

# WORKOUT #3

**EQUIPMENT NEEDED FOR WORKOUT:**  
 BARBELL, BOX, SWISS BALL, CABLE MACHINE, ROPE LADDER

**SETS: 3 - 4**

**LIFT**

**REPS**

**REST**



**BAR ON BACK SQUAT**

**6 - 8**

**NO REST:  
 CONTINUE TO  
 NEXT MOVEMENT**



**BOX JUMP**

**60 SECONDS  
 - OR -  
 20 JUMPS**

**NO REST:  
 CONTINUE TO  
 NEXT MOVEMENT**



**SWISS BALL PUSH  
 JACK**

**MAX FORM**

**NO REST:  
 CONTINUE TO  
 NEXT MOVEMENT**



**CABLE PUSH**

**10 - 12 REPS  
 EACH ARM**

**NO REST:  
 CONTINUE TO  
 NEXT MOVEMENT**



**FOOT-IN FOOT-OUT**

**1 MIN**

**REST:  
 1 - 2 MINUTES  
 BEGIN NEXT SET**