

	BENCH	CLEAN	SQUAT												
	100	100	100												
Day 1	tempo	WK1	REPS	WK2	REPS	WK3	REPS	Day 3	tempo	WK1	REPS	WK2	REPS	WK3	REPS
Snatch			x3		x3		x3	DB Push Jerk			x3		x3		x3
			x1		x1		x1				x1		x1		x1
			x3		x3		x3				x3		x3		x3
			x1		x1		x1				x1		x1		x1
RFES	2/0/1	77.5	x5	80	x5	82.5	x5	1 leg	2/0/1		x5		x5		x5
		85	x3	87.5	x3	90	x3	squat			x3		x3		x3
		90	x1	92.5	x1	95	x1				x1		x1		x1
pair w/			x5		x5		x5	pair w/			x5		x5		x5
1 leg rotational	2/0/1		x5		x5		x5	TRX row	2/0/1		x5		x5		x5
row			x3		x3		x3				x3		x3		x3
			x1		x1		x1				x1		x1		x1
			x5		x5		x5				x5		x5		x5
drop lunges	2/0/1		x5		x5		x5	slideboard	2/0/1		x5		x5		x5
			x3		x3		x3	lateral squat			x3		x3		x3
Tri set w/			x1		x1		x1	Tri set w/			x1		x1		x1
			x5		x5		x5				x5		x5		x5
pull up	2/0/1		x5		x5		x5	chin up			x5		x5		x5
			x3		x3		x3				x3		x3		x3
			x1		x1		x1				x1		x1		x1
			x5		x5		x5				x5		x5		x5
Quadruped T			x10		x10		x10	Thoracic			x10		x10		x10
spine mobility			x10		x10		x10	wall slides			x10		x10		x10
Day 2	tempo	WK1	REPS	WK2	REPS	WK3	REPS	Day 4	tempo	WK1	REPS	WK2	REPS	WK3	REPS
Clean		85	x3	87.5	x3	90	x3	Jump			x3		x3		x3
		90	x1	92.5	x1	95	x1	squats			x1		x1		x1
			x3		x3		x3				x3		x3		x3
			x1		x1		x1				x1		x1		x1
DB Bench	2/0/1	32.5	x5	35	x5	37.5	x5	Alt. DB incline	2/0/1	25	x5	27.5	x5	30	x5
			x3		x3		x3				x3		x3		x3
pair w/			x1		x1		x1	pair w/			x1		x1		x1
			x5		x5		x5				x5		x5		x5
1 leg SB curl	2/0/1		x5		x5		x5	airex	2/0/1		x5		x5		x5
			x3		x3		x3	1 leg SLDL			x3		x3		x3
			x1		x1		x1				x1		x1		x1
			x5		x5		x5				x5		x5		x5
1 leg SLDL	2/0/1		x5		x5		x5	glute ham	2/0/1		x5		x5		x5
			x3		x3		x3	raise			x3		x3		x3
Tri set w/			x1		x1		x1	Tri set w/			x1		x1		x1
			x5		x5		x5				x5		x5		x5
MB jump over	2/0/1		x5		x5		x5	Alt. DB	2/0/1		x5		x5		x5
push ups			x3		x3		x3	press			x3		x3		x3
			x1		x1		x1				x1		x1		x1
			x5		x5		x5				x5		x5		x5
side lying			x10		x10		x10	cook hip			x10		x10		x10
glute wall			x10		x10		x10	lift			x10		x10		x10
slides															

[illegible]



