Champ Day 2

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| **Dynamic** **Warm-up** | 6x ea | Mid/upper back rollout, Hip Flow |
|  | Sets x Reps | Week 1 | Week 2 | Week 3 |
| **Strength Circuit** |  | WT. | WT. | WT. |
| Stand and Reach Taps | 4 x 10e |  |  |  |
| Shoulder Elev. Hip Thruster | 4 x 12 |  |  |  |
| Hands Elev. Pushup | 4 x 8 |  |  |  |
| Band Pullaparts  | 4 x 12 |  |  |  |
| Reverse Lunges | 4 x 8e |  |  |  |