :30 SEC
BATTLE ROPE :30 SEC
PLANK :30 SECS
SCISSOR & FLUTTER
KICKS :30 SECS

FARMERS CARRY 50
FEET
SAND BAG PULL
THROUGHS 50 FEET
BURPEES X10
DEADLIFTS X10

2X

UPPER BODY

BACK/CHEST

PUSH UPS 2X10
GOOD MORNINGS
1X10
BENCH PRESS 5X8
LAT PULL DOWNS
3X10
BENT OVER BARBELL
ROWS 3X10

BICEPS/TRICEPS

SPIDER CURLS 3X10
OVERHEAD TRICEP
EXTENSION 3X10
CROSSBODY CURLS
3X10
SINGLE ARM TRICEP
PULL DOWN 3X10
(NO ATTACHMENT)

SHOULDERS

STANDING
SHOULDER PRESS
3X10
SHRUGS 3X10
BENT OVER REAR
DELT FLYS
3X10

LOWER BODY

LEGS & BOOTY

BACK SQUATS 3X10
WEIGHTED PLIE
SQUATS 3X10
WEIGHTED CALF
RAISES 3X10
SINGLE LEG CALF
RAISES 3X10

ABS - CORE WORK

6" LEG HOLD :30 SEC
RUSSIAN TWIST X15
SIT UPS X15
SIDE LEG RAISES X15
EACH LEG
SUPERMANS X15
CRUNCHES TO FAILURE