

# THE BULLETPROOF BODY

Day

MAJOR LEAGUE PROGRAM

X

1	2 Min CC Superman, 20 Goblet Squats, 2 Min Hang	_____
2	2 Min Crawl, 2 Min Stance Isos (1 min/ea), 2 Min Farmer Carry	_____
3	2 Min CC Superman, 2 Min Hang, 2 Min Single Leg Stance	_____
4	2 Min Bear Crawl (For/Backward), 3 Min F. Carry, 20 Goblet Squats	_____
5	2 Min CC Superman, 2 Min Single Leg Stance, 2 Min F. Carry	_____
6	Max Hang, Max Bear Crawl (6 min cap)	_____
7	Rest	_____
8	2 Min CC Superman, 20 Goblet Squats, 2 Min Hang	_____
9	2 Min Bear Crawl (Side/side), 2 Min Split Stance Isos, 2 Min F. Carry	_____
10	2 Min CC Superman, 2 Min Hang, 2 Min Single Leg Stance	_____
11	2 Min Bear Crawl (Side/Side), 3 Min F. Carry, 20 Goblet Squats	_____
12	2 Min CC Superman, 2 Min Single Leg Stance, 2 Min F. Carry	_____
13	Max Hang, Max Bear Crawl (6 min cap)	_____
14	Rest	_____
15	2 Min CC Superman, 30 Goblet Squats, 3 Min Swing/Hang	_____
16	3 Min Bear Crawl (Box), 2 Min Split Stance Isos , 3 Min F. Carry	_____
17	2 Min CC Superman, 2 Min Hang, 2 Min Single Leg Stance	_____
18	3 Min Bear Crawl (box), 3 Min F. Carry, 30 Goblet Squats	_____
19	2 Min CC Superman, 2 Min Single Leg Stance, 3 Min F. Carry	_____
20	Max Split Squat, Max F. Carry (6 min cap)	_____
21	Rest	_____
22	2 Min CC Superman, 30 Goblet Squats, 3 Min Swing/Hang	_____
23	3 Min Bear Crawl (box), 2 Min Split Stance Isos, 3 Min F. Carry	_____
24	2 Min CC Superman, 2 Min Hang, 2 Min Single Leg Stance	_____
25	3 Min Bear Crawl, 3 Min F. Carry, 30 Goblet Squats	_____
26	2 Min CC Superman, 2 Min Single Leg Stance, 3 Min F. Carry	_____
27	Max Split Squat, Max Carry (6 min cap)	_____
28	Rest	_____
29	2 Min CC Superman, 30 Goblet Squats, 3 Min Swing/Hang	_____
30	3 Min Bear Crawl (Box), 2 Min Split Stance Isos, 3 Min F. Carry	_____