

<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>		5x6		Xplosive					
<b>Olympic Style/</b>									
<b>Gliders Sumo</b>									
2 1/2 min rest									
<b>3a. Box Step Ups(Barbell)</b>		2x10		Xplosive					
<b>3b. Single Leg Squats</b>		2x10		2/1/x					
3 min after super set; 1 min between sets									
<b>4a. 4 Way Band Mobility</b>		2x8 each leg		x/x/x					
<b>Use new Mini Bands</b>									
<b>4b. 2x Metcon Circuit</b>	20x Lateral box step up runners, 10x MedBall V-UP, 10x Burpees,								
	30 Sec Side Plank each side, 30sec face down plank, 30x Med Ball Slam								
	(10 over top left, 10 over top right, 10 middle) SLAM THAT SUCKA								
<b>5. Stretch A LOT!</b>									
<b>Upper 1</b>		Reps	Weight	Tempo					

[illegible]

<b>Lower 2</b>		Reps	Weight	Tempo	Write in Weight Used for Each Set					
<b>1. Speed Snatch (Hang/Fast)</b>		5x4	medium							
<b>Push Jerks Behind Head for Shot Putters</b>		5x4								
4 min rest		5x4								
		5x4								
<b>2. Back Squat Push to 4</b>	Week 1	6x5		3/x/x						
	Week 2	6x5								
3 min rest	Week 3	5x5								
	Week 4	5x5								
<b>3a. Walking Lunges (Bar Above Head)</b>		2x8 each leg								
<b>UNDER CONTROL</b>										
<b>3b. 2x30 sec jump rope</b>										
<b>4. Ab Circuit 2x MED BALL</b>										
10 sit ups Throws, 10 v-ups, 10 russian twists Throws to partner										
<b>5. Ten Minute Stretch &amp; Foam Roll</b>										
<b>Upper 2</b>		Reps	Weight	Tempo						
<b>1. Incline Bench</b>	Week 1	4x5		2/x/x						
<b>Push to 4</b>	Week 2	4x5								

[illegible]