

Week 5			Week 6			Week 7			Week 8		
Set1	Set2	Set3	Set1	Set2	Set3	Set1	Set2	Set3	Set1	Set2	Set3

Day 3

Exercises	Week 1			Week 2			Week 3			Week 4		
	Set1	Set2	Set3	Set1	Set2	Set3	Set1	Set2	Set3	Set1	Set2	Set3
Trap Bar Deadlift												
Single Arm Row Progress to Double Arm Row												
Incline Bench												
Nordic Curl												
	Week 5			Week 6			Week 7			Week 8		
	Set1	Set2	Set3	Set1	Set2	Set3	Set1	Set2	Set3	Set1	Set2	Set3

GAAStrength.ie
Core Work

Day 1	Day 2	Day 3
Plank 3Sets, 45Sec	Mountain Climbers 3Sets, 60Arm Touches	Dorsal Raise 3Sets, 10Raises

Sets and Reps

3Sets of 10Reps

60 to 90 seconds rest between sets

“The fight is won or lost far away from witnesses – behind the lines, in the gym and out there on the road – long before I dance under those lights”. – Mohammad Ali