

|   |        |              |        |       |                                   |  |  |  |  |  |
|---|--------|--------------|--------|-------|-----------------------------------|--|--|--|--|--|
| <b>Lower 1</b>  |        | Reps         | Weight | Tempo | Write in Weight Used for Each Set |  |  |  |  |  |
| <b>1. Progressive Range Cleans</b>  |        | 5x5          |        |       |                                   |  |  |  |  |  |
| <b>(Hang, Above Knee, Below Knee, Mid Shin, Floor)</b>  |        |              |        |       |                                   |  |  |  |  |  |
| 4 min rest  |        |              |        |       |                                   |  |  |  |  |  |
| <b>2. Dead Lift</b>   |        | 6x6          |        | 2/x/2 |                                   |  |  |  |  |  |
| <b>Olympic Style/</b>   |        |              |        |       |                                   |  |  |  |  |  |
| <b>Gliders Sumo</b>   |        |              |        |       |                                   |  |  |  |  |  |
| 2 1/2 min rest  |        |              |        |       |                                   |  |  |  |  |  |
| <b>3a. Zercher Squats</b>   |        | 2x10         |        | 2/1/x |                                   |  |  |  |  |  |
|   |        |              |        |       |                                   |  |  |  |  |  |
|   |        |              |        |       |                                   |  |  |  |  |  |
|   |        |              |        |       |                                   |  |  |  |  |  |
| <b>3b. Single Leg Squats</b>  |        | 2x10         |        | 2/1/x |                                   |  |  |  |  |  |
|   |        |              |        |       |                                   |  |  |  |  |  |
|   |        |              |        |       |                                   |  |  |  |  |  |
| 3 min after super set; 1 min between sets   |        |              |        |       |                                   |  |  |  |  |  |
| <b>4a. Lateral Box Step Up</b>  |        | 2x8 each leg |        | x/x/x |                                   |  |  |  |  |  |
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|   |        |              |        |       |                                   |  |  |  |  |  |
|   |        |              |        |       |                                   |  |  |  |  |  |
| <b>4b. 2x Ab Complex w/Med Ball</b>   |        |              |        |       |                                   |  |  |  |  |  |
| 10 V-Ups w/med ball touch toes keep shoulders off the ground, 20 russian twists w/ball feet up touch ground w ball, |        |              |        |       |                                   |  |  |  |  |  |
| 10 V-Ups  |        |              |        |       |                                   |  |  |  |  |  |
| <b>5. Stretch A LOT!</b>  |        |              |        |       |                                   |  |  |  |  |  |
|   |        |              |        |       |                                   |  |  |  |  |  |
| <b>Upper 1</b>  |        | Reps         | Weight | Tempo |                                   |  |  |  |  |  |
| <b>1. Flat Bench</b>  | Week 1 | 6x8          |        | 2/1/x |                                   |  |  |  |  |  |
| <b>Pause at bottom, strong off chest</b>  | Week 2 | 6x7          |        |       |                                   |  |  |  |  |  |
| <b>Push to 4, Back down 5&amp;6</b>   | Week 3 | 6x6          |        |       |                                   |  |  |  |  |  |

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|  |        |              |        |       |  |  |  |  |  |  |
| <b>2. Back Squat Push to 4</b>                             | Week 1 | 6x8          |        | 3/x/x |  |  |  |  |  |  |
|  | Week 2 | 6x7          |        |       |  |  |  |  |  |  |
| 3 min rest   | Week 3 | 6x6          |        |       |  |  |  |  |  |  |
|  | Week 4 | 6x6          |        |       |  |  |  |  |  |  |
|  |        |              |        |       |  |  |  |  |  |  |
| <b>3a. Side Lung Bar on Back /<br/>Bonderchuck Gliders</b> |        | 2x8 each leg |        | 2/x/x |  |  |  |  |  |  |
|  |        |              |        |       |  |  |  |  |  |  |
|  |        |              |        |       |  |  |  |  |  |  |
|  |        |              |        |       |  |  |  |  |  |  |
| <b>3b. 2x30 sec jump rope</b>                              |        |              |        |       |  |  |  |  |  |  |
|  |        |              |        |       |  |  |  |  |  |  |
|  |        |              |        |       |  |  |  |  |  |  |
|  |        |              |        |       |  |  |  |  |  |  |
| <b>4. Ab Circuit 2x</b>                                    |        |              |        |       |  |  |  |  |  |  |
| 10 sit ups, 10 v-ups, 10 russian twists,<br>30 sec planks  |        |              |        |       |  |  |  |  |  |  |
|  |        |              |        |       |  |  |  |  |  |  |
|  |        |              |        |       |  |  |  |  |  |  |
| <b>5. Ten Minute Stretch &amp; Foam Roll</b>               |        |              |        |       |  |  |  |  |  |  |
|  |        |              |        |       |  |  |  |  |  |  |
|  |        |              |        |       |  |  |  |  |  |  |
|  |        |              |        |       |  |  |  |  |  |  |
| <b>Upper 2</b>   |        | Reps         | Weight | Tempo |  |  |  |  |  |  |
| <b>1. Incline Bench</b>                                    | Week 1 | 5x8          |        | 2/x/x |  |  |  |  |  |  |
| <b>Push to 4, Back down 5&amp;6</b>                        | Week 2 | 5x7          |        |       |  |  |  |  |  |  |
|  | Week 3 | 5x6          |        |       |  |  |  |  |  |  |
| 3 min rest   | Week 4 | 5x6          |        |       |  |  |  |  |  |  |
|  |        |              |        |       |  |  |  |  |  |  |
| <b>2. Wide Grip Flat Bench</b>                             | Week 1 | 3x8          |        | 2/x/x |  |  |  |  |  |  |
|  | Week 2 | 3x7          |        |       |  |  |  |  |  |  |
| 3 min rest   | Week 3 | 3x6          |        |       |  |  |  |  |  |  |
|  | Week 4 | 3x6          |        |       |  |  |  |  |  |  |
|  |        |              |        |       |  |  |  |  |  |  |
| <b>3a. Depth Push Ups</b>                                  |        | 2x10         |        |       |  |  |  |  |  |  |

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