



# WORKOUT SCHEDULE

WITH LANCHANA GREEN

## BARBELL 'N' BAGWORK

**10 x Deadlift**  
**10 x Bent Over Row**  
**10 x Front/Back Squat**  
**10 x Overhead Press**  
**10 x Jump Squat**

**2 mins x Bag Work, All Strikes, High Work Rate**

## PROGRESS NOTES

**Equipment: Barbell. Punchbag.**  
**Use a weight on the bar suitable for all of the exercises.**  
**Rest Period: 1-2 mins.**  
**Rounds: 5.**