

A man in a black t-shirt and shorts is in a starting crouch in a garage, looking out at a car. The garage has a concrete floor, a white wall with a bicycle and a blue and white surfboard leaning against it, and a black car parked outside. The man is wearing black sneakers and has a tattoo on his left arm. The text "TRIPLE STACK" is overlaid in white on a green background in the bottom right corner.

TRIPLE STACK



BAR, BELL, AND BODYWEIGHT

DAY #1

3 SETS

A1 BAR	Deadlift – Trap Bar	6 reps, slow tempo, 60 sec rest
A2 BELL	KB Get-Up	2 reps per side (1L, 1R, 1L, 1R), 60 sec rest
A3 BODYWEIGHT	1-Leg Squat Matrix	3 reps (3,4,5,6 o’Clock = 1 Rep), 60 sec rest

3 SETS

B1 BAR	Trap Bar – walk for 30 sec	1 rep in each direction, slow tempo, 60 sec rest
B2 BELL	KB Swing	8 reps, 60 sec rest
B3 BODYWEIGHT	Shuttle Run (5-10M)	shuffle for 60 sec, 60 sec rest x 2

DAY #2

3 SETS

A1 BAR	BB Push Press	6 reps, 4 sec eccentric, 60 sec rest
A2 BELL	KB or DB 1-Arm Snatch	8 reps, 60 sec rest
A3 BODYWEIGHT	Low Box Jump	10 reps, 60 sec rest

3 SETS

B1 BAR	BB Front Squat	6 reps, slow tempo, 60 sec rest
B2 BELL	DB Farmer Walk	30 sec in each direction, 60 sec rest
B3 BODYWEIGHT	Side Kickthrough	10 reps, 60 sec rest

DAY #3

3 SETS

A1 BAR	Knee Height Rack Pull	6 reps, slow tempo, 60 sec rest
A2 BELL	KB or DB Goblet Squat	8 reps, medium tempo, 60 sec rest
A3 BODYWEIGHT	Side Bridge	4 reps, 10 sec hold, 60 sec rest

3 SETS

B1 BAR	BB OH Press	6 reps, slow tempo, 60 sec rest
B2 BELL	Supported 1-Arm Bent Over Row (hand or knee on bench)	12 reps, medium tempo, 60 sec rest
B3 BODYWEIGHT	Knee Height Step Up with Leg Drive	12 reps, 60 sec rest



HIIT STACK #1

2 SETS (3RD set if you're feeling like a rockstar. Done at 80% of your max HR.)

- A1 500M row for time, 120 sec rest

- A2 60 sec 20M shuttle run, 120 sec rest.

- A3 Leg Crank x 1
 30 sec squat — 15 sec rest
 30 sec reverse lunge — 15 sec rest
 30 sec split jump — 15 sec rest
 30 sec jumps — 3 min rest

CROSSFIT INSPIRED STACK

3 SETS (4th set if you're feeling like a rockstar)

- A1 Deadlift Trap Bar x 8 reps @ slow tempo with 120 sec rest

- A2 1 min row for distance, 120 sec rest

- A3 60 sec 20M shuttle run, 120 sec rest