Lower 1		Reps	Weight	Tempo	Write in W				
1. Progressive Range Cleans		5x5							
(Hang, Above Knee, Below Knee, N	1id Shin, F	loor)							
4 min rest									
2. Dead Lift		6x6		2/x/2					
Olypmic Style/									
Gliders Sumo									
2 1/2 min rest									
3a. Zercher Squats		2x10		2/1/x					
3b. Single Leg Squats		2x10		2/1/x					
3 min after super set; 1 min betwee	en sets								
4a. Lateral Box Step Up		2x8 each	leg	x/x/x					
4b. 2x Ab Complex w/Med Ball									
10 V-Ups w/med ball touch toes ke	ep should	ers off the	ground, 20 russ	ian twists w/	ball feet up to	ouch ground	w ball,		
10 V-Ups									
5. Stretch A LOT!									
Upper 1		Reps	Weight	Tempo					
1. Flat Bench	Week 1	6x8		2/1/x					
Pause at bottom, strong off chest	Week 2	6x7							
Push to 4, Back down 5&6	Week 3	6x6							

4 min rest	Week 4	6x6								
9 PL HO 1 18500		2.46		2//						
2a. Dbell Seated Military Press		2x10		2/x/x						
2b. Lat Pull Down		2x10		2/x/x						
3a. Dbell Floor Press		2x10								
3b. Bent Over Flys		2x10								
4. Special Strength Exercise		2x10								
(Upper - your choice)										
5. Ten Minute Stretch & Foam Roll										
Lower 2		Reps	Weight	Tempo	Write in We	eight Used fo	r Each Set			
1. Speed Snatch (Hang/Fast)		5x4	medium							
Push Jerks Behind Head for Shot Put	ters									
4 min rest										
						1	I	1	<u> </u>	

						1	1	1	1
	141 1 6	6.0		2//					
2. Back Squat Push to 4	Week 1			3/x/x					
	Week 2								
3 min rest		6x6							
	Week 4	6x6							
3a. Side Lung Bar on Back /		2x8 each l	eg	2/x/x					
Bonderchuck Gliders									
						1			
3b. 2x30 sec jump rope									
4. Ab Circuit 2x									
10 sit ups, 10 v-ups, 10 russian twist	ts,								
30 sec planks									
5. Ten Minute Stretch & Foam Roll									
Upper 2		Reps	Weight	Tempo					
1. Incline Bench	Week 1	5x8	vveignt	2/x/x					
Push to 4, Back down 5&6	Week 2			2/ // /					
1 dan to 4, back down ago		5x6				1			
3 min rest	Week 4								
J min rest	VVCCN4	370							
2. Wide Grip Flat Bench	Week 1	3x8		2/x/x					
	Week 2			-, N, N			1		
3 min rest	Week 3								
	Week 4						1		
	TTCCK 4	370							
3a. Depth Push Ups		2x10							
Jui Depuii i usii Ops		2710			L				

3b. Dips(Weighted on bench if can't	complete	2x10				
	-					
4. Specific Strength Exercise (Your C	choice)	2x10				
5. Grip Work (Your Choice)						