Lower 1	Reps	Weight	Tempo	Write in Weight Used for Each Set	
1. Progressive Range Cleans	5x5				
(Hang, Above Knee, Below Knee,	Mid Shin, Floor)				
4 min rest					
2. Dead Lift	5x6		Xplosive		
Olypmic Style/					
Gliders Sumo					
2 1/2 min rest					
3a. Box Step Ups(Barbell)	2x10		Xplosive		
3b. Single Leg Squats	2x10		2/1/x		
3 min after super set; 1 min betwe	een sets				
4a. 4 Way Band Mobility	2x8 each I	Ασ	x/x/x		
Use new Mini Bands	2.00 CdC111	С Б	\\\		
Ose new willin bands					
4b. 2x Metcon Circuit	20x Latteral box ste	p up runners, 1	0x MedBall V	-UP, 10x Burpees,	
	30 Sec Side Plank ea				
	(10 over top left, 10	over top right,	10 middle) SI	AM THAT SUCKA	
5. Stretch A LOT!					
Honor 1	Dana	\\/o:~b+	Tomas		
Upper 1	Reps	Weight	Tempo		

					1	1	1
1. Flat Bench Pause Wk1&2 ONLY			2/1/x				
Pause at bottom, strong off chest			2/1/x				
Push to 4, Back down 5&6	Week 3	5x5	2/x/x				
4 min rest	Week 4	5x5	2/x/x				
2a. Dbell Seated Military Press		2x10	2/x/x				
2b. Lat Pull Down or Pull Ups		2x10	2/x/x				
3a. Dbell Floor Press		2x10					
3b. Bent Over Rows		2x10					
4. Special Strength Exercise		2x10					
(Upper - your choice)		ZXIO					
(Oppe. your endice)							
5. Ten Minute Stretch & Foam Roll							
5. Ten ivilliate strettii & roam Roll							

Lower 2		Reps	Weight	Tempo	Write in Weight Used for	r Each Set	
1. Speed Snatch (Hang/Fast)		5x4	medium				
Push Jerks Behind Head for Shot I	Putters	5x4					
4 min rest		5x4					
		5x4					
2. Back Squat Push to 4		6x5		3/x/x			
	Week 2						
3 min rest	Week 3						
	Week 4	5x5					
3a. Walking Lunges (Bar Above Ho	ead)	2x8 each	leg				
UNDER CONTROL		2/10 00011					
3b. 2x30 sec jump rope							
, , ,							
4. Ab Circuit 2x MED BALL							
10 sit ups Throws, 10 v-ups, 10 rus	ssian twists	Throws to	partner				
5. Ten Minute Stretch & Foam Ro	.11						
5. Tell minute stretting rouni no	••						
Upper 2		Reps	Weight	Tempo			
1. Incline Bench	Week 1	4x5	vveigiit	2/x/x			
Push to 4	Week 2			2/ // /			
rusii tu 4	vveek Z	477					

	Week 3	Av5		1		
2 min wast						
3 min rest	Week 4	4X5				
2. Wide Grip Flat Bench	Week 1	2x5	2/x/x			
	Week 2		, ,			
3 min rest	Week 3					
	Week 4					
3a. Close Push Ups		2x10				
Weighted if needed						
3b. Skull To Press		2x10	3/x/x			
4. Specific Strength Exercise (Your (Choice)	2x10				
,	,					
5. Grip Work (Your Choice)						